
















Food Guide Serving Sizes for 1-5 Years











Young children can decide *how much to eat*, parents and caregivers should plan what foods are offered and be role models of healthy eating.

RECOMMENDED NUMBER OF SERVINGS EACH DAY			FOOD GROUP	THIS IS WHAT ONE FOOD GUIDE SERVING LOOKS LIKE		
Girls & Boys 1-2 years*	Girls & Boys 2-3 years*	Girls & Boys 4-5 years				
up to 4	4	5	Vegetables and Fruit <ul style="list-style-type: none"> • Eat at least one dark green & one orange vegetable per day. • Fresh, frozen or canned are all good choices. • Choose vegetables & fruit prepared with little or no added fat, sugar or salt. • Serve no more than 125ml / 1/2 cup of full strength juice a day. 	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
				1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = ½ c fluid measuring cup 
up to 3	3	4	Grain Products <ul style="list-style-type: none"> • choose whole grains at least half of the time. • Choose grains that are lower in fat, sugar or salt. 	Bread 1 slice (35 g) 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x .75") (6 cm x 6 cm x 2 cm) = 1 serving 
				Pita or tortilla wrap ½ small (35 g) = 1 serving 	Hot cereal 175 ml (¾ cup) = 1 tennis ball 	Cold flaked cereal 30 g, 250 mL (1 cup) = 1 baseball 
2	2	2	Milk and Alternatives <ul style="list-style-type: none"> • Provide 2 servings of skim, 1% or 2% milk (or fortified soy beverage) every day to help meet vitamin D needs. • Children under 2 years of age should be served whole/homogenized (3.25% MF) milk 	Milk or fortified soy beverage 250 mL (1 cup) = 1 cup fluid measuring cup 	Cheese 50 g (1½ oz) (9 cm x 2.5 cm x 1.5 cm) (3.5" x 1" x .5") = 2 white pencil erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 



* Eating Well with Canada's Food Guide recommends serving sizes and amounts for ages 2 to 51+. For ages 1 to 3, servings can be divided into smaller amounts and served throughout the day. For example, one half of a vegetable or fruit serving may be served at two different snacks to add up to one full vegetable or fruit serving.



RECOMMENDED NUMBER OF SERVINGS EACH DAY			FOOD GROUP	THIS IS WHAT ONE FOOD GUIDE SERVING LOOKS LIKE			
Girls & Boys 1-2 years*	Girls & Boys 2-3 years	Girls & Boys 4-5 years					
1	1	1	Meats and Alternatives <ul style="list-style-type: none"> • Have meat alternatives such as beans, lentils and tofu more often. • Eat at least 2 servings of fish per week. • Choose lean meat and alternatives prepared with little or no added fat or salt. 	Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) or 125 mL (½ cup) = 1 hockey puck 	2 eggs 	Cooked legumes such as beans or lentils 175 mL (¾ c) = 1 tennis ball 	
				Tofu 175 mL (¾ c) = 1 deck of cards 	Peanut butter 30 mL (2 tbsp) = 1 golfball 	Nuts and seeds 60 mL (¼ c) = 2 ping pong balls 	
What About Oils & Fats? Offer 30-45 mL (2 to 3 tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.			Oils & Fats <ul style="list-style-type: none"> • Limit butter, hard margarine, lard and shortening. 	Oil (such as canola, olive & soybean) 5 mL (1 tsp) = 1 quarter 	Non-hydrogenated margarine or butter 5 mL (1 tsp) = 1 quarter 	Salad dressing 15 mL (1 tbsp) = 3 quarters 	Looking at a label? 4 g fat = 1 tsp fat = 1 quarter 
Quench Thirst with Water!				Drink water regularly. Drink more water when you are more active or in hot weather.			

What about other foods & beverages high in calories, fat, sugar or salt (sodium)? Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to children.

How often should I provide food for my child? Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Plan to serve 3 meals and 2-3 snacks throughout the day.

Should I restrict how much fat I give my child? No. Offer a variety of nutritious foods which are naturally high in healthy fat such as nuts, avocados and fatty fish.

What do I do if my child refuses to eat a new food offered? Children's likes and dislikes change regularly. If a food is refused once, don't give up; offer it again at another time. It may take as many as 10 to 15 times, at different meals and snacks, before a child accepts a new food.

