

# FOOD GUIDE SERVING SIZE

Offering appropriate serving sizes is just as important as serving healthy food and beverages. *Eating Well with Canada's Food Guide* defines food guide servings, which are reference amounts that explain how much food is recommended every day from each of the four food groups. Food guide serving sizes are the same for all ages; however the quantity of servings is different for people at different stages of life and is different for males and females.

	SERVINGS PER DAY			
	Children		Youth	
	4-8	9-13	14-18 years	
	Girls and Boys		Females	Males
VEGETABLES OR FRUIT	5	6	7	8
GRAIN PRODUCTS	4	6	6	7
MILK OR MILK ALTERNATIVES	2	3-4	3-4	3-4
MEAT OR MEAT ALTERNATIVES	1	1-2	2	3



The amount of food eaten at breakfast will vary depending on the child's appetite, activity level, and whether they are experiencing a growth spurt. Serve nutritious meals in age-appropriate quantities to help children meet their daily recommended food guide servings. Initially, one serving from three food groups could be offered and additional servings could be requested as needed.



Check out *Eating Well with Canada's Food Guide* to find out how much food is equal to one food guide serving.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>