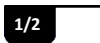




















Serving Sizes

(For more detail on serving sizes, see the “Average Calorie Content of Food” table below)




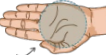



Category	What is one serving
Vegetables and Fruit	 1/2 cup of frozen, fresh or canned fruit or vegetables    1 piece of fruit
Protein foods	  75 grams (about 1/2 cup) cooked meat, poultry or shellfish  3/4 cup beans, lentils, yogurt  1/4 cup nuts or seeds  1 cup milk or soy beverage  50 grams cheese  2 Tablespoons (30 ml) peanut butter
Grain Foods	  1 slice bread, 1 small tortilla  1/2 cup cooked grains (e.g. rice, quinoa) or pasta   1/2 bagel, 1/2 pita  30 g cold cereal  3/4 cup hot cereal
Fats/oils e.g oils, butter, margarine, salad dressings, and mayonnaise.	 1 Tablespoon (15 ml)

1 cup = 250 ml, 3/4 cup = 185 ml, 1/2 cup = 125 ml, 1/4 cup = 65 ml

Tools for Accurate Measurement of Serving Sizes

Measuring cups	Measuring spoons	Kitchen scale
		

Helpful Visuals for Serving Sizes

Measurement Size	Helpful Visual
½ cup (125 ml, 4oz.)	tennis ball  , computer mouse 
75 grams (½ cup) cooked meat, seafood	Deck of cards  , palm of the hand 
50 grams cheese	2, 9-volt batteries 
1 tablespoon	wine cork  , 3 dice 

Average Calorie Content of a Serving of Food

Listed below is the average calorie content of a serving of food (and a few beverages). The calorie content of a serving of food can vary considerably—especially with animal foods such as meat or yogurt, or grain foods such as bread or cereal—so this is just a guide. For exact calorie content of foods read [food labels](#) or consult websites such as [Food Data Central](#).

Vegetables and Fruit One serving, unless otherwise indicated, is ½ cup (125 ml, 4 oz.) of frozen, fresh or canned fruit or vegetables.	Average calories per serving	
Cucumber, lettuce (1 cup), zucchini, bean sprouts (1 cup), endive (1 cup), mushrooms, radish	7-10	Vegetables
Bok choy (1 cup), cauliflower, broccoli, bell peppers, eggplant, turnip, tomato, cabbage (1 cup) , Brussels sprouts, celery (2 stalks), okra, spinach (1 cup)	11-20	
Asparagus (6 spears), pumpkin, green/yellow beans, carrots, fennel (1 cup)	21-30	
Onion, beets, leeks (1 cup), squash, kale (1 cup)	31-50	
Peas, potato ¹	60-70	
Corn, sweet potato, yams	80-100	
Rhubarb	15	Fruit
Strawberries, watermelon, cantaloupe, honeydew melon, papaya	20-30	
Raspberries, blackberries, pineapple (fresh)	31-40	
Blueberries, peach (1), kiwi (1 large), cherries (10), grapes	41-50	
Apricot (3), orange (1), nectarine (1), mango, plum (2), pineapple (canned)	61-70	
Figs (2 fresh), apple (1), grapefruit (1), tangerine (2)	75-100	
Pear (1), banana (1)	100-110	
Avocado (½ medium fruit)	160	

¹Potatoes are one of the most calorie dense vegetables: a small potato (170 g) has about 130 calories, a medium potato (213 g) has 165 calories and a large potato (369 g) has 280 calories.

Protein foods One serving, unless otherwise indicated, is 75 grams (½ cup) cooked meat, poultry, fish or shellfish; ¾ cup beans or lentils; ¼ cup nuts; 1 cup milk; ¾ cup yogurt; 50 grams cheese	Average calories per serving	
Soy beverage	130	Plant Protein Foods
Tofu ²	140	
Beans, cooked and canned, lentils (cooked)	170-200	
Peanut butter (2 Tbsp)	190	
Nuts and seeds	200-220	
Fish	75-130	Animal Protein Foods
Tuna, canned in water	80	
Salmon, canned	110	
Chicken ²	140	
Eggs (2)	150	
Pork ²	160	Dairy Protein Foods
Beef ²	170	
Milk (skim)	85	
Yogurt	90-160	
Milk (1%)	100	
Milk (2%)	120	
Hard cheese (reduced fat)	130-150	
Milk (3.25%)	150	
Hard cheese (regular)	200	

² Calories per serving is an average. Calories per serving varies depending on cut of meat, fat content (e.g. fat free vs regular yogurt), how food is cooked (e.g. roasting vs frying) or type of tofu (e.g. soft vs firm).

Grain Foods One serving, unless otherwise indicated, is 1 slice bread (35 grams) ; ½ bagel or pita; 1 small tortilla; ½ cup cooked grains (e.g. rice, oats, barley) or pasta; 30 grams cold cereal; ¾ cup hot cereal (e.g. oatmeal)	Average calories per serving
Cooked oats (oatmeal), English muffin (½ muffin)	60-80
Bread	70-110

Pita (small) , chapati, air-popped popcorn (no topping, 3 cups)	80-100
Rice, quinoa, barley, pasta, bagel, tortilla (small)	100-120
Cereal	varies considerably, check food label

Sources used:

Netzer, C. (1997), The Complete Book of Food Counts

Pennington, J. (1998), Food Values of Portions Commonly Used

Food Data Central from the US Department of Agriculture, <https://fdc.nal.usda.gov/index.html>

Nutrition labels on foods in supermarkets

This document was developed by Concordia University Health Services