

# Handy Guide to Serving Sizes

Learn how to use your hand to estimate Canada's Food Guide serving sizes and compare them to the food portions you eat.



**Vegetables and Fruit:** Canada's Food Guide recommends 7 to 10 servings of Vegetables and Fruit a day depending on your age and gender. Here's what a Food Guide serving looks like.

## Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



## Leafy vegetables

1 cup (250 mL) = 1 fist



## Whole fruit

1 fruit = 1 fist



## Fresh, frozen or canned fruit

1/2 cup (125 mL) = 1/2 fist



## Dried fruit

1/4 cup (60 mL) = Cupped hand



## 100% fruit juice

1/2 cup (125 mL) = 1/2 fist



**Grain Products:** Canada's Food Guide recommends 6 to 8 servings of Grain Products a day depending on your age and gender. Here's what a Food Guide serving looks like.

## Bread

1 slice = Size of hand



## Bagel

1/2 small bagel = Size of hand



## Rice

1/2 cup (125 mL) = 1/2 fist



## Pasta

1/2 cup (125 mL) = 1/2 fist



## Cold Cereal

30g = 1 fist



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**Milk and Alternatives:** Canada's Food Guide recommends 2 to 3 servings of Milk and Alternatives a day depending on your age. Here's what a Food Guide serving looks like.

## Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



## Yogurt

3/4 cup (175 mL) = 1 fist



## Cheese

1 1/2 oz (50g) = 2 thumbs



**Meat and Alternatives:** Canada's Food Guide recommends 2 to 3 servings of Meat and Alternatives a day depending on your age and gender. Here's what a Food Guide serving looks like.

## Meat and Poultry

2 1/2 oz (75g) = Palm of hand



## Fish

2 1/2 oz (75g) = Palm of hand



## Peanut butter

2 tbsp (30 mL) = 2 thumbs



## Nuts and seeds

1/4 cup (60 mL) = Cupped hand



## Legumes

3/4 cup (175 mL) = 1 fist



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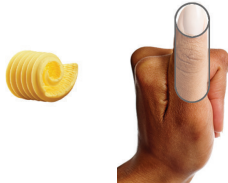
Find out how to manage your portions of these foods:



**Fats:** Canada's Food Guide recommends 2 - 3 tbsp of unsaturated fat each day and limiting the total amount of fat you eat. Here's what a tbsp and tsp look like.

## Margarine or butter

1 tsp (5 mL) = 1 thumb tip  
1 tbsp (15 mL) = 1 thumb



## Oil

1 tsp (5 mL) = 1 thumb tip  
1 tbsp (15 mL) = 1 thumb



## Mayonnaise

1 tsp (5 mL) = 1 thumb tip  
1 tbsp (15 mL) = 1 thumb



**Sweet and Salty Foods:** Canada's Food Guide recommends limiting foods that are high in sugar, salt and fat. These can add a lot of calories without a lot of nutrition.

## Chocolate

If you enjoy chocolate, have a few pieces once in a while. Buy a small chocolate bar instead of a large one. Avoid buying a large bag of single serving chocolates.



## Baked goods

Cookies, muffins, tarts, croissants, brownies and cake slices from bakeries and coffee shops are often high in calories. Buy one as a treat only once in a while and share it with a friend.



## Salty snacks

Put a handful of chips, pretzels or nachos on a plate instead of eating out of the bag. This will help you control how much you eat. Try to avoid second helpings of salty snacks.



## French fries

It's easy to overdo it when eating fries. At restaurants, ask for a small portion or share one plate of fries with friends.



**Beverages:** Canada's Food Guide recommends limiting beverages that are high in fat and sugar. These can add a lot of calories without a lot of nutrition.

## Water

Quench your thirst with water. Add extra flavour with cucumber slices, mint, berries, lemon, lime or orange wedges.



## Coffee

Sweetened coffee beverages can be high in sugar and fat. Ask for a plain latte or cappuccino with skim, 1% or 2% milk.



## Pop

Try to avoid drinking pop. If you occasionally drink pop, limit how much you drink.



## Fruit drinks

Fruit punch, fruit drink, fruit cocktail and fruit flavoured beverages are high in sugar and are not part of Canada's Food Guide. Limit or avoid these drinks.

