



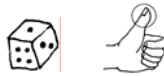




Canada's Food Guide - Serving Size Handout

Item	Food	Servings from Canada's Food Guide to Healthy Eating
Baseball or light bulb 	cold cereal, 1 cup (250 mL)	1 serving of Grain Products
	pasta and rice, 1 cup (250 mL)	2 servings of Grain Products
	salad, 1 cup (250 mL)	1 serving of Vegetables
	vegetables and tomato sauce, 1 cup (250 mL)	2 servings of Vegetables
	fruit, medium	1 serving of Fruit
	milk, 1 cup (250 mL)	1 serving of Milk Products
Tennis ball 	hot cereal, ¾ cup (175 mL)	1 serving of Grain Products
	yogurt, ¾ cup (175 mL)	1 serving of Milk Products
Deck of cards or palm of hand 	meat, chicken or fish, 3 oz (100 g)	1 serving of Meat and Alternatives
	french fries, small order	Other Foods
Hockey puck 	bagel, mini	2 servings of Grain Products
	bun, hamburger or hot dog	2 servings of Grain Products
	potato chips, mini bag, 30 g	Other Foods
Dice or thumb tip 	butter, 1 tsp (5 mL)	Other Foods
	sugar cube, 1 tsp (5 mL)	Other Foods
Two 9 volt batteries or 2 thumbs 	cheese, 1 ½ oz (50 g)	1 serving of Milk Products
Computer mouse 	vegetables, 1 cup (250 mL)	2 servings of Vegetables
	potato	1 serving of Vegetables
	beans or lentils, 1 cup (250 mL)	1 serving of Meat and Alternatives