

# Serving Size Guide

## GRAINS

**6+**  
A DAY

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



$\frac{1}{3}$  cup basmati  
or jasmine rice  
**= FIST**



1 cup  
cornflakes  
**= FIST**



$\frac{1}{4}$  cup cooked  
porridge

$\frac{1}{2}$  cup muesli

**= LIGHTBULB**



40g uncooked  
macaroni pasta  
**= LIGHTBULB**

### WHICH EQUALS



1 cup cooked  
macaroni pasta  
**= BASEBALL**



$\frac{1}{2}$  large (75g)  
pita bread

1 toast slice

**= SMARTPHONE**

## FRUIT

**2+**  
A DAY



1 small  
apple



1 small  
banana



3-4 slices  
canned peaches



1 kiwifruit



1 small  
orange



5-8 dried  
apricots

**= HANDFUL**



$\frac{1}{4}$  cup  
chopped  
fruit salad



$\frac{1}{4}$  cup boysenberries,  
blackberries, blueberries,  
raspberries or strawberries

**= LIGHTBULB**

**6-8**

GLASSES  
OF WATER OR  
OTHER FLUIDS  
A DAY



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

*The more vegetables the better*

## PROTEIN FOODS

**2+**  
A DAY



red and white meats 125-150g  
raw lean meat



1 egg

**= SIZE & THICKNESS  
OF YOUR PALM**



125-150g raw fish

**= HAND**



120g tofu

**= SMARTPHONE**



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



$\frac{1}{2}$  cup  
baked beans  
**= BASEBALL**



25-30g nut snack

**= HANDFUL**



1 teaspoon seeds  
**= DENTAL FLOSS  
DISPENSER**



## VEGETABLES

**5+**  
A DAY



1 small  
capsicum



1 carrot



1 tomato



1 corn  
cob



1 medium  
potato



1 small  
kumara

**= HANDFUL**

## TREATS

**LIMIT**



30g dark  
chocolate

**= MATCHBOX**



1 small muffin  
**= TENNIS BALL**



30g potato chips  
**= TENNIS BALL**



2 gingersnuts  
**=  $\frac{1}{2}$  YOUR PALM**



# Serving Size Guide

## FATS & OILS

SMALL  
AMOUNTS

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



1 teaspoon spread

= DICE



1 teaspoon oil or use spray oil

## MILK & MILK PRODUCTS

3+  
A DAY



1 glass trim milk  
= 250ml



1 pottle yoghurt  
= 150ml



1/2 cup of grated cheese  
= 40g