

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



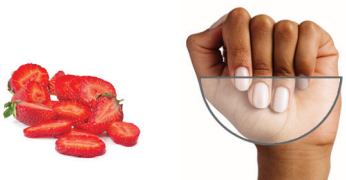
Whole fruit

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

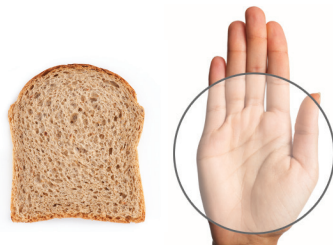
1/2 cup (125 mL) = 1/2 fist



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.

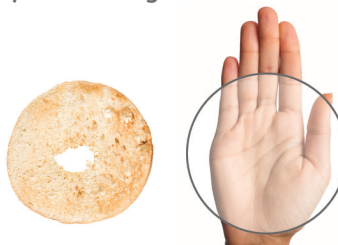
Bread

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



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.



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

1½ 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

2½ oz (75g) = Palm of hand



Fish

2½ 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



Handy Guide to Serving Sizes

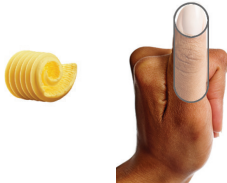
Find out how to manage your portions of these foods:



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.



EatRight Ontario

SPEAK WITH A REGISTERED DIETITIAN FOR FREE

1-877-510-510-2

www.eatrightontario.ca



Do you want to eat healthier, manage your weight, get active or just feel your best? eaTracker can help!

Try eaTracker – A FREE online tool from Dietitians of Canada that makes it easy for you to:

- Track your food choices and daily activities
- Analyze your recipes
- Compare your eating and activity choices to national guidelines
- Get feedback on how you are doing

Want to set healthy eating goals?

1. Register for the free My Goals tool in eaTracker.
2. Choose from a list of ready-made SMART goals, or write a custom goal for yourself.
3. Sign up for weekly motivational emails from EatRight Ontario* to keep you on track.
4. Track your progress on eaTracker often.
5. Get support from the Registered Dietitians at EatRight Ontario.* Call 1-877-510-510-2 to talk about your success and challenges and get answers to your healthy eating questions.

Choose from over 100 ready-made SMART goals to help you:

- Make healthier food choices
- Manage your weight
- Plan and prepare meals
- Get more or less of a certain nutrient
- Stay active

Visit www.eatrightontario.ca/en/eatracker today!

*available to residents of Ontario



Connect with EatRight Ontario

Sign up for eNews, a monthly email with recipes, nutrition tips and updates from EatRight Ontario, at www.eatrightontario.ca/en/NewsletterSignUp.aspx

Join our social networks at:



www.twitter.com/eatrightontario



www.facebook.com/eatrightontario



www.youtube.com/eatrightontario

About Dietitians of Canada

Dietitians of Canada (DC) is the national professional association for dietitians, representing 6000 members at the local, provincial and national levels.

DC operates EatRight Ontario to give the people of Ontario more ways to connect with a Registered Dietitian and get trusted advice on healthy eating at no charge.

DC acknowledges the financial support of EatRight Ontario by the Ontario government.



Dietitians of Canada
Les diététistes du Canada