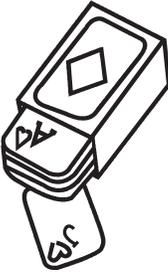


Sizing up a Serving

A **serving** is a specific amount of food, measured in common amounts such as cups, tablespoons, ounces or whole pieces.

- If you eat the right number of servings, and use the proper serving sizes, you will get all of the nutrients your body needs, without getting too few or too many calories.
- Judging serving size is a learned skill. You may need to use measuring cups and spoons and a scale until you're comfortable with your judgement.



	<p>Your fist is equal to about 1 cup of rice, pasta, fruit or vegetables</p>		<p>A tennis ball is equal to a piece of fruit.</p>
<p>A computer mouse is equal to a small potato.</p>		<p>1 ½ ounces cheese is equal to a pair of dice or your index & middle fingers</p>	
	<p>3 ounces chicken, fish or meat is equal to a deck of cards or the size of your palm</p>		<p>1 teaspoon of margarine is equal to the tip of your thumb 1 tablespoon of salad dressing is equal to your whole thumb</p>

Clinical Nutrition Services

UBC Hospital
 G.F. Strong Rehab Centre
 Vancouver General Hospital

Grain Products, Vegetables and Fruits, Milk Products, Meat and Alternates –
 use Canada’s Food Guide to Healthy Eating. (see attached)

Fats & Oils

- Limit to 2-3 Tablespoons of added fat per day

Added fats include:

- Cooking oil (choose olive or canola)
- Soft margarine (choose non-hydrogenated)
- Salad dressing & mayonnaise (reduced fat alternatives available)

Nuts/Seeds (Meat alternatives but also high in good fats)

- 2 tablespoons of regular peanut butter (approx. 1 tablespoon of added fat)
- ¼ cup of nuts or seeds (approx. 1 tablespoon of fat)

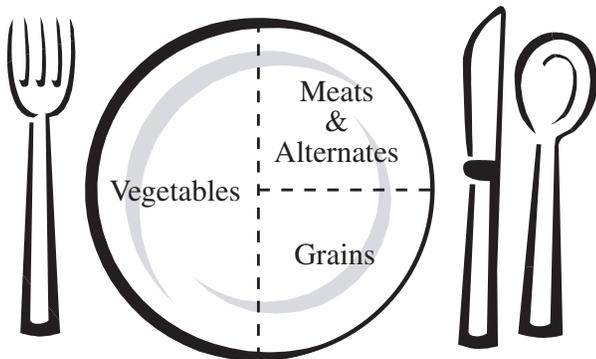
Tips:

- 1 serving of added fat = 5 g of fat
- Refer to the “Nutrition Facts” label for specific fat content

How many servings have you had today? Check off the servings as you eat them.

	Goal	1	2	3	4	5	6	7	8	9	10	11	12
Grain Products													
Vegetables & Fruit													
Milk Products													
Meat & Alternatives													
Fats & Oils													

What does your lunch or dinner plate look like?



Did you know...

- A large skim milk latte has 1 serving of milk
- A ¼ pound hamburger has 1 ½ servings of meat
- A bottle of juice (16 oz) has 4 servings of fruit
- A deli bagel has 4 or more servings of grains
- Restaurant pasta dishes have 3 or more servings of grains
- A small bag of tortilla chips has 2 or more servings of grains

Dietitian: _____, RD Telephone: _____ Date: _____

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The information in this document is intended solely for the person to whom it was given by the health care team.
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