



## Servings Size Guide

### 1 serving



#### Cereals, cooked rice and pasta

$\frac{1}{3}$  cup dry porridge oats or  
 $\frac{1}{2}$  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  $\frac{1}{2}$  cup

Salad – lettuce, tomato, cucumber 1 bowl

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

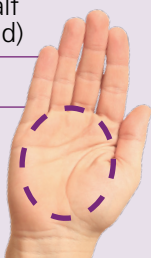


#### Meat, poultry and fish

Lean beef, lamb, pork, mince or poultry 50–75g cooked (half 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.**

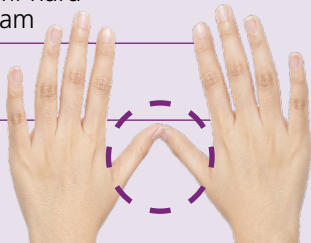


#### Cheese

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.**

