

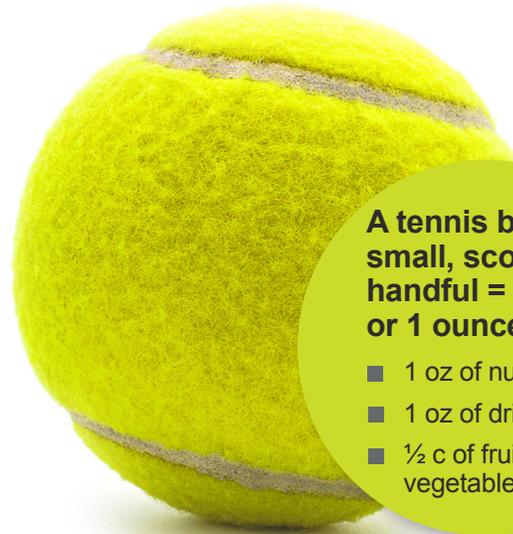
True Portion Size

► A key part of healthful eating means choosing appropriate amounts of different foods. When it comes to deciding how much to eat, the terms serving size and portion size are often interchangeable.

Serving size is a standardized amount of food. It may be used to quantify recommended amounts, as is the case with the MyPlate food groups or represent quantities that people typically consume on a Nutrition Facts Label.

Portion size is the amount of a food you choose to eat – which may be more than or less than a serving.

For example, the Nutrition Facts Label may indicate $\frac{1}{2}$ cup cereal per serving, but if you eat $\frac{3}{4}$ cup, that is your portion size.



A tennis ball or small, scooped handful = $\frac{1}{2}$ cup or 1 ounce (1 oz)

- 1 oz of nuts
- 1 oz of dried fruits
- $\frac{1}{2}$ c of fruit or vegetables

Estimating Portion Sizes

Measuring cups and spoons are great tools for making sure your portion is the same as the serving size. However, these tools aren't always available when you're getting ready to eat. Another way to estimate your portion size is by comparing it to your hand or an object.



A deck of cards or the palm of the hand = 3 ounces

- 3 oz of fish, chicken, beef and other meats

A baseball or an average-sized fist = 1 cup (1 c)

- 1 c of cold cereal, 1 c of rice or pasta
- 8 oz of milk or yogurt
- 8 oz of servings of natural fruit juices

The size of the thumb = 1 tablespoon (1 tbsp)

- 1 tbsp of peanut butter or other nut spreads, such as almond butter
- 1 oz of low-fat cheese



A postage stamp or the distance from the tip of your pointer finger to the first joint = 1 teaspoon (1 tsp)

- 1 tsp of oils or other fats

Nutrition Facts				
about 2.5 servings per bag, about 15 servings per container				
Serving size 2 tbsp (35g) unpopped (makes about 4.5 cups popped)				
	Per serving		Per 1 cup popped	
Calories	170	30		
	% DV*		% DV*	
Total Fat	11g	14%	2g	3%
Saturated Fat	6g	30%	1g	5%
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		0g	
Monounsaturated Fat	3g		0.5g	
Cholesterol	0mg	0%	0mg	0%
Sodium	210mg	9%	40mg	2%
Total Carb.	18g	7%	4g	1%
Dietary Fiber	3g	11%	<1g	2%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	2g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.5mg	2%	0mg	0%
Potassium	0mg	0%	0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Before you eat, think about what and how much food goes on your plate, in your cup or bowl. It's easy to mistake a larger portion as a better value. To overcome portion distortion and downsize your portions, try the following:

- **Read the Label** – The Nutrition Facts label can help you to identify the appropriate serving size.
- **Eat from a plate, not a package** – It's easy to eat more than one serving when eating straight from the box or bag.
- **Use the right measuring tools** – Try portioning out foods with measuring cups and spoons to give yourself an idea of what the serving size should look like.
- **Skip the upgrade** – When dining out, it may seem like a better value to pay 50 cents extra for a larger size. However, you're paying for extra-unwanted calories, fats, sugar, salt, etc.

Resources

https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

<https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/serving-size-vs-portion-size-is-there-a-difference>



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