

2

Recommended daily serves for adults

## Fruit



2 Tablespoons  
of sultanas



1 Apple



Half a small  
glass of  
no-added-sugar  
fruit juice

2-3

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## Protein



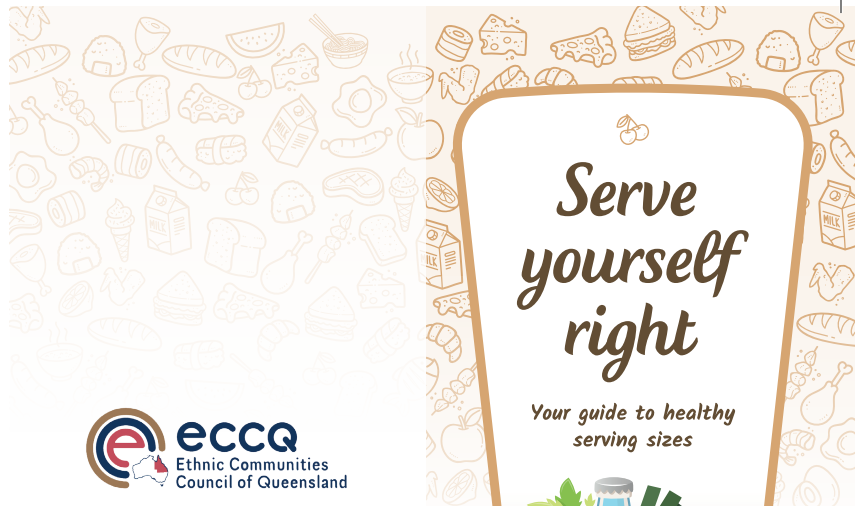
100g Fish



80g Poultry



1 Cup of canned  
legumes/beans



# Serve yourself right

Your guide to healthy  
serving sizes



For free health education and  
resources, please contact ECCQ  
Chronic Disease Program:  
07 3844 9166 or [www.eccq.com.au](http://www.eccq.com.au)



English

## What is a serving size?

- Standard size used to tell you how much of a food you should eat
- We use serving sizes to make sure you receive enough nutrients and a healthy balance between fat, carbohydrates and protein
- Different tools you can use to measure a serve
- Each hand is holding one serve



1 Cup = 250ml

5

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## Vegetables



1 Cup of mixed green salad



½ Cup of cooked vegetables



1 Large carrot

4-6

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## Grains/Cereals



1 Slice of wholegrain bread



½ Cup of cooked wholegrain rice



½ Cup of cooked wholegrain pasta

2-4

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## Dairy



1 Cup of cow's milk or calcium fortified alternative



A 200g tub of low fat yogurt



2 Slices of reduced-fat cheese (40g)