



How big is a healthy serving size of food?

Healthy foods come in all shapes and sizes and have different amounts of calories and nutrients. Because of this, *Eating Well with Canada's Food Guide* recommends different serving sizes for different kinds of foods.

The Food Guide uses the term “**Food Guide serving**” to describe appropriate serving sizes for different foods from each of the four food groups. Being familiar with

the sizes of Food Guide Servings can help you understand how much you need to eat each day.

Eating Well with Canada's Food Guide provides detailed information on how much food is equal to one Food Guide Serving. In general, one Food Guide Serving is equal to:

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<ul style="list-style-type: none"> ✓ 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice ✓ 250 mL (1 cup) leafy raw vegetables or salad ✓ 1 piece of fruit. 	<ul style="list-style-type: none"> ✓ 1 slice (35 g) bread or ½ bagel (45 g) ✓ ½ pita (35 g) or ½ tortilla (35 g) ✓ 125 mL (½ cup) cooked rice, pasta, or couscous ✓ 30 g cold cereal (check the label for help in determining how many mL or cups equals 30 grams) or 175 mL (¾ cup) hot cereal. 	<ul style="list-style-type: none"> ✓ 250 mL (1 cup) milk or fortified soy beverage ✓ 175 g (¾ cup) yogurt ✓ 50 g (1 ½ oz.) cheese. 	<ul style="list-style-type: none"> ✓ 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat ✓ 175 mL (¾ cup) cooked beans ✓ 2 eggs ✓ 30 mL (2 Tbsp) peanut butter.

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How many Food Guide Servings do I need each day?

Different people need different amounts of food for good health. The Food Guide recommends different **numbers of daily servings from each food group** based on your age, gender and life stage. Staying within the recommended number of Food Guide Servings for your age and gender will help you get the nutrients you need and help to keep your calorie intake in check.

Are portions and Food Guide Servings the same thing?

Not necessarily. We often choose or are served portions of foods that are far larger than one Food Guide Serving. For example, a large plate of pasta in a restaurant may provide 500-750 ml (2-3 cups) of pasta, which is equal to 4 to 6 Food Guide Servings! Many single-portion bottles of juice contain 384 mL (slightly more than 1 ½ cups), or about 3 Food Guide Servings. The portion size listed on many packaged foods is often different from the serving size recommended in the Food Guide. It's important to take a second look at the portion sizes you normally choose and consider how many Food Guide Servings you are taking in. Keep in mind that your goal is to stay within the recommended number of Food Guide Servings for your age and sex for each food group.