## What is a serving size?

He aha te rahi o te raurau?

It's not always easy to measure a serving size before we eat, so we use our hands instead.

A serving of each kind of fruit or vegetable is about a handful. This means that an adult will have a bigger serving than a child because an adult's hand is larger than a child's.

We aim to have at least three servings of vegetables and two servings of fruit a day for a healthy diet.

