

## HOW MUCH FOOD SHOULD I BE SERVING IN A MEAL?

See below serving sizes to know the amount to serve to meet the Healthy Meals in Schools Programme (HMSP) guidelines.

### WHOLEGRAIN

**SERVING SIZE:** 2 Serves or more

**EXAMPLES OF 1 SERVE:**



**100g** of Cooked Mixed Rice/Pasta (20% or more wholegrain in total)



**2 slices** of Wholegrain Bread



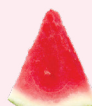
**100g** Cooked Wholegrain Bee Hoon

*\*Size of bowl used is 11cm (diameter) x 4cm (height).*

### FRUIT

**SERVING SIZE:** ½ Serve or more

**EXAMPLES OF ½ SERVE:**



**1 Wedge** of Watermelon (65g)



**Half** a Medium Apple (65g)



**Half** a Medium Orange (65g)

*\*Fruits can be served at any time in the school.*

### VEGETABLES

**SERVING SIZE:** 2 Heaped Dessertspoons or more



**EXAMPLES OF VEGETABLES:**



**Leafy Vegetables**  
(E.g. Spinach, Cai Xin, etc)



**Non-leafy Vegetables**  
(E.g. Carrot, Broccoli, etc)

*Starchy vegetables are not considered as vegetable.*

### PROTEIN

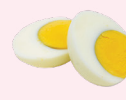
**SERVING SIZE:** 2 Heaped Dessertspoons or more



**EXAMPLES OF PROTEINS:**



**Lean Meat**  
(e.g. Skinless Chicken or Fish)



**Egg**



**Tofu/  
Tau Kwa**



Approx 25.4cm (10")



Approx 18.5cm

Dessertspoon\*



Approx 21.5cm

Tablespoon



Approx 14cm

Teaspoon

\*1 dessertspoon holds approximately 25g of cooked protein or vegetables.