

Child Care Menu Planning with Canada's Food Guide

Suggested Amounts of Food to Prepare

- Canada's food guide does not list serving sizes or amounts.
- The table below shows some examples of how much food to prepare per child if that food is offered at a meal or snack. It is based on amounts typically eaten by children at a meal or snack. You can start by offering roughly these amounts.
- Follow children's cues - let them decide how much to eat or drink. If a child is still hungry, let them have more food. For more information, visit [Feeding Toddlers and Young Children](#).
- Over time, you can adjust amounts based on how much food is usually eaten.
- Children may want to eat more than the amounts in the table, so prepare a little bit extra.

Vegetables and Fruits

	1-3 years	4 years and over
Cooked, canned, fresh, or frozen	¼ cup (60 mL)	½ cup (125 mL)
Leafy vegetables or salad	½ cup (125 mL)	1 cup (250 mL)

Whole Grain Foods

	1-3 years	4 years and over
Bread	½–1 slice (18–37.5 g)	1–2 slices (37.5–75 g)
English muffin	¼ muffin (17 g)	½ muffin (35 g)
Tortilla, naan, pita, Bannock	½ piece (27.5 g)	1 piece (55 g)
Rice, quinoa, couscous, pasta (cooked)	⅓–½ cup (75–125 mL)	¾ cup (175 mL)
Hot cereal (prepared)	½ cup (125 mL)	1 cup (250 mL)
Cold cereal (dry cereal)	½ cup (125 mL)	1 cup (250 mL)
Crackers	3–5 crackers (10–15 g)	6–10 crackers (20–30 g)

Protein Foods

Some protein foods have both calcium and iron. They are grouped below based on what they are higher in.

		1-3 years	4 years and over
Calcium foods	Fortified soy beverage	2 -3 years: ½ cup (125 mL)	1 cup (250 mL)
	Milk	½ cup (125 mL)	1 cup (250 mL)
	Tofu prepared with calcium	⅓ cup (40 g)	⅔ cup (85 g)
	Cheese	1.5 cm cube (15 g)	3 cm cube (30 g)
	Yogurt	⅓ cup (80 g)	¾ cup (175 g)
	Beans, lentils	¼ cup (65 mL)	½ cup (125 mL)
Iron foods	Nut butters	½–1 Tbsp (7.5–15 mL)	1 Tbsp (15 mL)
	Fish, meat, and poultry (cooked)	2 Tbsp–¼ cup (30–60 g)	¼ cup–½ cup (55–100 g)
	Eggs	1 egg	1–2 eggs

Mixed Dishes

Mixed dishes may contain vegetables, fruits, protein foods and whole grains. The milliliter amount could be rounded up or down to the nearest 60 mL for ease of portioning.

	1-3 years	4 years and over
Burrito or enchilada	½ cup (100 g/ 135 mL)	1 cup (200 g/ 270 mL)
Cabbage roll, perogy	⅔ cup (100 g/ 156 mL)	1¼ cups (200 g/ 312 mL)
Chicken with rice and vegetables	1 cup (150 g/ 225 mL)	2 cup (300 g/ 450 mL)
Chili with beans and vegetables	½ cup (150 g/ 140 mL)	1 cup (300 g/ 277 mL)
Hearty soups (beef barley or minestrone)	½ cup (150 g/ 140 mL)	1 cup (300 g/ 277 mL)
Lasagna	½ cup (150 g/ 140 mL)	1 cup (300 g/ 286 mL)
Quiche	⅔ cup (100 g/ 156 mL)	1½ cup (200 g/ 312 mL)
Sheperd's pie, moussaka, or stews	¾ cup 150 g/ 185 mL	1½ cups (300 g/ 370 mL)

Health Canada uses reference amounts to decide the serving size for single-serving or multiple-serving prepackaged products. For foods not listed, visit [Nutrition Labelling - Table of Reference Amounts for Food](#) for a general idea of amounts to serve.

