

# THE KID GUIDE

The nutritious food guide for children 2-13 years

## GRAIN PRODUCTS

EAT 3 to 6 A DAY

## VEGETABLES AND FRUIT

EAT 4 to 6 A DAY



## MILK PRODUCTS

HAVE 2 TO 3 A DAY

## MEAT & ALTERNATES

EAT 1 to 2 A DAY

EACH ONE OF THESE FOODS  
IS AN EXAMPLE OF ONE SERVING

## Kid Tid Bits

### DIFFERENT KINDS OF FOODS

EAT MANY DIFFERENT FOODS EVERY DAY  
FROM THE FOUR FOOD GROUPS.

### DIFFERENT AMOUNTS OF FOOD

SOME DAYS YOU WILL EAT MORE FOOD AND SOME  
DAYS LESS. THAT IS OK TOO.

### FOODS NOT IN THE FOOD GROUPS

YOU CAN HAVE SOME CANDY, POP & CHIPS BUT  
NOT EVERY DAY.

### FAT

YOU CAN HAVE FOOD WITH EXTRA FAT LIKE CHEESE AND  
PEANUT BUTTER, BUT DON'T ADD TOO MUCH FAT TO  
YOUR FOOD.



\*The 'Kid Guide' does not contain complete dietary information.  
For further information refer to Canada's Food Guide or contact your dietitian or doctor.