

serving sizes



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Have questions about the right serving size? The best way to stay on track is to visualize what the ideal portion size is and make a mental note of how much you are eating.

The amount you eat or drink plays a significant role in maintaining a healthy lifestyle. Chances are, if you put it on your plate, you're likely going to eat it. Are you confused about what an actual serving size is? The answer to this question varies, based on the type of food you choose to eat.

The good news is, you don't need to carry a scale and weigh your foods to make sure you are getting the right amount. Keep these simple serving size guidelines in mind next time you are deciding what to eat.

Serving Size	Equivalent
½ cup fresh, frozen, or canned vegetables	computer mouse
1 cup leafy green vegetables	average sized fist
1 medium fruit	baseball
1 slice bread or ½ pita or tortilla	2 stacked CDs
½ cup grains (ie. rice, quinoa, or pasta)	computer mouse
¾ cup yogurt or kefir	tennis ball
1 tbsp salad dressing	tip of your thumb
1tbsp peanut butter or other nut butter	tip of your thumb
50g or 1½ ounces of cheese	3 dice
½ cup or 2½ ounces of meat	iPhone
1 tsp healthy unsaturated fats or oils	fingerprint

For further information about serving sizes refer to *Eating Well with Canada's Food Guide* on-line.

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