Handy Guide to Serving Sizes

Learn how to use your hand to estimate serving sizes and compare them to the food portions you eat.

**Vegetables and Fruit:** Aim to eat 3–4 servings of Fruits and 5 servings of Vegetables each day. Here’s what a serving looks like.

- **Fresh, frozen or canned vegetables**
  1/2 cup = 1/2 fist

- **Leafy vegetables**
  1 cup = 1 fist

- **Whole fruit**
  1 fruit = 1 fist

- **Fresh, frozen or canned fruit**
  1/2 cup = 1/2 fist

- **Dried fruit**
  1/4 cup = Cupped hand

- **100% fruit juice**
  1/2 cup = 1/2 fist

**Grains:** Aim to eat 5–6 servings of Grains each day. Choose whole grains at least 50% of the time! Here’s what a serving looks like.

- **Bread**
  1 slice = Size of hand

- **Bagel**
  1/2 small bagel = Size of hand

- **Rice**
  1/2 cup = 1/2 fist

- **Pasta**
  1/2 cup = 1/2 fist

- **Cold Cereal**
  1 cup = 1 fist

Adapted from EatRight Ontario
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**Dairy:** Aim to get 3 servings of Dairy each day. Here’s what a serving looks like.

- **Milk or fortified soy beverage**
  
  1 cup = 1 fist

- **Yogurt**
  
  3/4 cup = 1 fist

- **Cheese**
  
  1 1/2 oz = 2 thumbs

**Protein Foods:** Aim to eat 2 to 3 servings of protein foods each day, focusing on lean sources like poultry, seafood, and beans. Here’s what a serving looks like.

- **Meat and Poultry**
  
  2 1/2 oz = Palm of hand

- **Fish**
  
  2 1/2 oz = Palm of hand

- **Peanut butter**
  
  2 tbsp = 2 thumbs

- **Nuts and seeds**
  
  1/4 cup = Cupped hand

- **Legumes**
  
  1/2 cup = 1 fist

**Oils:** Aim for no more than 2 Tbsp OR 6-7 tsp of oil each day. Choose healthy unsaturated fat sources like oils, olives, nuts and avocado. Here’s what a tbsp and tsp look like.

- **Margarine or butter**
  
  1 tsp = 1 thumb tip
  
  1 tbsp = 1 thumb

- **Oil**
  
  1 tsp = 1 thumb tip
  
  1 tbsp = 1 thumb

- **Mayonnaise**
  
  1 tsp = 1 thumb tip
  
  1 tbsp = 1 thumb

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