

## WHAT IS A SERVING?



### Vegetables, salad and fruit

#### 1 serving size is:

Apple, orange, pear or banana	1
Plums, kiwis or mandarin oranges	2
Strawberries	6
Grapes	10
Raspberries	16
Cooked vegetables – fresh or frozen	½ cup
Salad – lettuce, tomato, cucumber	1 bowl
Homemade vegetable soup	1 bowl
Unsweetened fruit juice	150ml

Use a 200ml disposable plastic cup to guide portion serving size.



### Wholemeal cereals and breads, potatoes, pasta and rice

#### 1 serving size is:

2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket
⅓ cup dry porridge oats or ½ cup unsweetened muesli
1 cup flaked type breakfast cereal
1 cup cooked rice, pasta, noodles or cous cous
2 medium or 4 small potatoes, 1 cup yam or plantain

Use a 200ml disposable plastic cup to guide portion serving size.

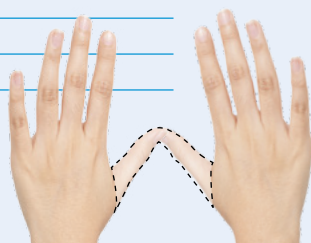


### Milk, yogurt and cheese

#### 1 serving size is:

2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam
2 thumbs (25g) soft cheese such as brie or camembert
1 glass (200ml) milk
1 carton (125g) yogurt
1 bottle (200ml) yogurt drink

Use two thumbs, width and depth to guide portion size.



### Meat, poultry, fish, eggs, beans and nuts

#### 1 serving size is:

Lean beef, lamb, pork, mince or poultry	50–75g cooked (half size of palm of hand)
Cooked fish, soya or tofu	100g
Beans or lentils	¾ cup
Eggs	2
Unsalted nuts or seeds	40g

The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry and fish you need in a day.



### Fats, spreads and oils

Portion packs of reduced-fat spread found in cafes can guide the amount you use.

One should be enough for two slices of bread.

Use one teaspoon of oil per person when cooking or in salads.



### Foods and drinks high in fat, sugar and salt

There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Small or fun-size servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary drinks – **not every day, maximum once or twice a week.**

