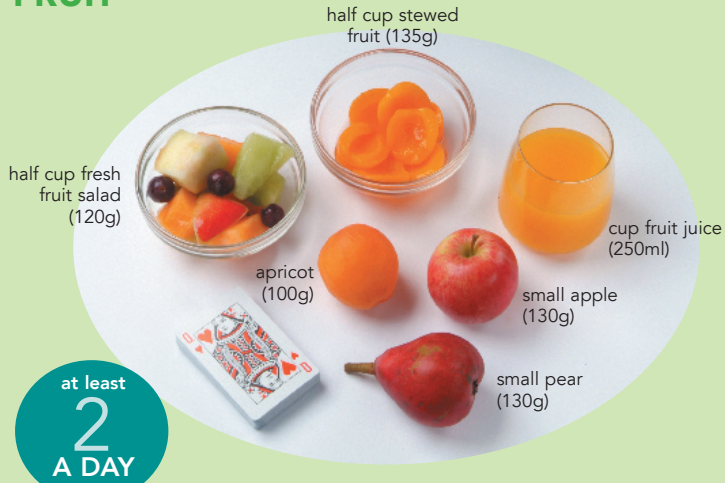


# WHAT DOES A "SERVING" LOOK LIKE?

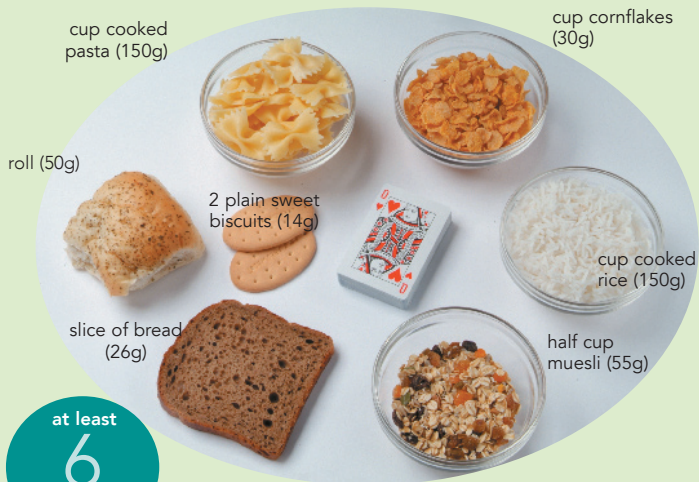
We see a lot of information about "servings" in nutrition advice and on food packaging. If you've ever wondered what a "serving" of a particular food looks like, here's a guide to help you. These are the recommendations from the Ministry of Health for the main food groups. The playing cards are there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

## FRUIT



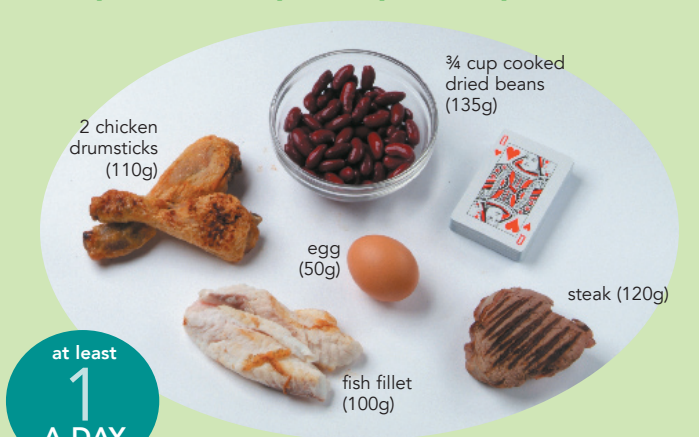
at least  
**2**  
A DAY

## BREAD, CEREAL, RICE, PASTA, NOODLES



at least  
**6**  
A DAY

## MEAT, POULTRY, FISH, EGGS, LEGUMES



at least  
**1**  
A DAY

## VEGETABLES



at least  
**3**  
A DAY

## MILK, YOGHURT, CHEESE



at least  
**2**  
A DAY

## OILS AND FATS



The Heart Foundation recommends no more than 1-2 tablespoons of fats or oils each day

## WATER AND OTHER FLUIDS



**6-8**  
A DAY

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