Serve Sizes

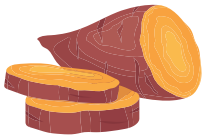
Mobile dietitian

1 Serve of Vegetables =

1/2 cup cooked vegetables

1 cup raw salad vegetables

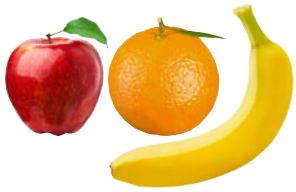
1/2 cup beans, lentils, chickpeas



1/2 potato or sweet potato

1/2 cup tinned vegetables

1 Serve of Fruit=

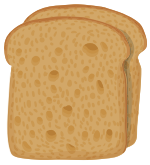


1 medium sized fruit

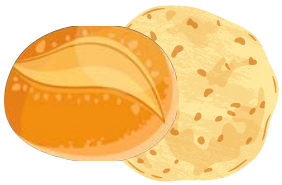
2 small pieces of fruit

1 cup diced or canned fruit

1 Serve of Grains=



1 slice of bread



1/2 roll or flat bread

1/2 cup cooked porridge

1/4 cup raw oats or muesli

1/2 cup cooked pasta or rice

1 Serve of Proteins =

100g raw beef, lamb, pork, chicken 65-80g cooked

115g raw fish 100g cooked

2 large eggs

1 cup cooked or canned legumes/beans lentils, chickpeas, split peas

30g nuts and seeds or 1 handful

170g tofu

1 Serve of Dairy =

3/4 cup yoghurt or 200g

1 cup milk or 250ml

2 slices cheese or 40g 4x3x2cm cube

250ml of soy, rice, or other milk alternative with more than 100mg of calcium per 100ml of milk

1/2 cup Ricotta cheese or 120g