

What's the Serving Size?

Answer Key

Using *Canada's Food Guide to Healthy Eating*, determine the food group or Other Foods category to which each food belongs. Then determine the amount of one serving for each of the foods.

FOOD	FOOD GROUP OR CATEGORY	ONE SERVING EQUALS
bread	Grain Products	1 slice
carrot	Vegetables & Fruit	1 medium
peanut butter	Meat & Alternatives	30 mL or 2 tbsp
corn flakes	Grain Products	30 grams
chocolate milk	Milk Products	250 mL or 1 cup
butter	Other Foods	no recommended size
salad	Vegetables & Fruit	250 mL or 1 cup
pita bread	Grain Products	½ pita
cheese slices	Milk Products	2 slices or 50 grams
canned tuna	Meat & Alternatives	1/3-2/3 can or 50-100 grams
pear	Vegetables & Fruit	1 medium
cantaloupe pieces	Vegetables & Fruit	125 mL or ½ cup
potato chips	Other Foods	no recommended size
apple juice	Vegetables & Fruit	125 mL or ½ cup
water	Other Foods	no recommended size
French fries	Vegetables & Fruit	125 mL or ½ cup or 10 fries
lentils	Meat & Alternatives	125-250 mL or ½ -1 cup
rice	Grain Products	125 mL or ½ cup (250 mL or 1 cup=2 servings)
eggs	Meat & Alternatives	1-2