



Servings Size Guide

1 serving



Cereals, cooked rice and pasta

1/3 cup dry porridge oats or
1/2 cup unsweetened muesli

1 cup flaked type breakfast cereal

1 cup cooked rice, pasta or noodles

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



Vegetable, salad and fruit

Apple, orange, pear or banana 1

Plums, kiwis or mandarin oranges 2

Strawberries 6

Grapes 10

Raspberries 16

Cooked vegetables – fresh or frozen 1/2 cup

Salad – lettuce, tomato, cucumber 1 bowl

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

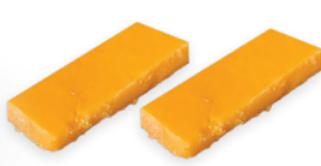


Meat, poultry and fish

Lean beef, lamb, pork, 50–75g cooked (half
mince or poultry size of palm of hand)

Cooked fish 100g

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

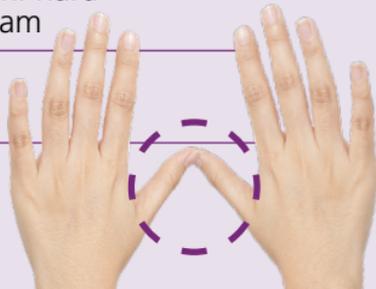


Cheese

2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam

2 thumbs (25g) soft cheese such as brie or camembert

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



Reduced fat spread

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

One should be enough for two slices of bread.



Oils

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

