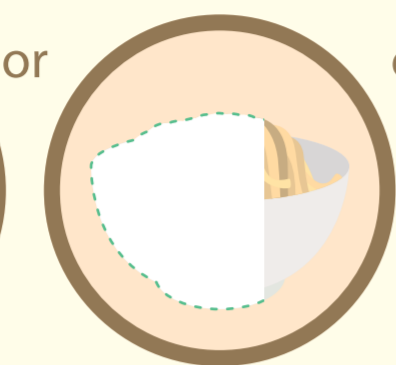


Food Portion

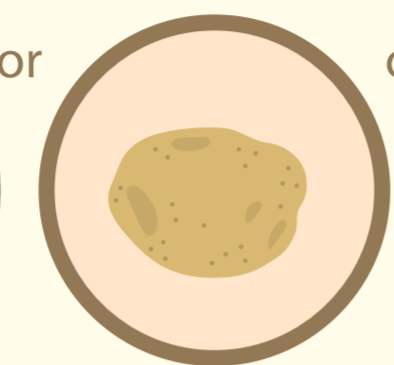
1 Serving of Grains



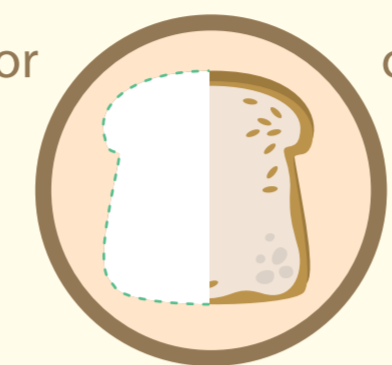
Rice (cooked),
1 tablespoon



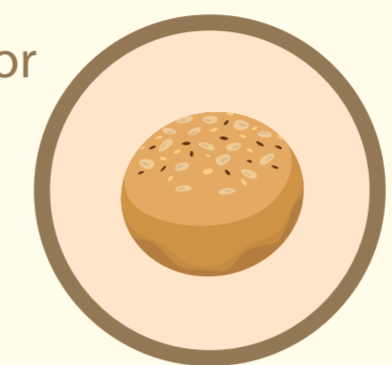
Spaghetti (cooked),
1/3 bowl



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

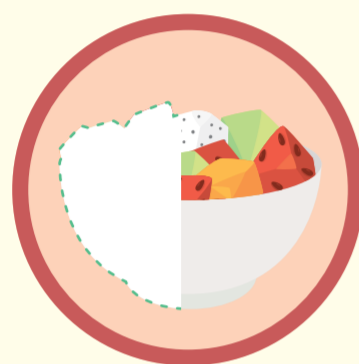


Vegetables (cooked),
1/2 bowl

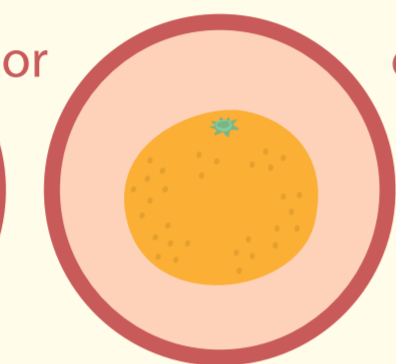


Vegetables (uncooked),
1 bowl

1 Serving of Fruits



Cut-up fruit,
1/2 bowl

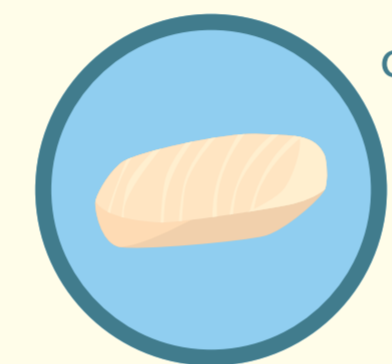


Whole fruit,
1 medium

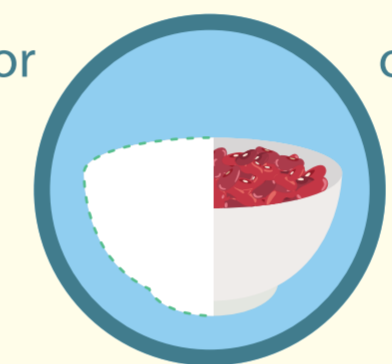


Dried fruit,
1 tablespoon

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

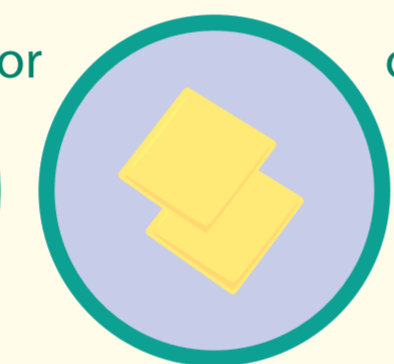
1 Serving of Milk & Alternatives ("Dairy Products")



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
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.

