CANADA’S FOOD GUIDE SERVING SIZES FOR VEGETABLES AND FRUIT

One Food Guide Serving of FRESH, FROZEN OR CANNED VEGETABLES OR FRUIT IS 125 ml (1/2 cup)

One Food Guide Serving of RAW LEAFY VEGETABLES IS 250 ml (1 cup)

One Food Guide Serving of DRIED FRUIT IS 60 ml (1/4 cup)

An example of one Food Guide Serving of A WHOLE FRUIT IS one medium pear

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