

RM 2–NU: A Guide to Food Guide Serving Sizes

Use this guide to help visualize the number and size of servings of your food choices.

Food	What One Serving Looks Like
Vegetables and Fruit	
250 mL (1 cup) salad greens	A baseball
1 medium fruit	A tennis ball
125 mL (½ cup) diced fresh, frozen, or canned fruit	A small computer mouse
Grain Products	
250 mL (1 cup) cold flaked cereal	A baseball
1 pancake	A compact disc (CD)
125 mL (½ cup) cooked rice or pasta	A small computer mouse
½ bagel (45 g)	A hockey puck
1 slice of bread	A cassette tape
Milk and Alternatives	
50 g (1½ oz.) cheese	Four AA batteries
125 mL (½ cup) ice cream	Half a baseball
175 g (¾ cup) milk or yogurt	A tennis ball
Meats and Alternatives	
75 g (2½ oz.) meat, fish, or poultry	A hockey puck
175 mL (¾ cup) cooked legumes (e.g., lentils, beans)	A tennis ball
175 mL (¾ cup) tofu	A deck of cards
30 mL (2 tbsp.) peanut butter	A Ping Pong ball
Fats	
15 mL (1 tsp.) oil	A quarter
25 mL (1½ tbsp.) salad dressing	Two AA batteries

REFERENCES



For additional information, visit the following websites:

AARP. "Size Does Matter—Master Portion Control." *Staying Healthy: Eating Well*.
<www.aarp.org/health/staying_healthy/eating/size_does_matter.html>.

Alberta Health and Wellness. *Food Guide Serving Sizes for 13 to 18 Years*. Edmonton, AB: Alberta Health and Wellness, July 2007. Available online at <www.health.alberta.ca/documents/HEAL-Food-Serving-13-18.pdf>.

Dietitians of Canada. *Keep an Eye on Your Portion Size . . . Go the Healthy Way*. Fact Sheet. Toronto, ON: Dietitians of Canada, 2005. Available online at <www.dietitians.ca/english/pdf/fact%20sheet_2_colour_english.pdf>.

Eat Smart, Move More North Carolina. *What Counts as a Serving?* Eat Smart Poster.
<www.EatSmartMoveMoreNC.com>.

To access an online converter for weight or volume, visit the following website:

OnlineConversion.com. *Common Weight and Mass Conversions*.
<www.onlineconversion.com/weight_common.htm>.

---. *Volume Conversion*. <www.onlineconversion.com/volume.htm>.

For website updates, please visit Websites to Support the Grades 11 and 12 Curriculum at <www.edu.gov.mb.ca/k12/cur/physlth/>.

