



Fresh, frozen or canned vegetables
125 mL (½ cup) 




Bread
1 slice (35 g)




Milk or powdered milk (reconstituted)
250 mL (1 cup) 



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup) 



Leafy vegetables
Cooked: 125 mL (½ cup) 
Raw: 250 mL (1 cup) 



Flat breads
½ pita or ½ tortilla (35 g)



Fortified soy beverage
250 mL (1 cup) 



Canned milk (evaporated)
125 mL (½ cup) 



Tofu
150 g or 175 mL (¾ cup) 



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup) 



Cooked rice, bulgur or quinoa
125 mL (½ cup) 



Yogurt
175 g (¾ cup) 




Cooked legumes
175 mL (¾ cup) 




Peanut or nut butters
30 mL (2 Tbsp)



100% Juice
125 mL (½ cup) 



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup) 



Cooked pasta or couscous
125 mL (½ cup) 



Bagel
½ bagel (45 g)



Kefir
175 g (¾ cup) 



Eggs
2 eggs



Shelled nuts and seeds
60 mL (¼ cup) 