

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

Recommended daily serves for adults

Protein



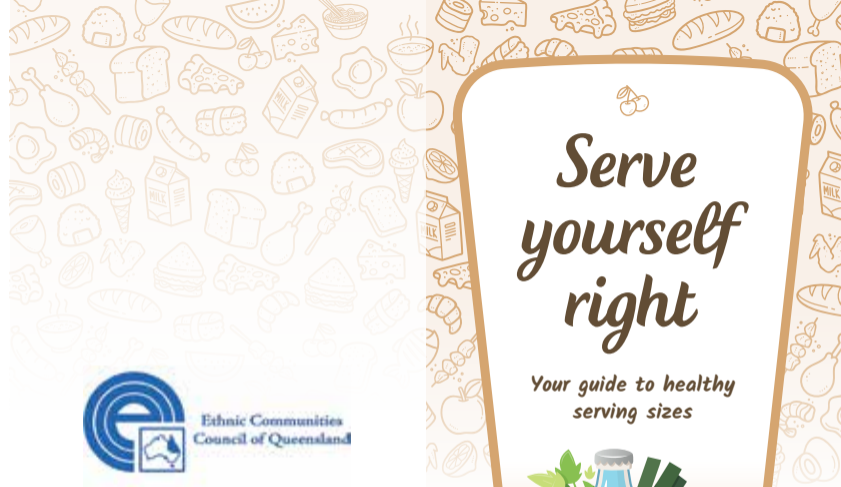
100g Fish



80g Poultry



1 Cup of canned
legumes/beans



Ethnic Communities
Council of Queensland

For free health education and
resources, please contact ECCQ
Chronic Disease Program:
07 3844 9166 or www.eccq.com.au

Serve yourself right

Your guide to healthy
serving sizes



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

Recommended daily serves for adults

Vegetables



1 Cup of mixed green salad



½ Cup of cooked vegetables



1 Large carrot

4-6

Recommended daily serves for adults

Grains/Cereals



1 Slice of wholegrain bread



½ Cup of cooked wholegrain rice



½ Cup of cooked wholegrain pasta

2-4

Recommended daily serves for adults

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)