

What is a serve? Fact sheet

Measuring serve sizes varies for different types of food. Here are some examples:

One serve of grains (cereals, breads, etc) =

- 1 cup porridge or cereal flakes
- 1/2 cup muesli
- 1 cup cooked rice, pasta or noodles
- 2 slices bread
- 1 medium bread roll

One serve of vegetables and legumes = 75g or

- 1/2 cup cooked vegetables
- 1 potato
- 1 cup salad vegetables
- 1/2 cup cooked legumes (dried peas and beans, lentils, baked beans)

Choose a wide variety of coloured vegetables such as dark green vegies e.g. spinach and broccoli; orange or yellow vegies e.g. pumpkin, carrots, sweet potato; red vegies e.g. tomatoes, capsicum.

One serve of fruit = 150 grams or one cup

- 1 medium piece, e.g. apple, orange, banana, mango, mandarin, pear, etc
- 2 small pieces, e.g. apricots, kiwi, plum, figs, etc
- 1/2 punnet of strawberries
- 1 cup diced pieces or canned fruit
- Dried fruit - 4 dried apricots, 1 1/2 tablespoons sultanas
- 1/2 cup fruit juice (Note: It's much better to eat the whole fruit and drink water, than drink fruit juice as a substitute. Maximum of 250 mls of fruit juice per day is recommended, as it's high in kilojoules and easy to drink too much).

Choose a variety of fruits in season.

One serve dairy (milk etc) and alternatives =

- 250ml glass or 1 cup fresh, long-life or reconstituted milk
- 200g or 1 small carton of yoghurt
- 40g (2 slices) cheese
- 1/2 cup evaporated milk
- 250ml (1 cup) custard

As an alternative, try:

- 1 cup of calcium-fortified soy milk
- 1/2 cup pink salmon with bones

Low fat varieties are best (low fat milk is not recommended for children under two years of age).

One serve protein (lean meat, fish, etc) and alternatives =

- 65-100 grams cooked lean meat or chicken (e.g. 1/2 cup mince, 2 small chops, 2 slices roast meat)
- 80-120g cooked fish fillet

As an alternative, try:

- 2 small eggs
- 1/2 cup cooked dried beans, lentils, chick peas, split peas or canned beans
- 1/3 cup nuts or seeds

One serve 'extras' (foods high in fat, sugar or salt which can be included occasionally for variety) =

- 1 small piece of plain cake or bun
- 3-4 small sweet biscuits
- half a small chocolate bar
- 60g jam or 1 tablespoon honey
- 1 tablespoon unsaturated oil, margarine or butter
- 12 hot chips
- 30g potato crisps
- 2 small scoops ice-cream
- 1 can soft drink or 2 glasses cordial
- 1 slice pizza = **2** serves of extras
- 1 meat pie or pasty = **3** serves of extras
- For adults only: 200ml wine or a stubby of beer counts as an extra serve (children should not drink alcohol)