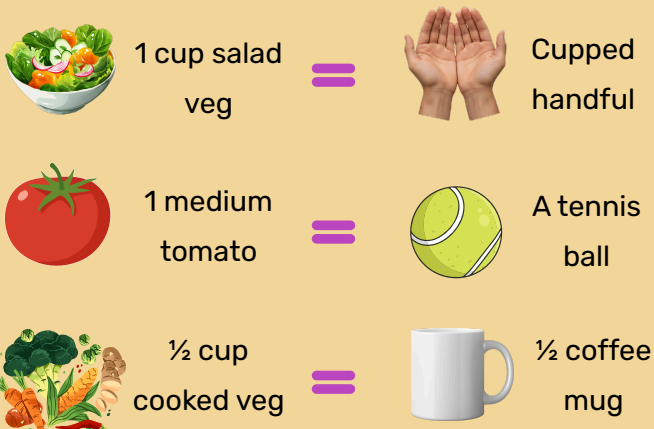


# Teen Nutrition: What Does a Serve Really Look Like?

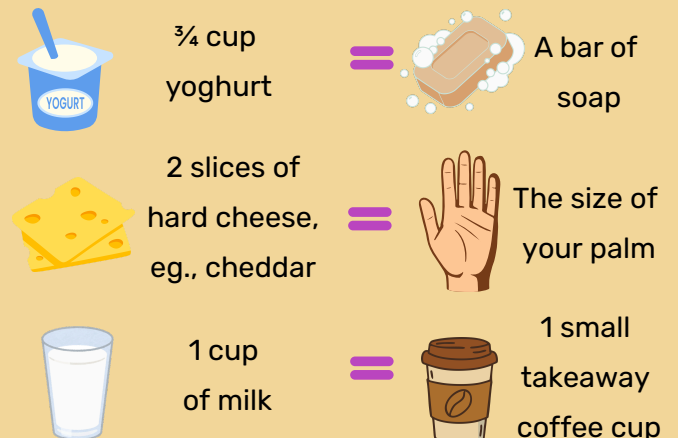
**Serving sizes can be confusing so what should you aim for?**

This guide compares common foods to everyday objects, helping you to recognise what the recommended portion sizes look like across the food groups.

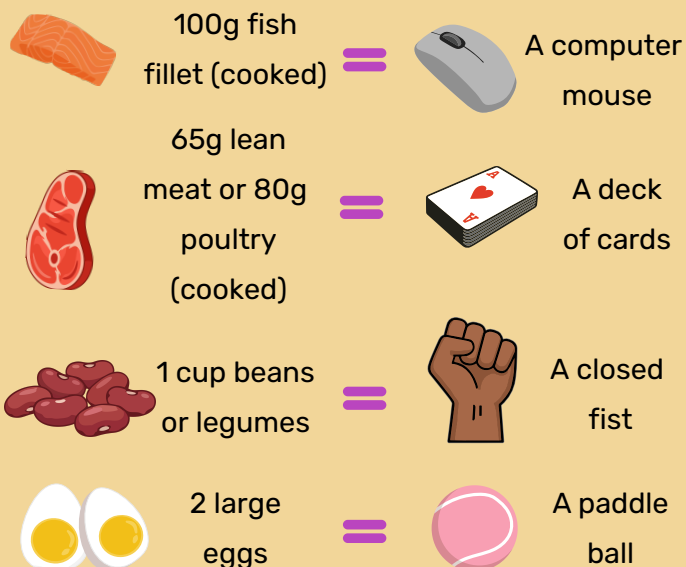
## Vegetables



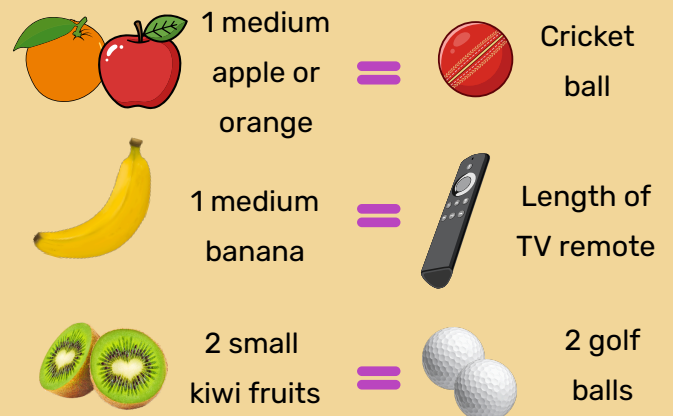
## Dairy and Alternatives



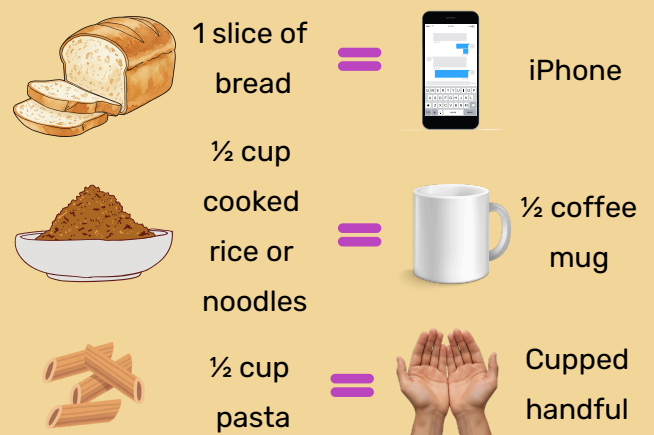
## Meat and Alternatives



## Fruit



## Grains



freshhhh