

## What is a Serving Size?



### GRAINS & Pasta

**1/2 cup cooked pasta/rice = 1 serving**

**Or—Visual:** The size of your fist

**Note:** If trying to lose weight, decrease or cut out all together, or eat only 1/2 cup at dinner.



### PROTEIN (Meat, fish, tofu)

**3-4 oz at a time**

**Visual:** Palm of your hand or size of a computer mouse

Recommended: **3-5 servings** day



### FRUITS AND VEGGIES

**Visual:** A tennis ball (or 1/2 cup) is one serving.

Recommended: **5-10 servings** day of fruits and veggies.

Choose a rainbow of colours.



### MILK PRODUCTS (organic)

Milk, yogurt, cottage cheese, cheese (preferably European, soft or aged).

**Visual:** A pair of dice is one ounce of cheese. 1/2 C is one serving of yogurt or cottage cheese

**Recommended:** Organic at all costs.

**Remember:** choose organic when possible, try alternative grains like millet, and quinoa, and eat fewer dairy products, breads and grains (especially if you are cleansing or trying to lose weight).