








Child Food Group Servings and Best Practices

			Best Practices
Food Groups	Servings/day	1 Food Guide Serving Equals	
	4-5 servings 2-3 years = 4 4-8 years = 5	Vegetables and Fruits 125 ml (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice or 250 ml (1 cup) leafy raw vegetables or salad or 1 piece of fruit	Serve a variety (5 to 10 different) vegetables and fruits each week. Serve vegetables and fruits prepared with little or no added fat, sugar or salt. Limit juice to twice a week
	3-4 servings 2-3 years = 3 4-8 years = 4	Grain Products 1 slice (35 g) of bread or ½ pita or tortilla (35 g) or 30 g crackers or 125 ml (½ cup) cooked rice, pasta or couscous or 30 g cold cereal or 175 ml (¾ cup) hot cereal	
	2 servings All ages	Milk and Alternatives 250 ml (1 cup) milk or fortified soy beverage or 175 g (¾ cup) yogurt or 50 g (1 ½ oz) cheese	Serve whole (3.25%) milk and alternates to children under 2 years. Serve 250 ml fluid milk to each child every day.
	1 serving All ages	Meat and Alternatives 75 g (2 ½ oz) / 125 ml (½ cup) cooked fish, shellfish, poultry or lean meat or 175 ml (¾ cup) cooked beans, lentils, chick peas or tofu or 60 ml (¾ cups) shelled nuts and seeds.	
	As desired	Water Have water available and encourage children to serve themselves.	Encourage children to satisfy their thirst with water.
	Small amount	Oils and Fats 30 to 45 ml (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.	Limit trans and saturated fats.

Adapted from [Eating Well with Canada's Food Guide](#)