









1 serving of FRUIT equals

			
1 whole Apple	1 whole Chinese pear	1 slice Papaya	1 slice Watermelon
			
2 whole Banana, small (<i>pisang mas</i>)	8 pieces Grapes	½ whole Pear	1 whole Mandarin orange

Adapted from the Malaysian Dietary Guidelines for Children and Adolescents 2014

Equivalent household measurements

1 cup = 200 ml

1 glass = 250 ml

1 tablespoon = 15 ml

1 dessert spoon = 10 ml

1 teaspoon = 5 ml

1 palm size = 7.5 x 9 x 0.5 cm

