

My Heart&Stroke Healthy Weight Action Plan

Serving Size Guide

Vegetables

Vegetables are free and unlimited. Please note that peas, squash, turnip and parsnips have a higher carbohydrate content than other vegetables so keep serving sizes of these vegetables to about ½ cup (125 ml).

Fruit

One serving of fruit is equivalent to:

- 1 cup (250ml) berries, cherries, grapes or cut melon
- 1 medium whole fruit*
- ½ cup (125ml) unsweetened canned fruit
- ½ cup (125ml) unsweetened applesauce
- ¼ cup (60ml) dried fruit
- ½ cup (125ml) fruit juice

*exceptions are 1 small banana or papaya, 3 small fresh apricots, 2 mandarin oranges, 2 medium plums or kiwis, ½ medium mango



Visual guide

One medium fruit is about the size of a fist or tennis ball.

Meat and Alternatives (choose lower fat or lean)

One serving of meat, fish or poultry is equivalent to 3 ounces (85 grams). It is okay to combine two of your recommended daily protein servings at one meal ie. 6 oz, if desired.

Examples of approximate servings are:

- 1 small chicken breast or leg
- 1 small hamburger patty
- 1 small fish fillet
- 1 small pork chop
- 1 small steak
- 1 to 2 slices of roast beef, pork, veal, ham, lamb, game
- 2 to 3 slices lean deli meat
- 2 eggs
- ½ to ¾ cup (125ml to 175ml) canned tuna or salmon (not in oil)
- 10 to 12 medium scallops or shrimp

Vegetarian Sources

- 2 tbsp (30 ml) peanut butter
- ⅓ cup (75ml) tofu
- ¼ cup nuts or seeds
- ⅓ cup (75ml) hummus
- ½ cup (125ml) cooked legumes



Visual guide

One 3 oz (85g) serving of meat, fish or poultry is equivalent to the size of a deck of cards.

This serving size guide will help you choose healthy amounts of food. Measure your food for a day or two until you become familiar with healthy serving sizes. After that you should be able to estimate a serving size by looking at it. If your serving sizes start to increase, measure them again.



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Milk and Alternatives (choose lower fat)

One serving of milk and alternatives is equivalent to:

- 1 cup (250ml) milk (skim or 1%)
- 1 cup (250ml) lactose-reduced milk
- 1 cup (250ml) fortified soy beverage
- 1 cup (250ml) goat milk, enriched
- ½ cup (125ml) chocolate milk
- ¾ cup (250ml) yogurt (0% or 1%)

- ½ cup (125ml) cottage cheese (no fat or 1%)
- 1 oz (30g) cheese
- ½ cup (125ml) canned evaporated milk



Visual guide

One ounce of cheese is about the size of your thumb.

Grain Products (choose whole grains)

One serving of grain products contains approximately 15 grams of carbohydrates. Use this as a guide when you read the Nutrition Facts table on labels for breads, cereals, pasta, crackers and other grain products.

Examples of approximate servings are:

- 1 slice bread
- ¼ large bagel or ½ small bagel
- ½ English muffin
- ½ 6 inch (15cm) pita
- ½ hamburger/hotdog bun
- 1 small (2 inch/5cm) muffin
- 1 small (4 inch/10cm) pancake
- 1 small dinner roll
- 1 small (6 inch/15 cm) tortilla, roti, chapati
- 1 4 inch (10cm) waffle
- ½ to 1 cup (125 ml) cereal
- ½ cup (125 ml) granola
- ¾ cup cooked hot cereal
- ½ cup (125ml) cooked pasta, couscous
- ⅓ cup (75 ml) cooked rice, millet
- ½ cup (125ml) cooked barley, bulgur
- ½ cup (125 ml) quinoa
- 4 to 6 small crackers
- 1 small or ½ medium potato
- 1/3 cup sweet potato or plantain
- ½ cup (125 ml) corn
- ¼ of 6 inch (15cm) Naan bread

Fat

One serving of fat is equivalent to:

- 1 tsp (5ml) oil, butter, margarine, mayonnaise
- 1 tbsp (15ml) salad dressing
- 1 tbsp cream cheese

