Canada's Food Guide

Recommendations for toddlers

Number of daily food guide servings for each food group

AGE	1-2 yrs*	2-3 yrs†	1-2 yrs*	2-3 yrs†	1-2 yrs*	2-3 yrs†	1-2 yrs*	2-3 yrs†
	Fruit & Vegetables		Grain Products		Milk & Alternatives		Meat & Alternatives	
SERVINGS	up to 8	4	up to 6	3	4	2	2	1
SERVING SIZES	Fresh, frozen or canned fruits‡		Bread		Milk§		Cooked meat, fish or poultry	
	30-45 mL (2-3 Tbsp)	125 mL (½ cup)	8.75-35 g (¼-1 slice)	35 g (1 slice)	125 mL (½ cup)	250 mL (1 cup)	30-60 g (1-2 oz)	75 g (2½ oz)
	Fresh, frozen or canned vegetables‡		Hot or cold cereal		Yogurt		Eggs	
	30-45 mL (2-3 Tbsp)	125 mL (½ cup)	30-45 mL (2-3 Tbsp)	175 mL (¾ cup)	50-113 g (¼-½ cup)	175 g (¾ cup)	1	2
	100% Juice		Cooked pasta or rice		Cheese		Tofu	
	50-75 mL (¼-⅓ cup)	125 mL (½ cup)	30-45 mL (2-3 Tbsp)	125 mL (½ cup)	15-30 g (½-1 oz)	50 g (1½ oz)	50-75 mL (¼-⅓ cup)	175 g (¾ cup)

Make each serving count

- Limit juice to 125-175 mL (½-¾ cup) per day.
- Make at least half of the grain products whole grain each day.
- Offer 500 mL (2 cups) of milk daily to help provide adequate vitamin D. 1 to 2 servings of alternates may be added in addition to milk, such as cheese or yogurt.
- Choose lean meats and alternatives. Offer at least 2 servings of fish each week.‖

* The suggested number of servings and serving sizes for ages 1-2 are guidelines only. The amount of food your toddler eats may vary from day to day. Offer your toddler a variety of foods from each food group every day. Let your toddler decide how much of it to eat.

† Canada's Food Guide recommended serving size for toddlers 2-3 years of age.

‡ Serve cooked vegetables or fruits, or grated or chopped raw vegetables or fruits.

§ Whole cow's milk is recommended for children 1 to 2 years. Skim, 1%, or 2% cow's milk is recommended for ages 2 years and older.

‖ Health Canada recommends that to limit the amount of mercury from fish, toddlers should eat no more than 2 servings (for a total of 75 g) per month of fresh albacore and frozen tuna, shark, swordfish, marlin, orange roughy and escolar. Albacore canned tuna should be limited to 75 g per week.

For more information on Canada's Food Guide, please visit:
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Canada Calorie Guide

Chao Zhang

Canada Calorie Guide:

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