

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



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



Chicken, beef, pork
and 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 /
skimmed milk,
1 glass

or



Low-fat cheese,
2 slices

One Serving Fat & Oil

No more than
2 teaspoons of oil
should be used for
cooking for each
person in each
main meal



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 cooking)	No more than 2 servings	

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

*Remark: The above recommendations are for reference only.
The types of food and their serving size in main meals and snacks
may supplement each other to meet children's daily nutritional needs.



1 glass ≈ 240 ml



1 bowl = 250-300 ml

