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.

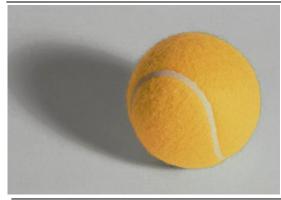


PROTEIN (Meat, fish, tofu)

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. ½ 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).