

# Serve yourself right

## 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

1 Slice of wholegrain bread

½ Cup of cooked wholegrain rice

½ Cup of cooked wholegrain pasta

**4-6**  
Recommended daily serves for adults

**Grains/ Cereals**

1 Cup of mixed green salad

½ Cup cooked vegetables

1 Large carrot

**5**  
Recommended daily serves for adults

**Vegetables**

1 Cup of cow's milk or calcium-fortified alternative

A 200g tub of low fat yogurt

2 Slices of reduced-fat cheese (40g)

**2-4**  
Recommended daily serves for adults

**Dairy**

2 Tablespoons of sultanas

1 Apple

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

**2**  
Recommended daily serves for adults

**Fruit**

80g Poultry

100g Fish

1 Cup canned legumes/beans

**2-3**  
Recommended daily serves for adults

**Protein**

