



## PRACTICES

### Serving Sizes



Servings are not the same as portions and children may not eat a full serving at once. For children, divide servings into small portions. Spread the portions over the day.

Children have small stomachs. A portion might only be half of one serving. Children can eat portions throughout the day during snacks and meals to build up to the recommended number of serving.

*The following are examples of serving sizes from Eating Well with Canada's Food Guide.*

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
125 mL (½ cup) fresh, frozen or canned low salt (sodium), 100 % vegetable or fruit juice	1 slice (35 g) bread or ½ bagel (45 g)	250 mL (1 cup) milk or fortified soy beverage	75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
250 mL (1 cup) leafy raw vegetables or salad	½ pita (35 g) or ½ tortilla (35 g)	175 g (¾ cup) yogurt	175 mL (¾ cup) cooked beans
125 mL (½ cup) of chopped vegetables	125 mL (½ cup) cooked rice, pasta, or couscous	50 g (1 ½ oz.) cheese	2 eggs
1 piece of fruit	30 g cold cereal or 175 mL (¾ cup) hot cereal		30 mL (2 tbsp.) nut butter



Other Useful Information

*Adapted from Eating Well with Canada's Food Guide*