

VEGETABLES AND FRUIT FOOD GUIDE SERVING SIZES FOR CANADA

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 greens is
250 ml (1 cup)

one Food Guide Serving
of dried fruit is
60 ml (1/4 cup)



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an example of one
Food Guide Serving of
a whole fruit is one
medium pear



one Food Guide Serving
of 100% juice is
125 ml (1/2 cup)



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