How to measure a portion size

Measuring the portion size of your food can actually be easy. You don’t need a set of measuring cups or a scale. Just use a hand! An adult-sized hand can be your guide to measuring food.

The chart below shows you how to gauge one serving amount of various foods from each food group. Eating the right portions from the five basic food groups is a very important part of a healthy eating plan. Aim for at least one serving from each food group each meal of the day.