SERVING SIZE GUIDE: What Is One Serving?

PROJECT GOLDENBITES

Wholegrains

Daily recommendation (aged 51+): 4 – 6 servings



2 slices of wholemeal bread (60g)



4 plain wholemeal crackers (40g)



2 wholemeal chapatis (60g)



1.5 cups whole-grain breakfast cereal (40g)



⅔ bowl of uncooked oatmeal (50g)



½ bowl of wholegrain noodles, beehoon or spaghetti (100g)



½ bowl of brown or red rice (100g)

Fruits

Daily recommendation (aged 51+): 2 servings



1 small apple, orange, pear or mango (130g)



1 wedge of watermelon, pineapple or papaya (130g)



10 grapes or longans (50g)



1 medium banana (120g)



1/4 cup of dried fruit (40g)

Vegetables

Daily recommendation (aged 51+): 2 servings



¼ round plate of cooked vegetables



150g of raw leafy vegetables



100g of raw non-leafy vegetables



¾ cup of cooked leafy / non-leafy vegetables (100g)

Meat & Others

Daily recommendation (aged 51+): 3 servings
of which 1 serving Calcium-rich foods



1 palm-sized of meat, fish or poultry (90g)



150g of firm tofu



5 medium prawns (90g)



3 eggs (150g)



2 cups of low fat milk or high calcium soybean milk (500ml)



¾ cups of cooked pulses (peas, beans, lentils) (120g)



All weights listed are for edible portions.

Size Guide:

- 250ml cup
- 10 inch plate
- 1 rice bowl

Reference: Health Promotion Board, Nutritious Foods For A Healthy Diet; https://www.healthhub.sg/programmes/nutrition-hub/eat-more

食物份量参考: 一份是多少?

PROJECT GOLDENBITES

全谷类

每日建议（51岁及以上）：4–6份



2片全麦面包 (60g)



4片全麦饼干 (40g)



2片印度烧饼 chapatis (60g)



1½杯全谷早餐麦片 (40g)



⅔碗未煮的燕麦 (50g)



½碗全谷面条、米粉或意大利面 (100g)



½碗糙米饭 (100g)

水果

每日建议（51岁及以上）：2份



1个小苹果、橙、梨或芒果 (130g)



1片西瓜、黄梨或木瓜 (130g)



10颗葡萄或龙眼 (50g)



1根中等大小的香蕉 (120g)



¼杯干果 (40g)

蔬菜

每日建议（51岁及以上）：2份



¼盘煮熟的蔬菜



150克生的叶类蔬菜



100克生的非叶菜类蔬菜



¾杯煮熟的叶类或非叶菜类蔬菜 (100g)

肉类及其他蛋白质食物

每日建议（51岁及以上）：3份**

****其中1份为高钙食物**



1个手掌大小的肉、鱼或家禽 (90g)



150克豆干



5只中等大小的虾 (90g)



3个鸡蛋 (150g)



2杯低脂牛奶或高钙豆奶 (500ml)



¾杯煮熟的豆类，如豌豆、青豆、扁豆 (120g)



所有列出的重量均指可食用部分。

餐具大小参考：

- 杯：250毫升
- 圆盘：10英寸
- 饭碗：1个

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