










Vegetables & Fruits

- Fibre
- K
- Mg
- vit A
- vit B
- vit C

- Source of fibre
- Good source of vitamin A and C, potassium, magnesium, and some B vitamins such as folate
- May reduce risk of some cancers and heart disease

Examples of single servings ...









 leafy greens raw 250 mL (1 cup)	 leafy greens cooked 125 mL (½ cup)
 vegetable juice 125 mL (½ cup)	 dried fruit (!) 60 mL (¼ cup)
 1 kiwi large	 squash mashed or diced 125 mL (½ cup)
 is about the same size as 1 fruit apple, orange, peach, pear medium	 is about the same size as vegetables fresh, frozen or canned 125 mL (½ cup)

Milk & Alternatives

- Protein
- Ca
- P
- Mg
- vit A
- vit D

- Source of protein
- Good source of vitamins A and D, calcium, phosphorus and magnesium

Examples of single servings ...

 milk skim, 1%, 2%, whole 250 mL (1 cup)	 soy drink fortified 250 mL (1 cup)
 yogurt plain or flavoured 175 mL (¾ cup)	 milk evaporated or canned 125 mL (½ cup)
 milk chocolate 250 mL (1 cup)	 pudding or custard made with milk 125 mL (½ cup)
 is about the same size as cheese cottage or quark 250 mL (1 cup)	 is about the same size as cheese solid block 50 grams (1½ oz.)

(!) Not recommended for children under four due to choking risk

- Have at least one fruit or vegetable at each meal and snack.
- Try eating a range of vegetables that differ in colour, taste and texture.
- Eat at least one dark green and one orange vegetable each day. Green vegetables include broccoli, romaine lettuce and spinach. Orange vegetables include carrots, sweet potatoes and winter squash.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Instead of frying vegetables, enjoy them steamed, baked or roasted or else stir fried in water or low-sodium broth.

SERVING TIPS

- Babies under 12 months can have as much breast milk or formula as they need.
- From 12 months onwards, aim for your child to have 500 mL (16 oz.) of milk a day. Too much milk fills up the tummy and, over time, can cause iron-deficiency anemia.
- Children aged two to five should drink 1% or 2% milk. Older children should drink skim milk. If you do not drink dairy milk, have fortified, unsweetened soy drinks.
- Have your child drink from a “sippy cup” once they show they can hold one.
- Serve higher-fat yogurt and cheese to children under age two. Older children should have low-fat cheese and yogurt.

SERVING TIPS

Grain Products

Fibre Fe B

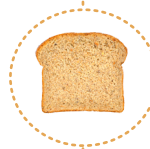
- Source of fibre
- Low in fat
- Good source of B vitamins and iron

Meat & Alternatives

Protein Fat Fe Zn Mg B

- Source of protein and fat
- Good source of B vitamins, iron, zinc and magnesium

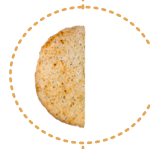
Examples of single servings ...



1 slice of bread
whole grain
35 grams



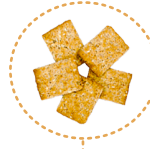
1/2 bagel
45 grams



1/2 pita or tortilla
35 grams



pasta or noodles
cooked
125 mL
(1/2 cup)



crackers (!)
whole grain
5 crackers



hot cereal
oatmeal or cream of wheat
175 mL
(3/4 cup)



is about the same size as

cooked rice
wild or brown
125 mL
(1/2 cup)



is about the same size as

couscous or quinoa
cooked
125 mL
(1/2 cup)



Examples of single servings ...



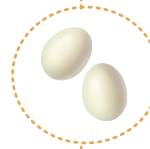
meat or fish
cooked
75 grams
(2 1/2 oz.)



shellfish
clams, crab, lobster, shrimp
75 grams
(2 1/2 oz.)



organ meat
liver, kidney
75 grams
(2 1/2 oz.)



2 eggs



nut butters
30mL
(2 tbsp)



legumes
cooked beans, peas, or lentils
175 mL
(3/4 cup)



is about the same size as

tofu
150 grams
(3/4 cup)



is about the same size as

nuts or seeds (!)
60 mL
(1/4 cup)



(!) Not recommended for children under four due to choking risk

- Choose whole grains for half of your daily grain products.
- Choose from a variety of grains such as barley, brown rice, oats, quinoa, wild rice, whole grain breads, oatmeal and whole wheat pasta.
- If buying processed grain products, such as sliced bread, cereal or baked goods, choose those that are low in fat, sugar and salt.
- Only add small amounts of spreads or oils to your grain product foods. For example, if you use mayonnaise on a sandwich, skip the margarine.

SERVING TIPS

- Trim visible fat from meats and remove skin on poultry. Choose lean meat and alternatives more often.
- Eat meat that is prepared with little or no added fat or salt. Choose low-sodium and lower-fat varieties of processed and prepackaged meats.
- Eat at least two servings of fish a week. Choose from char, herring, mackerel, salmon, sardines or trout. For children, ensure that the fish does not have any bones.
- Try to regularly eat alternatives to meat such as beans, lentils, tofu, eggs, nuts, nut butters and seeds.
- When cooking, try roasting, baking, or poaching. These methods need little or no added fat.

SERVING TIPS