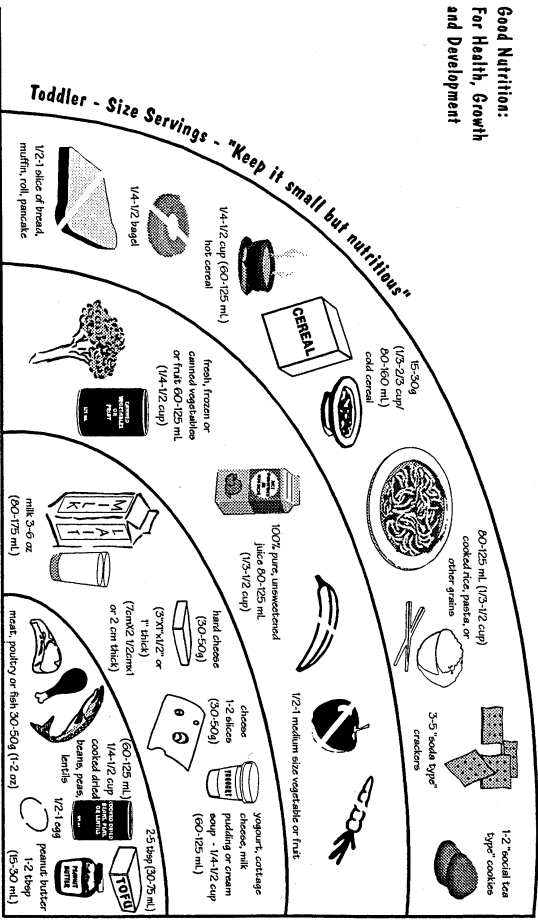


TODDLER SERVING SIZES AND DAILY FOOD GUIDE

**Good Nutrition:
For Health, Growth
and Development**



FOR BEST NUTRITION

- Choose whole grain and enriched products more often.
- Choose dark green and orange vegetables and orange fruit more often.
- Introduce lower fat milk products more often when your toddler reaches 2 years of age.
- Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

DAILY FOOD GUIDE

- GRAIN PRODUCTS
- 5 servings or more
- VEGETABLES & FRUIT
- 5 servings or more

- MILK PRODUCTS
- 2 cups (500 mL)
fluid milk
- 1-2 additional servings

- MEAT & ALTERNATIVES
- 2-3 servings

- Offer a variety of foods from each food group every day.

* Adapted from Canada's Guidelines to Healthy Eating and Promoting Nutrition for Health During the Preschool Years: Canadian Guidelines