






































# Good Things Grow in Ontario Nutrition Guide

FOOD GROUPS	SERVING	CALORIES	CARBO-HYDRATES (grams)	DIETARY FIBRE (grams)	A SOURCE OF	ONTARIO AVAILABILITY											
VEGETABLES						J	F	M	A	M	J	J	A	S	O	N	D
	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						J	F	M	A	M	J	J	A	S	O	N	D
	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](http://www.Ontario.ca/EatRight)



**Foodland  
ONTARIO**

1-888-428-9668 | [foodlandontario.ca](http://foodlandontario.ca)