

- ◎1份主食 = 1/4碗飯 = 1/4碗糙米飯 = 1/4碗五穀飯
= 1/2碗稀飯 = 1/2碗熟麵條 = 1/2碗米粉
= 1片吐司 = 1/3個饅頭 = 3片蘇打餅干
= 1/4碗蕃薯(馬鈴薯、芋頭、紅豆、綠豆)
= 2/3根玉米
- ◎1份肉類 = 1/2手心，小指厚度肉片(等同於1兩肉)
= 1/2隻棒棒腿 = 1/2隻秋刀魚
= 1個全蛋 = 2湯匙肉鬆 = 2湯匙肉絲
= 15個蛤蠣 = 5隻劍蝦仁 = 3隻草蝦 = 1隻小管(小)
= 1片五香豆干 = 1塊田字型豆腐 = 1/2根素雞
= 1杯豆漿(240cc、不加糖) = 1/2碗毛豆
- ◎1份奶類 = 1盒鮮奶(240cc) = 4平湯匙全脂奶粉
= 1盒低脂鮮奶(240cc) = 3湯匙低、脫脂奶粉(25公克)
= 1瓶無糖優酪乳(240cc) = 2片起司
- ◎1份蔬菜(各種蔬菜可食部分生重約100克)
= 熟重1/2碗
- ◎1份水果 = 1個蘋果(小)、柳丁、橘子、加洲李或玫瑰果(桃子)
= 1個小楊桃 或土芒果 = 1.5個奇異果
= 1/2個葡萄柚、泰國芭樂 或愛文芒果
= 1/2根香蕉 = 1/3個木瓜 = 1/4個哈密瓜
= 2個蓮霧 = 2個百香果 = 2個棗子
= 6個枇杷 = 3瓣白文旦
= 10粒草莓、葡萄或櫻桃 = 20個小蕃茄
- ◎1份油脂 = 1茶匙沙拉油(橄欖油) = 1茶匙奶油 = 1茶匙蛋黃醬
= 1茶匙花生醬 = 2茶匙沙拉醬 = 1湯匙鮮奶油
= 5粒腰果 = 5粒杏仁果 = 10粒花生米 = 15粒開心果
= 黑(白)芝麻2茶匙 = 南瓜子30粒 = 葵花子30粒

