



how much is a **serv**ing?

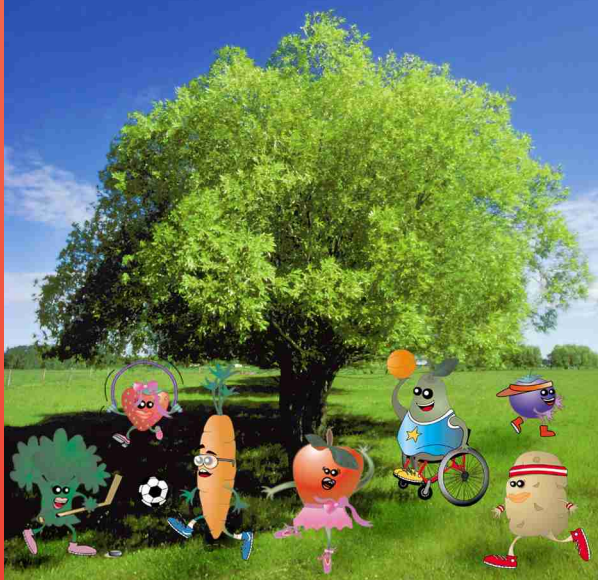
Bigger is NOT better!

Canada's Food Guide to Healthy Eating recommends a number of servings from each of the four food groups daily.

Different people need different amounts of food depending on factors such as age, body size and activity level.

What does a serving size look like?

Here are some easy helpful hints to show what a serving size looks like...



helpful hints

Use your hand to help estimate serving sizes (based on a woman's hand of average size).

A fist

A fist is about 1 cup. *This amount of pasta is about 2 servings.*

A handful

A large handful is about 1/4 cup. *This amount of raisins is about 1 serving.*

A palm (including thickness)

A serving the size of a palm is about 3oz. *This amount of meat is about 1 serving.*

A thumb

Two thumbs equals a serving of most cheeses.

A thumb-tip

A thumb-tip equals a teaspoon. Three thumb-tips equal a tablespoon. *A tablespoon equals half a serving of peanut butter.*

Other fun ways to keep tabs on serving sizes:

1 pancake = size of CD

2 tablespoons of peanut butter = a golf ball

1/2 small bagel = size of a hockey puck

1 baked potato = size of a small computer mouse

1 medium orange or apple = a baseball

3 oz of cooked meat, fish or poultry = a deck of cards

Funding provided by
Partnerships for Children,
Healthy Child Development Strategy

