

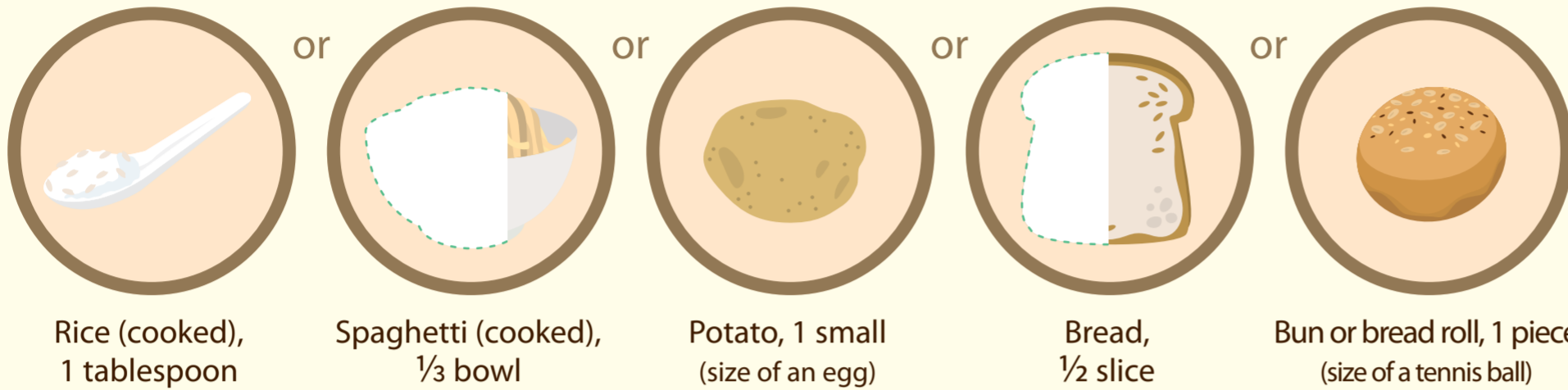


# EatSmart Tips for Students under the New Normal Series

## Food Portion



### 1 Serving of Grains



Rice (cooked), 1 tablespoon

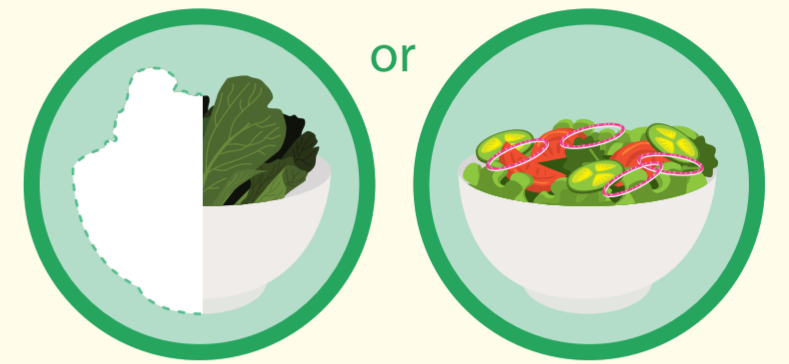
Spaghetti (cooked), 1/3 bowl

Potato, 1 small (size of an egg)

Bread, 1/2 slice

Bun or bread roll, 1 piece (size of a tennis ball)

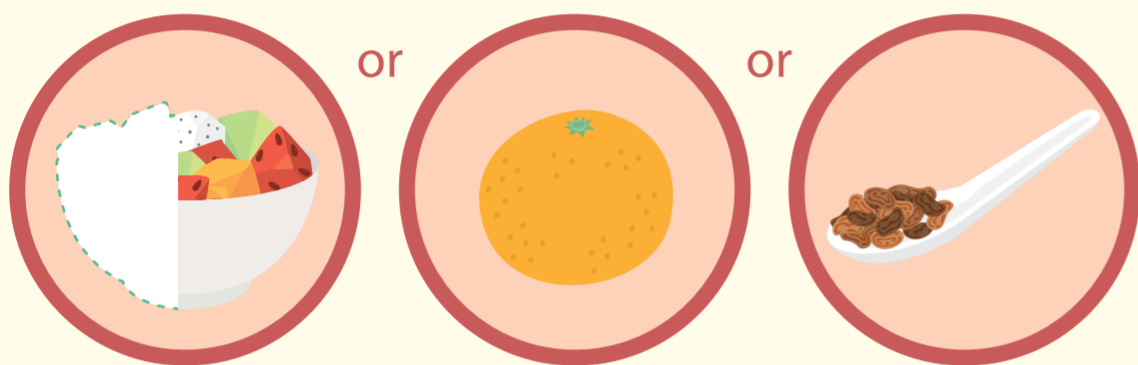
### 1 Serving of Vegetables



Vegetables (cooked), 1/2 bowl

Vegetables (uncooked), 1 bowl

### 1 Serving of Fruits

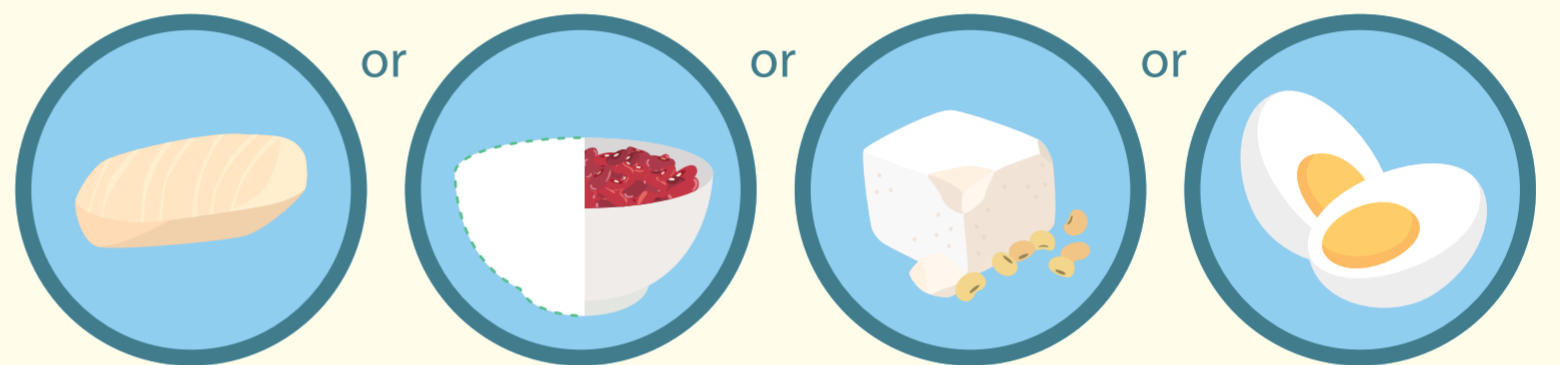


Cut-up fruit, 1/2 bowl

Whole fruit, 1 medium

Dried fruit, 1 tablespoon

### 1 Serving of Meat, Fish, Egg & Alternatives



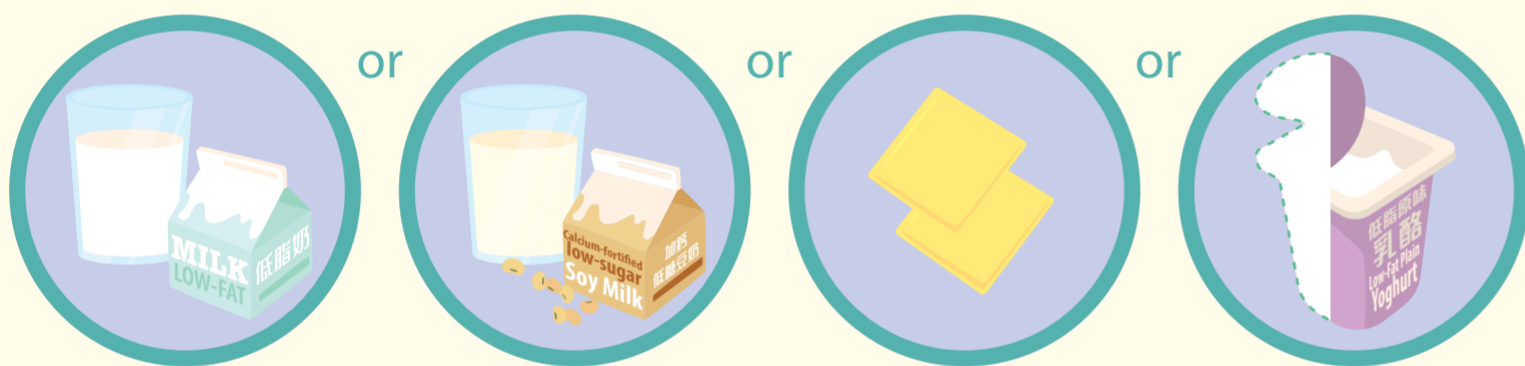
Chicken, beef, pork and fish (cooked), 30 g (size of a table tennis ball)

Dry beans (cooked), 1/2 bowl

Silky tofu, 1 piece

Egg, 1 piece

### 1 Serving of Milk & Alternatives ("Dairy Products")



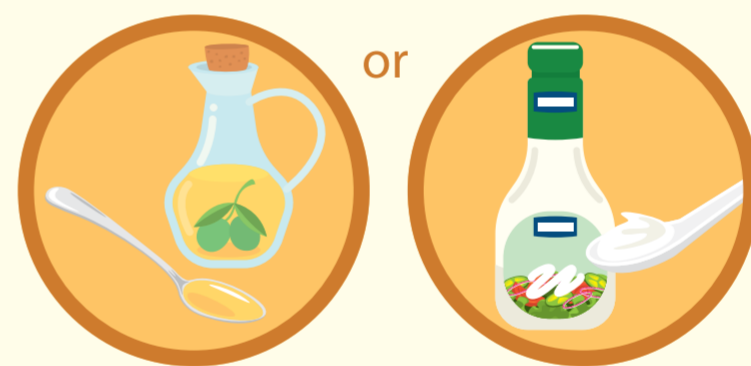
Low-fat or skimmed milk, 1 glass

Calcium-fortified low-sugar soy milk, 1 glass

Low-fat cheese, 2 slices

Low-fat plain yoghurt, 2/3 cup (about 150 ml)

### 1 Serving of Fat & Oil



Vegetable oil, 1 teaspoon

Salad dressing, 1 tablespoon

No more than 2 teaspoons of oil should be used for cooking for each person in each main meal

Recommended Servings* for Lunch and Dinner	Primary 1 to 3 students	Primary 4 to 6 students	Recommended Servings* for Lunch and Dinner	Primary 1 to 3 students	Primary 4 to 6 students
Grains	At least 4 servings	At least 5 servings	Meat, Fish, Egg & Alternatives	1 to 2 servings	1 1/2 to 2 1/2 servings
Vegetables	At least 1 serving	At least 1 serving	Fat & Oil (for cooking)	No more than 2 servings	
Fruits	At least 1 serving	At least 1 serving			

Note: 1 teaspoon ≈ 5 g or ml; 1 tablespoon ≈ 15 g or ml  
1 glass ≈ 240 ml; 1 bowl = 250 - 300 ml

\*Remark: The above recommendations are for reference only.

### Tips for choosing healthy food

- Grains**  
Choose whole grains or grains with added vegetables to increase dietary fibre intake.
- Vegetables**  
Besides fresh vegetables, frozen and dried vegetables with no added fat/oil, salt or sugar are also healthy choices.
- Fruits**  
Choose whole fruit or dried fruit with no added fat/oil, salt or sugar.
- Meat, Fish, Egg & Alternatives**  
Fresh or frozen skinless poultry, lean meat and fish are healthy meat choices.
- Milk & Alternatives**  
Choose milk and yoghurt in original flavour or with no added sugar. (Recommend to serve in breakfast or as snacks.)
- Fat & Oil**  
Choose vegetable oils with lower saturated fat content, e.g. olive oil, canola oil and corn oil.

