

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

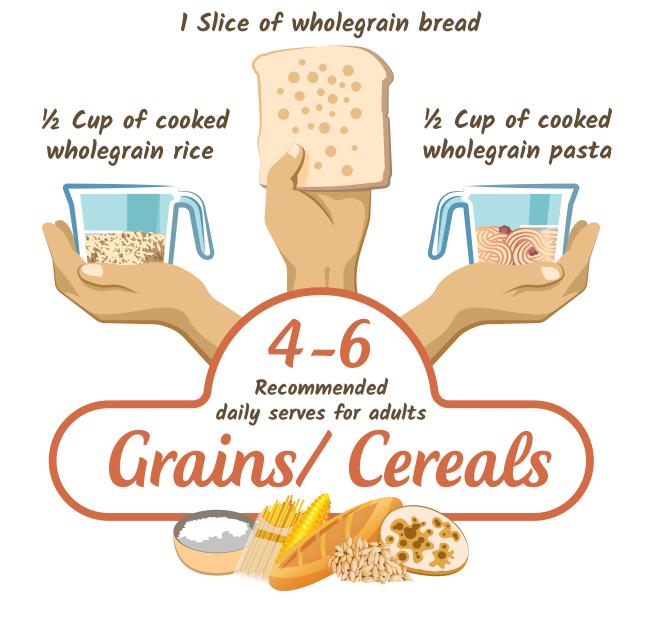


Half a small glass of no-added-sugar fruit juice

Recommended daily serves for adults

Fruit

2 Tablespoons of sultanas



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



