Good Things Grow in Ontario

Nutrition Guide

FOOD GROUPS	SERVING	CALORIES	CARBO-HYDRATES (grams)	DIETARY FIBRE (grams)	A SOURCE OF	ONTARIO AVAILABILITY J F M A M J J A S O N D
VEGETABLES						
Artichoke	125 mL cooked	45	10	3	Magnesium, Folate	• • •
Asparagus	125 mL cooked	21	4	2	Vitamin C, Folate	• •
Bok Choy	125 mL cooked	11	2	1	Vitamin A, Folate	• • • • • •
Broccoli	125 mL raw	16	3	1	Vitamin C, Folate	• • • • •
Carrots	125 mL raw	28	8	2	Vitamin A, Folate	• • • • • • • • • • • •
Cauliflower	125 mL raw	13	3	1	Vitamin C, Folate	• • • • • • •
Corn	125 mL cooked	70	17	2	Vitamin C, Folate	• • • •
Cucumbers Field Greenhouse	125 mL	9	2	1	Vitamin C, Folate	• • • • • • • • • • • • • • • • • • • •
Lettuce Assorted Greenhouse	250 mL	9	2	1	Vitamin A, Folate	• • • • • • • • • • • • • • • • • • • •
Mushrooms	125 mL raw	11	2	1	Niacin	• • • • • • • • • • • • • •
Onions	125 mL raw	36	9	1	Vitamin C, Folate	• • • • • • • • • • • • • •
Potatoes	125 mL cooked	63	15	2	Vitamin C, Folate	• • • • • • • • • • • •
Rutabaga	125 mL cooked	35	8	2	Vitamin C, Folate	• • • • • • • • • • • • • •
Tomatoes Field Greenhouse	125 mL raw	17	4	1	Vitamin C, Folate	• • • • • • • • • • • • • • • • • • • •
FRUITS						
Apples	1 med	72	19	3	Vitamin C	• • • • • • • • • • • • • •
Blueberries	125 mL	44	11	2	Vitamin C	• • • • •
Cherries	125 mL	78	20	3	Vitamin C	• • • •
Grapes	125 mL	55	15	1	Vitamin C	• • • •
Nectarines	1 fruit	60	14	2	Vitamin C	• • • •
Peaches	1 med	38	9	2	Vitamin C	• • • • •
Pears	1 med	96	26	5	Vitamin C, Folate	• • • • • • • • •
Plums	1 fruit	30	8	1	Vitamin C	• • • • • •
Raspberries	125 mL	34	8	4	Vitamin C	• • • • •
Rhubarb	125 mL	14	3	1	Vitamin K, Vitamin C	• • • • • • •
Strawberries	125 mL	28	7	2	Vitamin C	• • • •
Watermelon	125 mL	24	6		Lycopene	• • • •

Note: 250 mL = 1 cup

FOOD GROUPS	SERVING	CALORIES	PROTEIN (grams)	FAT (grams)	IRON (milligrams)	VITAMIN B12 (micrograms)	CARBO-HYDRATES (grams)	CALCIUM (milligrams)
MEATS								
Beef								
Inside Top Round Roast	75 g	123	24	2	2.0	1.71		
Eye of Round	75 g	148	24	5	2.0	1.44		
Sirloin Tip Roast	75 g	156	25	5	3.0	1.84		
Pork								
Tenderloin	75 g	108	21	2	1.0	0.41		
Veal								
Leg	75 g	112	21	3	1.0	0.88		
Shoulder	75 g	142	23	5	1.0	2.5		
Lamb Leg	75 g	184	19	12	2.0	1.95		
POULTRY								
Turkey								
Dark Meat Cooked (Skinless)	75 g	140	21	6	2.0	0.28		
Light Meat Cooked (Skinless)	75 g	118	22	2	1.0	0.28		
Chicken (Skinless)	75 g	119	25	2	0.5	0.26		
FISH								
Fish								
Fresh Trout	75 g	127	18	5	0.3	3.73		
DAIRY								
Cheese								
Reduced Fat Cheddar	50 g	141	14	9		0.83		452
Cheddar	50 g	202	12	17		0.42		360
Eggs	2 large	155	13	11	1.0	1.11		
Milk 2%	250 mL	129	9	5		1.19	12	302
GRAINS								
Bread Whole Grain	1 slice	88	4	1	1.0		16	
LEGUMES								
Beans								
Lentils	175 mL	135	11	1	4.0		23	
Kidney	175 mL	161	10	1	2.0		30	

- All serving sizes align with Canada's Food Guide recommendations, while all nutrition information aligns with the Canadian Nutrient File.
- To help improve your health quality and make healthier food choices, please visit and/or contact EatRight Ontario and Foodland Ontario.
- As 'Your Friend in the Kitchen', Foodland Ontario offers wonderful recipes, tips and food facts, and cooking videos featuring fresh Ontario foods.
- EatRight Ontario is your first stop for trusted information and advice on nutrition and healthy eating from Registered Dietitians, including meal planning and healthy eating tips and recipes.

Contact a Registered Dietitian for free.

EatRight Ontario | 1-877-510-510-2

www.Ontario.ca/EatRight

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