

What is a Serving Size?

Vegetables & Fruit, Aim for 7-10 Servings Daily

One serving equals:



Medium piece of fruit, the size of a tennis ball



Green leafy veggies 250 ml (1 cup)



Fresh or frozen fruit or cut vegetables 125 ml (1/2 cup)



Dried fruit, 2 tablespoons



Grain Products, Aim for 6-8 Servings Daily

One serving equals:

- Cooked grains (rice, oats, pasta, etc.) - 1/2 cup
- Breads (1 slice, 1/2 pita, 1/2 small bagel) - 30g
- Cereals (1/3 cup for bran type or 2/3 cup flaked) - 30g
- Mashed potato - 1/2 cup
- Potato, sweet potato, yam - 1/2 medium



Milk & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



Unsweetened yogurt, 175g (3/4 cup)
Plain or fruit flavour,



Skim milk, 1%, 2%, or soy,
Almond or rice milk 250ml (1 cup)



Cheese (15% MF or less),
50g (1.5 oz)

Meat & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



75g or 2.5 oz fatty fish, lean beef, pork, chicken or turkey



Beans, lentils, peas, tofu $\frac{3}{4}$ cup (cooked or canned)



$\frac{1}{4}$ cup shelled nuts & seeds
60ml (1/4 cup)



Peanut or almond butters
30 ml (2 Tbsp)



2 large eggs

Oils & Fats, Aim for 2-3 Tablespoons Daily

(There are 3 teaspoons in 1 tablespoon)

One serving equals:



1 tsp of oil



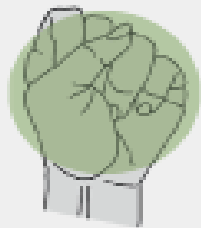
1/8 avocado=1 tsp



1 tsp butter Or non-hydrogenated margarine

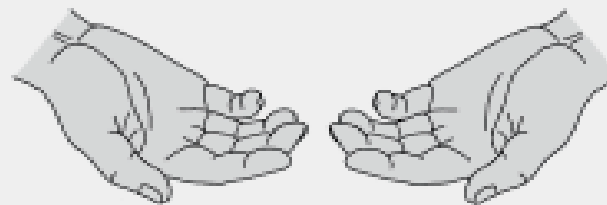
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS * / GRAINS & STARCHES †:

Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



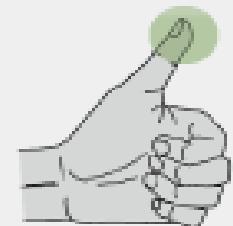
VEGETABLES †:

Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES †:

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS †:

Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES †: Drink up to 250 mL (8 oz) of low-fat milk with a meal.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*. © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

Eating Well with Canada's Food Guide

What is a Serving?

Vegetables & fruit, 7-10 servings daily

One serving equals:

- Medium piece of fruit, the size of a tennis ball
- Fresh or frozen fruit 125 ml (1/2 cup) (berries, grapes, etc)
- Cut vegetables 125ml (1/2 cup) (fresh or frozen)
- Green leafy veggies 250 ml (1 cup)
- Dried fruit 2 Tablespoons

Milk & alternatives, 3 servings daily

One serving equals:

- Skim, 1%, 2% 250ml (1 cup)
- Soy, almond, rice 250ml (1 cup)
- Canned milk 125ml (1/2 cup)
- Cheese (15% MF or less) 50g (1.5 oz)
- Cottage Cheese (2%MF or less) (1/4 cup)
- Yogurt, plain 175g (3/4 cup) or fruit with low sugar
- Kefir 175g (3/4 cup)
- Frozen yogurt 125 ml (1/2 cup)

Grain products, 6-8 servings daily

One serving equals

- Breads (30g serving)
- Bread slice, small dinner Roll 1
- Small bagel, kaiser, english muffin, pita 1/2
- Bread sticks, ryvita, wasa 2
- Chapati 15 cm (6in) round 1
- Hot dog bun, hamburger bun 1/2
- Melba toast rectangles 4
- Rice cakes, rusks 2
- Soda crackers 6

Cereals (30g serving)

- All-Bran type (1/3 cup)
- Flaked or crispy dry cereals (2/3 cup)
- Hot cereal, dry (2 Tbsp)
- Hot cereal, cooked 175mL (3/4 cup)
- Puffed type 250ml (1 cup)
- Shredded Wheat 1 biscuit

Grains/ cooked

- Cooked rice, paasta, quinoa, barley, bulgur 125ml (1/2 cup)
- Popcorn, no butter (3 cups)
- Corn kernels (1/2 cup)
- Corn-on-the-cob 1/2 medium

Starchy Vegetables

- Mashed potato (1/2 cup)
- Potato, sweet potato, Ym 1/2 medium

Meat & alternatives, 2-3 servings daily

One serving equals: 75g or 2.5 oz

Meats & poultry

- Lean beef, lamb, pork 75g (2.5 oz)
- Ground beef, chicken, turkey (1/2 cup)
- Chicken, turkey, no skin 75g (2.5 oz)

Fish & Seafood

- Fresh or frozen fish 75g (2.5 oz)
- Canned fish in water 75g (1/2 can)
- Clams, mussels, oyster 9 medium
- Shrimps 8-15
- Scallops 6
- Crab, lobster 1/2 cup

Meat alternatives

One serving equals:

- Eggs (limit 2-3 yolks per week)
- Poached or boiled egg 2 medium
- Cooked beans, lentils, peas 3/4 cup
- Natural peanut butter 30ml (2 Tbsp)
- Tofu 150 g (3/4 cup)
- Shelled nuts & seeds 60ml (1/4 cup)

Oils & fats

One serving equals: 2-3 tablespoons/day

- Olive oil, canola, others 5 ml (1 tsp)
- Avocado 1/8
- Butter or non-hydrogenated margarine 5ml (1 tsp)
- Cream cheese, sour cream, salad dressing, mayonnaise 15ml (1 Tbsp)