Serving Size and Portion Size

NURTURE
www.nurtureyourfamily.org

Serving size is a set amount of food.

Portion size is the amount of food eaten or beverage drunk in one sitting.

Nutrition Facts

Serving Size 1/2 Cup (65g)		
Servings Per Container 12		
Amount Per Serving		
Calories 110		
Calories From Fat 45		
		% Daily Value*
Total Fat	5g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	35mg	1%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Sugars	13g	
Protein	2g	

Super-sized sodas

NURTURE
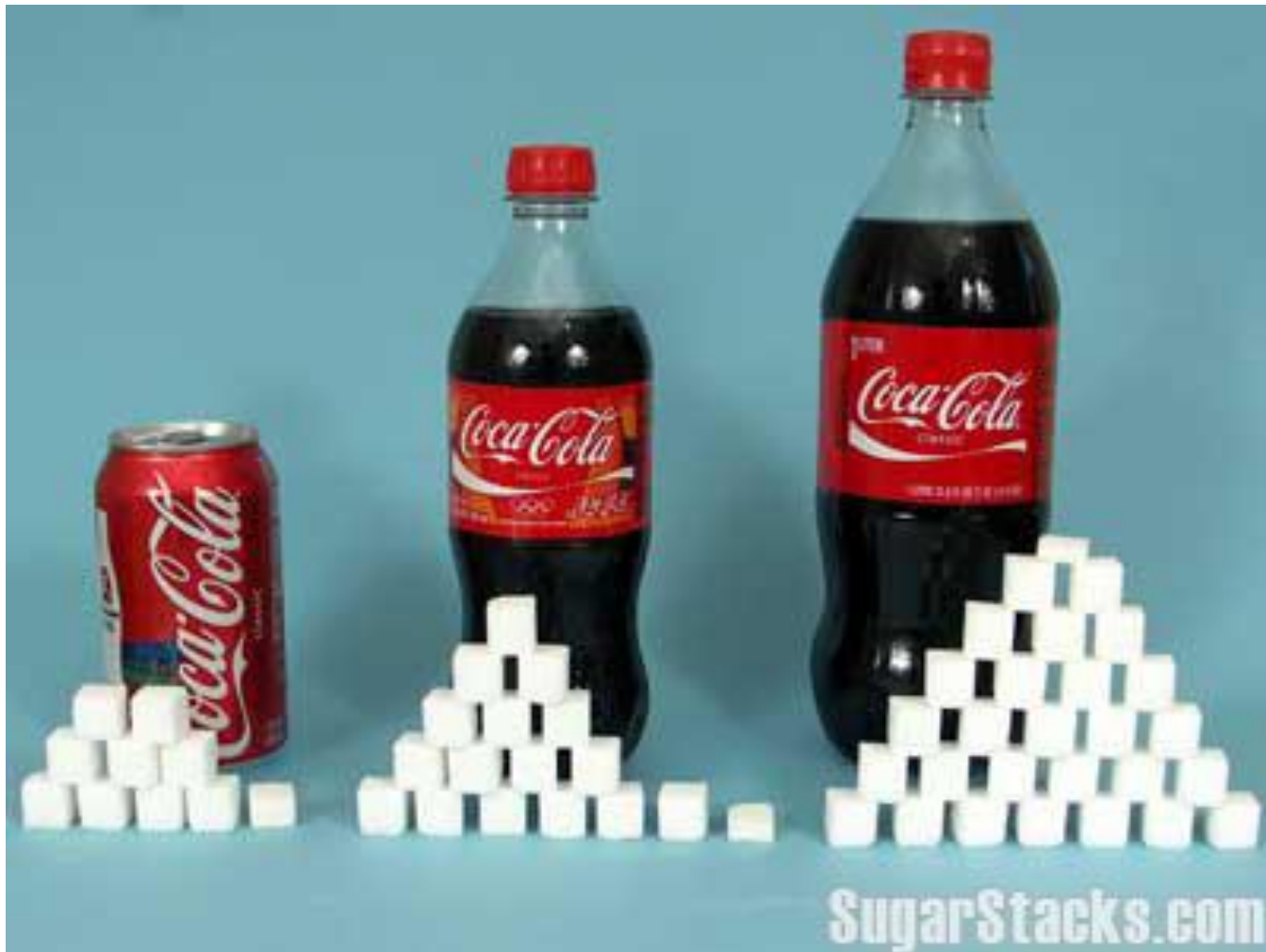www.nurtureyourfamily.org

6 oz
60 calories
3.5 tsp sugar

12 oz
110 calories
7 tsp sugar

32 oz
310 calories
21 tsp sugar

Sugar adds up!

Super-sized bagels

3 inch diameter
140 calories

6 inch diameter
350 calories

Serving Size vs. Portion Size

Nutrition Facts

Serving Size 1 ounce   Servings in bag 4

Amount Per Serving

Calories 155   Calories from Fat 93

	% Daily Value*
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
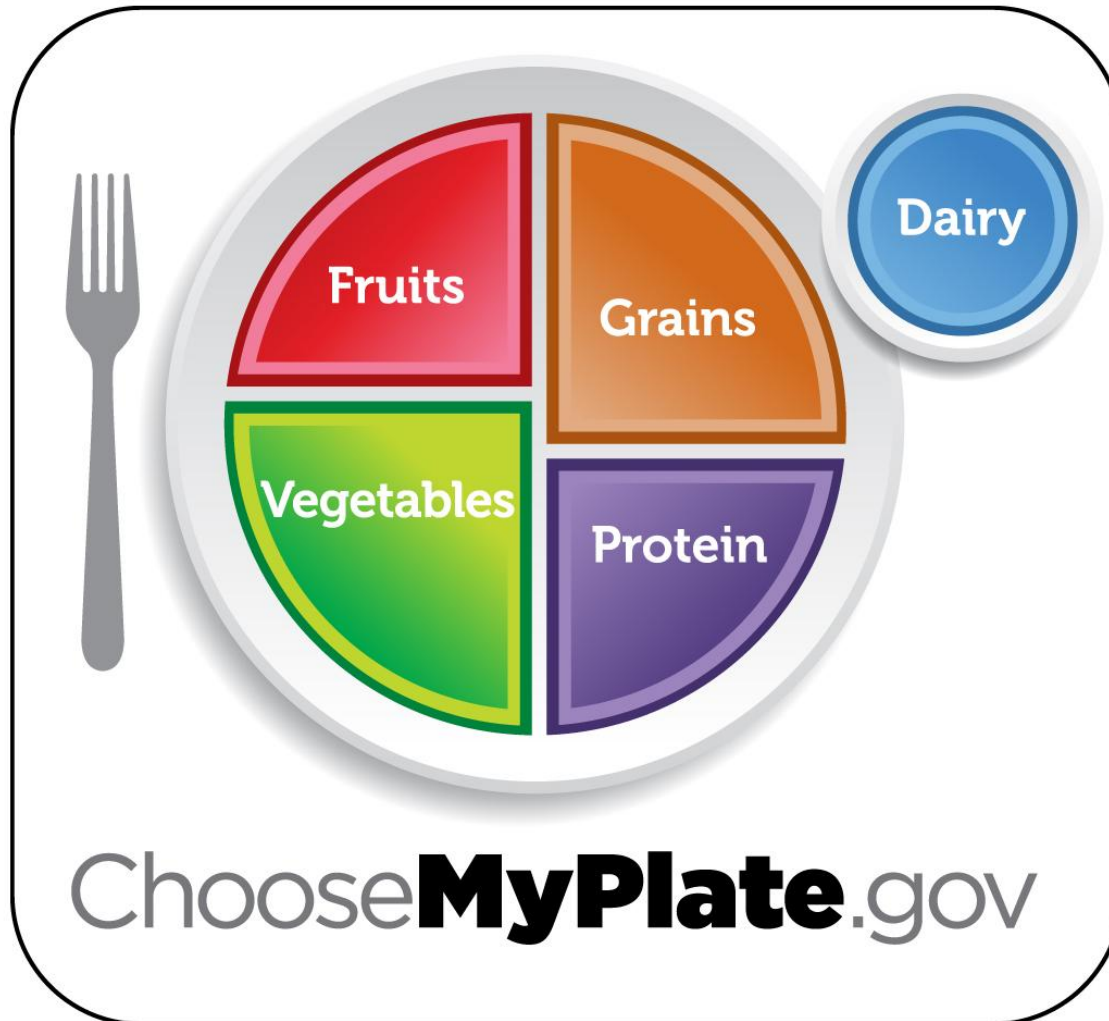
4 servings in one bag!

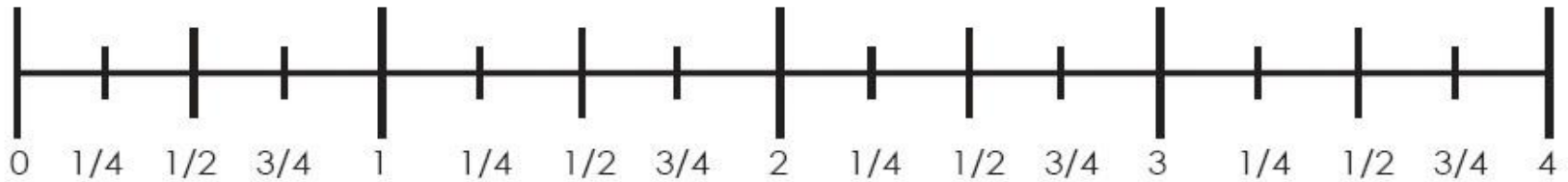If you eat the entire bag, you need to multiply the nutrition information by 4!

620 calories
44 grams of fat

http://hp2010.nhlbihin.net/portion/

My Plate is an 8.5" or 9" plate!

Serving Size vs. Portion Size

0   1/4   1/2   3/4   1   1/4   1/2   3/4   2   1/4   1/2   3/4   3   1/4   1/2   3/4   4

Measurements are in cups.

1. The serving size for this food is _____ cups. Mark this on the ruler with an "S".

2. Fill your container with a satisfying amount of food.

3. Use measuring cups to determine portion size. Mark on the ruler.
   (SB1, SB2 = small bowl ; LB1, LB2 = large bowl)

4. Fill out chart below. What is the relationship between container size and portion size?

Bowl or Plate	Container Width (in")	Portion Size (cups)	Portions per Serving

[Activity 1]

Serving Size vs. Portion Size
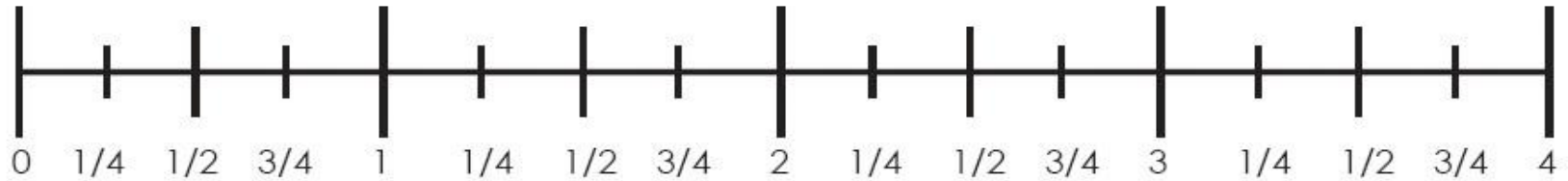
Measurements are in cups.

Container Width (in")	Portion Size (cups)	Portion/Serving

[Activity 2]

Serving Size vs. Portion Size
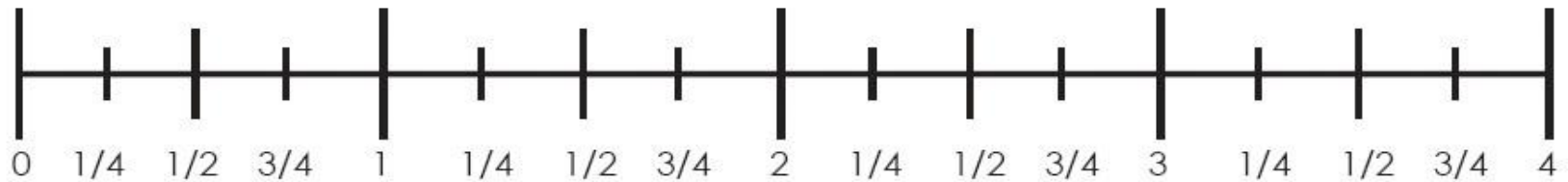
Measurements are in cups.

Bowl or Plate	Container Width (in")	Portion Size (cups)	Portions per Serving

[Activity 3]