Serving Size Guide

GRAINS



Aim to eat mostly whole grains. For people wanting to lose weight 4 serves a day may be enough.

> ¹/₃ cup basmati or jasmine rice = FIST







banana



3-4 slices canned peaches



FRUIT





1 kiwifruit

1 small orange

5-8 dried apricots

= HANDFUL



¼ cup boysenberries, blackberries, blueberries

¼ cup chopped fruit salad

V4 cup boysenberries, blackberries, blueberries, raspberries or strawberries

= LIGHTBULB







= LIGHTBULB

1/2 cup muesli



40g uncooked macaroni pasta = LIGHTBULB

WHICH EQUALS



1 cup cooked macaroni pasta = BASEBALL



9

½ large (75g) pita bread



1 toast slice

= SMARTPHONE

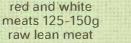


Ever wondered how much a serving size is when it comes to different foods?

The more vegetables the better







1 egg

= SIZE & THICKNESS **OF YOUR PALM**



DISPENSER

125-150g raw fish 120g tofu = HAND = SMARTPHONE

Legumes, nuts and seeds are high in protein, fibre, vitamins and minerals. Try to include legumes in some of vour meals



VEGETABLES







1 carrot

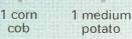


1 tomato



1 small

capsicum



1 small kumara

= HANDFUL







30g dark chocolate = MATCHBOX



30g potato chips = TENNIS BALL

2 gingernuts

= 1/2 YOUR PALM

10

NESTLÉ Cook for Life

Serving Size Guide





Remove fats on meat. Choose unsaturated fats from nuts, seeds, spreads and oils.

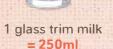


1 teaspoon oil or use spray oil

11







1 pottle yoghurt = 150ml

