

WHAT DOES A "SERVING" LOOK LIKE?

We see a lot of information about "servings" in nutrition advice and on food packaging. If you've ever wondered what a "serving" of a particular food looks like, here's a guide to help you. These are the recommendations from the Ministry of Health for the main food groups. The playing cards are there to give you an idea of the size of each item.

FRUIT



BREAD, CEREAL, RICE, PASTA, NOODLES



MEAT, POULTRY, FISH, EGGS, LEGUMES



VEGETABLES



MILK, YOGHURT, CHEESE



OILS AND FATS



WATER AND OTHER FLUIDS



6-8
A DAY

Published in *Healthy Food Guide* January 2006. *Healthy Food Guide* is a monthly magazine available at supermarkets and bookstores for just \$5.50. To subscribe, go to www.healthyfood.co.nz