

Portion vs. Serving Size

Why do we need to know the difference between portion vs. serving size?

Most people do not know what a healthy portion of food looks like. Knowing the difference between a portion and a serving size is a key point to mindful eating. By monitoring the amount of foods we consume, we can become more mindful in our food choices and consume healthier food portions. Even though these terms are interchangeable, they are not the same.

Serving Size

- The recommended amount of food that is listed on a package or used in nutrition guidelines like MyPlate.
- Vanilla Ice Cream Example:
 - 1 container = 8 servings
 - Serving size is 2/3 cup

Portion Size

- The amount of food served and eaten in one sitting. Portion size can be greater or less than serving size.
- Monitoring portion sizes can help with weight control.
- A good way to portion out food is using measuring cups. If you don't have any measuring cups on hand, use the suggestions for estimating portion size below as reference.
- Estimating portion size:
 - Vegetable or Fruit
 - 1 cup = baseball
 - Pasta and Grains
 - 1/2 cup = tennis ball
 - Meats
 - 3 ounces = deck of cards
 - Nut butters
 - 1 Tablespoon = size of thumb
 - Oils
 - 1 teaspoon = postage stamp

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories 230



Snacking

Contrary to popular belief, it is okay to snack, as long as you make smart food choices. Nutrition plays an important role in staying healthy as we age. By eating smart snack choices it can help increase vitamin and mineral intake and also help maintain energy throughout the day!



Snack Ideas

- 1/4 cup cottage cheese and 1/2 cup peach slices
- 1/4 cup of walnuts or almonds
- Carrots and celery with 1/4 cup hummus
- 1 ounce of cheese
- 8 whole wheat crackers
- 3 cups air popped popcorn
- Apple slices and 2 tablespoons peanut butter (or any nut butter)

Snacking Tips

- Plan Ahead: pack snacks in your lunch box to keep you from buying unhealthy snacks throughout the day.
- Portions: portion out snacks such as grapes, chips, and popcorn to keep you from consuming too much.
- Mindful eating: If you have a sweet tooth, try eating the fun-sized candy bar instead of the full-sized

