## **FUUU SERVING** SIZE GUIDE



1 Serving of CEREALS / GRAINS











2 slices of bread

6 pieces of cream crackers

2 small potatoes







1 cup of rice / noodles

2 cups of porridge



1 Serving of **FRUITS** 





















1 slice of watermelon

1 whole apple

8 whole grapes

1 cup of raw vegetables

1/2 cup of cooked vegetables



1 Serving of MILK & MILK PRODUCTS 1 Serving of LEGUMES













1 glass of milk

1 cup of yogurt

1 piece of "tempeh"

2 pieces of tofu



1 Serving of FISH / SEAFOOD

1 Serving of MEAT / CHICKEN













1 medium size fish





lean meat





2 medium size squids

2 whole eggs