

Single serving chart

Food	Age 4-6	Age 7-9	Age 10-12	Age 13-17
GRAIN PRODUCTS				
Recommended daily servings based on Canada's Food Guide	4	4 – 6	6	6 - 7
Recommendations for breakfast				
Bagels	½	1	1 to 1½	1½
Egg and cheese burritos	1	1	1 to 1½	2
English muffins (cheese or plain)	½	1 to 1½	1 to 2	1 to 2
English muffins with egg and cheese	½	1	1	1 to 1½
Micro-croissants	2	2	3	4
Pancakes (1 box = 55 pancakes)	1	1 to 2	2	2 to 3
Waffles	1	1 to 1½	2	2
French toast	1	1 to 2	2	2
Cold Cereal	¾ cup	1 cup	1½ cup	1½ to 2 cup
Bread/Raisin Bread	1	1 to 2	2	2 to 3
Grilled cheese sandwich	½	1	1	1 to 1½
FRUITS AND VEGETABLES				
Recommended daily servings based on Canada's Food Guide	5	5 to 6	6	6 to 8
Recommendations for breakfast				
Juice : 1 serving = ½ cup	½ cup	½ à 1 cup	½ à 1 cup	1 cup
Fruit : 1 serving = ½ cup of prepared fruit	1 serving	1 to 2 servings	1 to 2 servings	2 servings
MILK AND ALTERNATIVES				
Recommended daily servings based on Canada's Food Guide	2	2 à 3	3 à 4	3 à 4
Recommendations for breakfast				
Yogurt	1 OR	1 OR	1 OR	1 OR
Milk	½ to 1 cup OR	1 cup OR	1 to 2 cups OR	1 to 2 cups OR
Mozzarella Cheese (1 brick = 56 slices)	1 slice	1 slice	1 to 1½ slice	2 slices
MEAT AND ALTERNATIVES				
Recommended daily servings based on Canada's Food Guide Note : 2 eggs = 1 serving	1	1 to 2	1 to 2	2 to 3
Eggs	½ to 1	1	1 to 1½	1 to 1½
IMPORTANT - BEVERAGE				
Water	Unlimited servings			

At the Breakfast Club of Canada, we promote a healthy diet. We consider breakfast as the most important meal of the good start of the day. Children will complete their nutritional needs at other meals.

Serving portions larger than recommended make opposite effect against what we are looking for.