Ever wondered how much a serving size is when it comes to different foods? At Healthy Food Guide magazine we’ve taken these pictures to help make it simple.

For more health information and delicious recipes Healthy Food Guide magazine is available in the shops every month, or to subscribe ring 0800 360 0582 or go to our website healthyfood.co.nz

Note: if you are weighing vegetables and fruit, around 80g is one serve of vegetables, or fresh, frozen or canned fruit.

For people wanting to lose weight
Aim to eat mostly whole grains.
4 serves a day may be enough.

Mild chicken curry

SERVING SIZE GUIDE

CARBS

Aim to eat mostly whole grains.
For people wanting to lose weight 4 serves a day may be enough.

VEGETABLES & LEGUMES

SWEETS & OTHER TREATS

NUTS, SEEDS & FATS

Choose unsaturated fats from nuts, seeds, spreads and oils.

PROTEIN FOODS

Aim to eat fish 2-3 times each week and limit meat each week to around 750g raw weight.

Fruit

FRUIT

MILK & DAIRY PRODUCTS

Always choose reduced-fat dairy.

Serves a day may be enough.

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