

Regional Portion Guidelines

Item Name	Portion Size		
	Small Portion	Regular Portion	Large Portion
Fruits			
Dried Fruit	1.5 Tbsp	2 Tbsp	2.5 Tbsp
Fresh or Canned	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup Scoop #5
Grapes	¾ cup	1 cup	1.5 cup
Fruit Sauce	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup Scoop #5
Whole Fruit (apple, banana, orange, etc.)	½ each	1 each	1 ½ each
Vegetables			
Asparagus	2 spears	4 spears	6 spears
Fresh and Cooked Vegetables	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Lettuce Salad (i.e. Tossed, Caesar)	½ cup or Scoop #8	1 cup or Scoop #4	1 ½ cup
Salad (Broccoli, Coleslaw, Cucumber, Macaroni, Mandarin, Potato, etc.)	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Tomato, sliced	1 slice	2 slices	3 slices
Grains/Starches			
<i>Bread Products</i>			
Bannock	1 each	1 each	1 each
Bread (toast or French toast)	½ slice	1 slice	3 slices
Bread served with cereal (Breakfast)	1 slice	1 slice	1 slice
Buns/ Dinner Rolls	½ each	1 each	1 ½ each
Muffin	½ each	1 each	1 ½ each
Pancakes	1 slice	2 slices	3 slices
Perogies	2 each	3 each	4 each
<i>Cereal</i>			
Baked Oatmeal	4 oz ladle	6 oz ladle	8 oz ladle
Bran Flakes	4 oz ladle	6 oz ladle	8 oz ladle
Cheerios	4 oz ladle	6 oz ladle	8 oz ladle
Corn Flakes	4 oz ladle	6 oz ladle	8 oz ladle
Cream of Wheat	4 oz ladle	6 oz ladle	8 oz ladle
Oatmeal	4 oz ladle	6 oz ladle	8 oz ladle
<i>Potato</i>			
All kinds	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
French Fries	1/3 cup	½ cup or ~ 10 Fries	¾ cup
<i>Other</i>			
Pasta/ Noodles/ Macaroni	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Rice/Barley	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Breakfast Protein			
Bacon	1 slice	2 slices	4 slices
Cheese	1 package	2 packages	3 packages
Egg – poached or boiled	1 each	2 each	3 each
Egg – poached or boiled w/ another protein	1 each	1 each	1 each
Egg – Scrambled	¼ cup or Scoop #16	1/3 cup or Scoop #12	½ cup or Scoop #8
Frittata	2"x2"	3"x3"	4"x4"
Milk	½ cup	½ cup	½ cup
Peanut Butter	1 Package	2 Packages	3 Packages
Sausage Patty or Farmer's Sausage	½ each	1 each	2 each
Yogurt	1 single serve container (100 g)	1 single serve container (100 g)	2 single serve containers (each 100 g)

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Entrée			
Burger	½ each	1 each	1 ½ each
Cabbage Roll	4 oz ladle	6 oz ladle	8 oz ladle
Casserole	4 oz ladle or 2"x2" squares	6 oz ladle or 3"x3" squares	8 oz ladle or 4"x4" squares
Chicken Fingers	2 each	3 each	4 each
Fish	½ each	1 each	1 ½ each
Hotdog	½ each	1 each	1 ½ each
Lasagna	2"x2" squares	3"x3" squares	4"x4" squares
Mac and Cheese	4 oz ladle	6 oz ladle	8 oz ladle
Meat/ Poultry	60 g (2 oz) or Scoop #10	75 g (2.5 oz) or Scoop #8	90 g (3 oz) or Scoop #6
Pie	2"x2" squares	3"x3" squares	4"x4" squares
Pizza	2"x2" squares or 1 slice	3"x3" squares or 2 slices	4"x4" squares or 3 slices
Pulses (Beans/Lentils/Chickpeas)	4 oz ladle	6 oz ladle	8 oz Ladle
Sandwich	½ each	1 each	1 ½ each
Stew	4 oz ladle	6 oz ladle	8 oz ladle
Stir Fry	4 oz ladle	6 oz ladle	8 oz ladle
Tourtière	2"x2" squares	3"x3" squares	4"x4" squares
Soup			
All kinds – side dish	4 oz ladle	6 oz ladle	8 oz ladle
Soup as entrée – beef stew, chili, hearty soup etc.	6 oz ladle	8 oz ladle	12 oz ladle
Dessert			
Brownie/Cakes/Cobbler/Crumble/Loaf/ Pie/ Squares	1"x2"	2"x2"	3"x2"
Cookies	1 each	1 each	1 each
Cookies – Small Digestive Cookies	3 each	3 each	3 each
Fruit Cocktail / Fruit Salad/ Tidbits	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Fruit Crisp	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Ice Cream	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Jell-O	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Mouse	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Pudding	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Muffin	½ each	1 each	1 ½ each
Yogurt/ Cottage Cheese	1/3 cup or Scoop #12	½ cup or Scoop #8	¾ cup or Scoop #5
Beverages			
Milk	½ cup or 4 oz	½ cup or 4 oz	½ cup or 4 oz
Juice	½ cup or 4 oz	½ cup or 4 oz	½ cup or 4 oz
Tea/Coffee	¾ cup or 6 oz	¾ cup or 6 oz	¾ cup or 6 oz
Water	As needed or tolerated		
Miscellaneous			
Brown Sugar	1 package	1 package	1 package
Gravy	1 oz	1 oz	1 oz
Jam / Jellies	1 package	1 package	1 package
Margarine	1 package	1 package	1 package
Pepper	1 package	1 package	1 package
Salad Dressing	1 package	1 package	1 package
Sauce	1 oz	1 oz	1 oz
Syrup	15 ml	15 ml	15 ml

Note: Small and large portions are only applicable to main meals (breakfast, lunch and supper). The serving size of the snacks (AM, PM, HS) for small and large portions remain the same as regular serving size.

*Scoop# are highlighted with their associated color