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As children grow and become more active, the quantity of food they eat will increase. Offer a variety of nutritious foods from all food groups and encourage your child to eat until comfortably full. Parents and caregivers should be role models of healthy eating. *Eating Well with Canada's Food Guide* recommends serving sizes and amounts for ages 2 to 51+.

| Number of Servings Each Day | | Food Group | What One Food Guide Serving Looks Like Each | | |
|-----------------------------|---------------------------|---|--|---|--|
| Girls & Boys 5 – 8 years | Girls & Boys 9 – 11 years | | | | |
| 5 servings | 6 servings | 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. • Choose vegetables & fruit more often than juice. • Limit juice to one food guide serving a day 125 mL / ½ cup. | 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) = 1 hockey puck  |
| 4 servings | 6 servings | 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. | Roll, dinner, whole wheat (28 g) = 1 tennis ball  | Rice or pasta 125 mL (½ cup) = 1 hockey puck  | Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck  |
| | | | Roll, hamburger, mixed grain = 1 puck  | Hot cereal 175 mL (¾ cup) = 1 tennis ball  | Cereal (corn bran) 250 mL (1 cup) = 1 baseball  |
| 2 servings | 3 to 4 servings | Milk and Alternatives <ul style="list-style-type: none"> • Depending on age, 2 to 4 servings of milk or fortified soy beverage help meet vitamin D requirements. • Select lower-fat milk alternatives. | Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball  | Cheese 50 g (1 ½ oz) = 2 erasers  | Yogurt 175 g (¾ cup) = 1 tennis ball  |

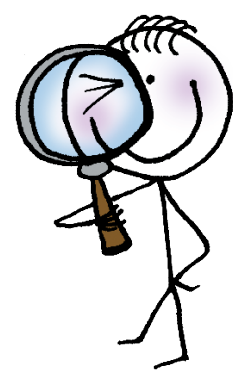
| Number of Servings Each Day | | Food Group | What One Food Guide Serving Looks Like Each | | |
|-----------------------------|---------------------------|--|--|---|---|
| Girls & Boys 5 – 8 years | Girls & Boys 9 – 11 years | | | | |
| 1 serving | 1 to 2 servings | Meats and Alternatives <ul style="list-style-type: 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) = 1 hockey puck  | 2 eggs  | Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball  |
| | | | Tofu 175 mL (¾ cup) = 1 tennis ball  | Peanut butter 30 mL (2 Tbsp) = 1 golf ball  | Nuts and seeds 60 mL (¼ cup) = 2 golf balls  |

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|---|---|--|---|---|---|
| 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 and Fats <ul style="list-style-type: none"> • Limit butter, hard margarine, lard and shortening. | 1 serving is: Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ⅓ eraser  | 1 serving is: Non-hydrogenated margarine/oil 5 mL (1 tsp) = ⅓ eraser  | 1 serving is: Salad dressing 15 mL (1 Tbsp) = 1 eraser  | Nutrition Facts: 4 g fat = 1 tsp fat = ⅓ eraser |
|---|---|--|---|---|---|

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 young 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. Serve 3 meals and 2 – 3 snacks throughout the day. Active children need to refuel often.



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

Why are family meals so important?
 Eating together as a family has been shown to improve healthy food choices, lifestyle habits and overall health in young children and preteens.

