What is a Serving Size?

Becoming more aware of your food choices and the effects these choices have on your body puts you in the 'driver’s seat' of your own health. When it comes to food, half the battle is knowing how much to eat. Take the quiz to find out how much of the good stuff you need in your daily diet, and get more info at healthier.qld.gov.au

1. How much is a serve of vegetables?
   - 1/2 cup of peas
   - 1 cup of peas

2. How much is a serve of grain?
   - 1 slice of bread
   - 2 slices of bread

3. How much is a serve of cereal?
   - 1/3 cup of bran flakes
   - 1/4 cup of bran flakes

4. How much is a serve of fruit juice?
   - 1/2 cup of fruit juice
   - 1 cup of fruit juice

5. How much is a serve of egg?
   - 2 eggs
   - 1 egg

6. How much is a serve of fruit?
   - 1/2 medium apple
   - 1 medium apple

7. How much is a serve of salad?
   - 1 cup of salad
   - 3/4 cup of salad

8. How much is a serve of tofu?
   - 170g of tofu
   - 140g of tofu

9. How much is a serve of cheese?
   - 3 slices of cheese
   - 2 slices of cheese

10. How much is a serve of milk?
    - 3/4 cup of milk
    - 1 cup of milk

11. How much is a serve of lean cooked beef/pork/lamb?
    - 65g
    - 130g
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Healthy Choices

Answers.

Find out more info at healthier.qld.gov.au

1. How much is a serve of vegetables?
   - 1/2 cup of peas (about 75g) is a serve of vegetables

2. How much is a serve of grain?
   - 1 slice of bread (40g) is a serve of grain

3. How much is a serve of cereal?
   - 1/4 cup of bran flakes is a serve of cereal

4. How much is a serve of fruit juice?
   - 1/2 cup of fruit juice is a serve

5. How much is a serve of egg?
   - 2 eggs are a serve

6. How much is a serve of fruit?
   - 1 medium apple (about 150g) is a serve

7. How much is a serve of salad?
   - 1 cup of leafy or raw salad is a serve

8. How much is a serve of tofu?
   - 170g of tofu is a serve

9. How much is a serve of cheese?
   - 2 slices of cheese is a serve

10. How much is a serve of milk?
    - 1 cup of milk is a serve

11. How much is a serve of lean cooked beef/pork/lamb?
    - 65g of cooked lamb (about 90-100g raw) is a serve

Healthier. Happier.

Queensland Government