

BREAKFAST SINGLE SERVING CHART

Food	Age 4-6	Age 7-9	Age 10-12	Age 13-17
GRAIN PRODUCTS				
Recommended daily servings*	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
Wheat Bread	1	1	1	1
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*	5	5-6	6	6-8
Recommendations for breakfast				
Fruits and veggies: 1 serving = ½ cup of prepared fruits or veggies	1 serving	1 to 2 servings	1 to 2 servings	2 servings
MILK AND ALTERNATIVES				
Recommended daily servings*	2	2-3	3-4	3-4
Recommendations for breakfast				
Yogurt (individual portion)	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*	1	1 to 2	1 to 2	2 to 3
Note : 2 eggs = 1 serving				
Eggs	½ to 1	1	1 to 1½	1 to 1½
IMPORTANT - BEVERAGE				
Water	Unlimited servings			

At Breakfast Club of Canada, we consider breakfast as the most important meal of the day. Our menu choices promote a well-balanced diet filled with nutrient dense foods. We encourage water and milk as your beverage of choice.

*Canada's Food Guide also recommends children and youth recognize and utilize hunger cues to help promote healthy eating behaviours early in life.