

Guide pratique des portions



Légumes et fruits — 7 à 10 portions par jour selon votre âge et votre sexe.
Voici à quoi ressemble UNE portion :

Légumes et fruits frais,
coulés ou en conserve
1/2 tasse (125 ml) = 1/2 portion



Légumes feuillés
1 tasse (250 ml) = 1 portion



Fruits entiers
1 fruit = 1 portion



Lait et substituts — 2 à 3 portions par jour selon votre âge et votre sexe.
Voici à quoi ressemble UNE portion :

Lait ou boissons de soja enrichies
1 tasse (250 ml) = 1 portion



Yaourt
1/2 tasse (125 ml) = 1 portion

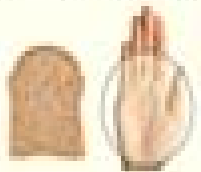


Fromage
1,5 oz (50 g) = 2 portions



Produits céréaliers — 6 à 8 portions par jour selon votre âge et votre sexe.
Voici à quoi ressemble UNE portion :

Pain
1 tranche = Taille de la main



Riz
1/2 tasse (125 ml) = 1/2 portion



Pâtes
1/2 tasse (125 ml) = 1/2 portion



Viandes et substituts — 2 à 3 portions par jour selon votre âge et votre sexe.
Voici à quoi ressemble UNE portion :

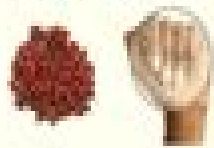
Viande, volaille et poisson
2,5 oz (75 g) = Paume de la main



Noix et graines
1/2 tasse (125 ml) = Cœur de la main



Légumineuses
1/2 tasse (125 ml) = 1 portion



Adapté de :



Centre de
santé communautaire
du Grand Sudbury

Fourni par :



Des Penseacutees Agrave Deacutepenser

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