

# Food Exchange List

## One Serving Grains



Rice (cooked),  
1 tablespoon


or



Spaghetti (cooked),  
1/3 bowl

or



Potato, 1 small  
(size of )  
an egg


or



Bread (crustless),  
1/2 slice

or



Bun or bread  
roll, 1 piece  
(size of )  
a tennis ball

## One Serving Vegetables



Gourds and vegetables  
(cooked), 1/2 bowl

## One Serving Fruits



Cut-up fruit,  
1/2 bowl

or



Whole fruit,  
1 medium

or



Dried fruit,  
1 tablespoon

## One Serving Meat, fish, egg & alternatives



Beef, pork, chicken  
or fish (cooked), 30 g  
(size of )  
a table tennis ball

or



Dry beans (cooked),  
1/2 bowl

or



Silky tofu,  
1 piece

or



Egg,  
1 medium

## One Serving Milk & alternatives

(or Dairy products)

Aged 2-5:  
Low-fat milk  
Aged above 5:  
Low-fat or  
skimmed milk



Low-fat or  
skimmed milk,  
1 glass

or



Low-fat cheese,  
2 slices

## One Serving Fat & oil

No more than  
2 teaspoons of oil  
per person  
per main meal  
should be used  
when handling  
and cooking food



Vegetable oil,  
1 teaspoon

or



Salad dressing,  
1 tablespoon

Recommended Servings for Main Meals (Breakfast, Lunch and Dinner)	N to K1	K2 to K3
Grains	Approx. 3 servings	Approx. 4 servings
Vegetables	Approx. 1/2 serving	Approx. 1 serving
Meat, fish, egg & alternatives	Approx. 1/2 serving	Approx. 1 serving
Oil (for handling and cooking food)	No more than 2 servings	

Recommended Servings for Snacks	
Whole-day school (Two snacks per day)	Morning snack: 1/2 serving of fruits Afternoon snack: 1 serving of dairy products and/or 1 serving of grains
Half-day school (One snack per day)	1/2 serving of fruits or 1 serving of dairy products or 1-2 serving(s) of grains

\*Remark: The above recommendations are for reference only. The types and servings of food for main meals and snacks may supplement each other and undergo adjustments to meet young children's nutritional needs for the whole day.



1 glass ≈ 240 ml



1 bowl = 250-300 ml

