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

Visit www.unlockfood.ca/handyguide to use the interactive version of the Handy Guide to Serving Sizes and watch videos to help you manage your food portions.

Dietitians look beyond fads and gimmicks to delivery reliable life-changing advice.

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### 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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Hand Gesture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk or fortified soy beverage</td>
<td>1 cup (250 mL) = 1 fist</td>
<td>![Milk Image]</td>
</tr>
<tr>
<td>Yogurt</td>
<td>3/4 cup (175 mL) = 1 fist</td>
<td>![Yogurt Image]</td>
</tr>
<tr>
<td>Cheese</td>
<td>1½ oz (50g) = 2 thumbs</td>
<td>![Cheese Image]</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Hand Gesture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Poultry</td>
<td>2½ oz (75g) = Palm of hand</td>
<td>![Meat Image]</td>
</tr>
<tr>
<td>Fish</td>
<td>2½ oz (75g) = Palm of hand</td>
<td>![Fish Image]</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 tbsp (30 mL) = 2 thumbs</td>
<td>![Peanut butter Image]</td>
</tr>
</tbody>
</table>

### Nuts and seeds

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Hand Gesture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuts and seeds</td>
<td>1/4 cup (60 mL) = Cupped hand</td>
<td>![Nuts Image]</td>
</tr>
</tbody>
</table>

### Legumes

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Hand Gesture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legumes</td>
<td>3/4 cup (175 mL) = 1 fist</td>
<td>![Legumes Image]</td>
</tr>
</tbody>
</table>

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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.

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- In British Columbia 8-1-1
- In Ontario 1-866-797-0000
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Dietitians of Canada supports the access of Canadians to evidence-based food and nutrition information and helps them locate a dietitian for nutrition counselling and nutrition services at dietitians.ca/find.