

Serving Size and Portion Size

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

6 oz
60 calories
3.5 tsp sugar



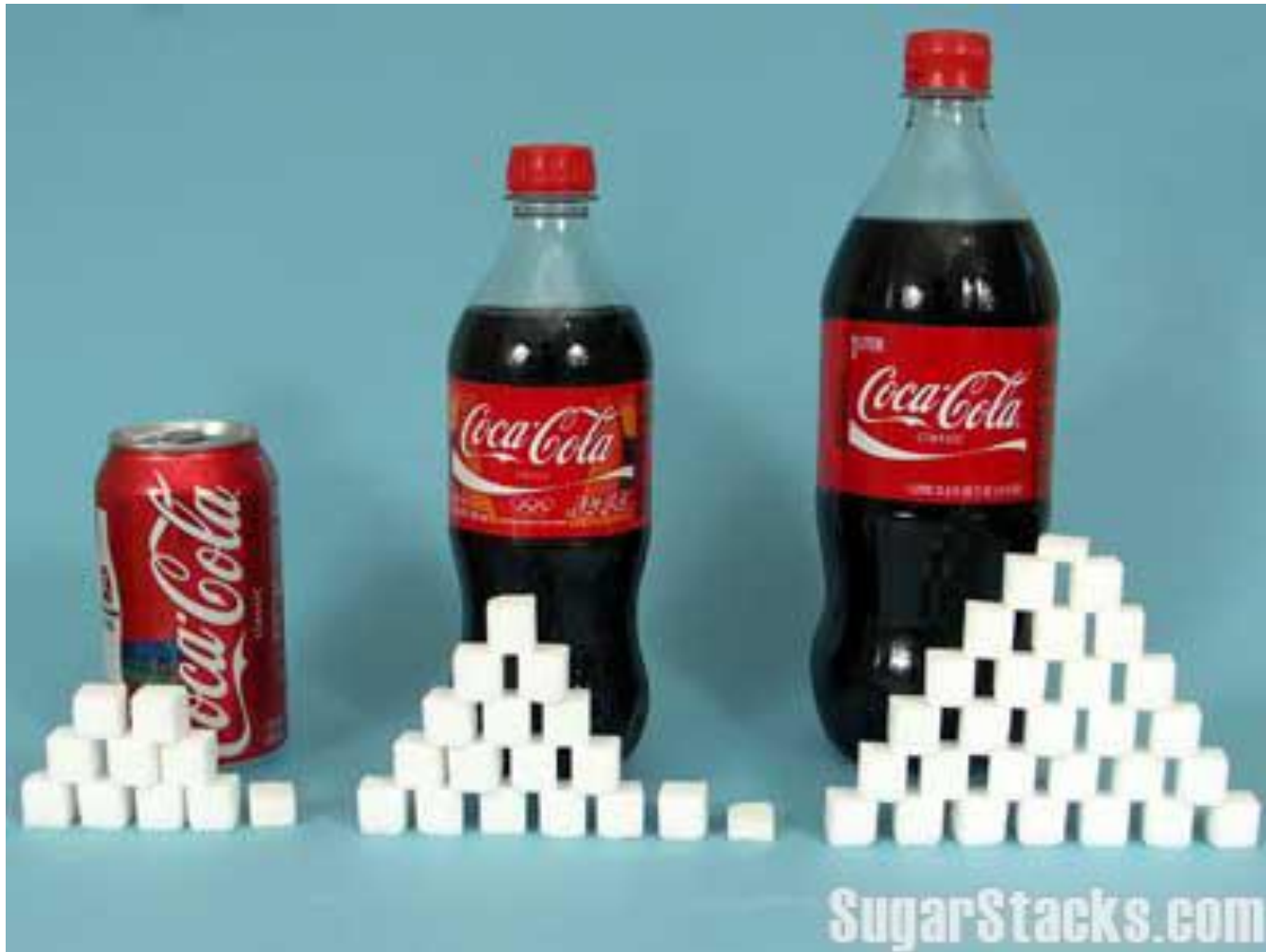
12 oz
110 calories
7 tsp sugar



32 oz
310 calories
21 tsp sugar



Sugar Adds Up!





NURTURE

www.nurtureyourfamily.org

11.25 tsp.



9.5 tsp.



8.5 tsp.



8 tsp.



5.5 tsp.



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.



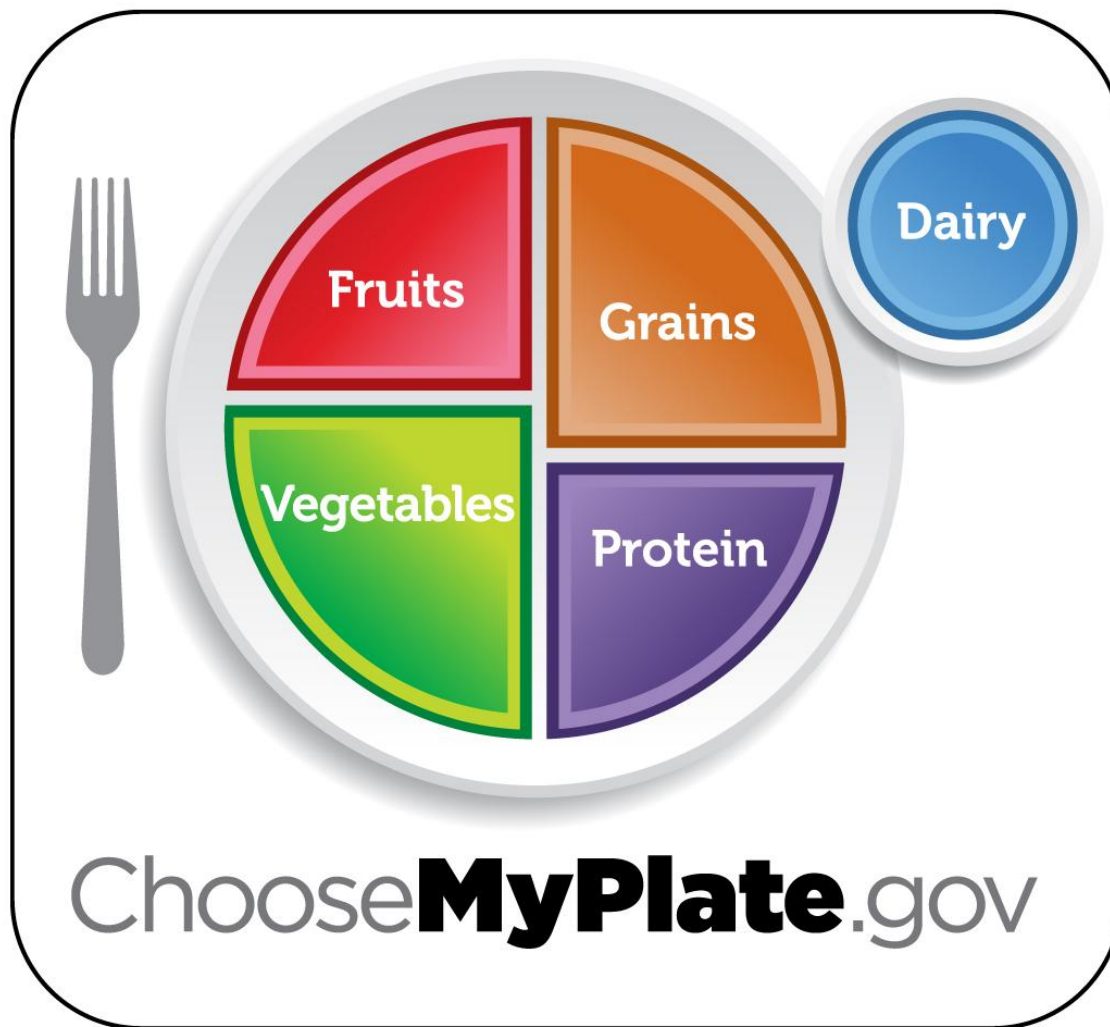
4 servings in one bag!

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

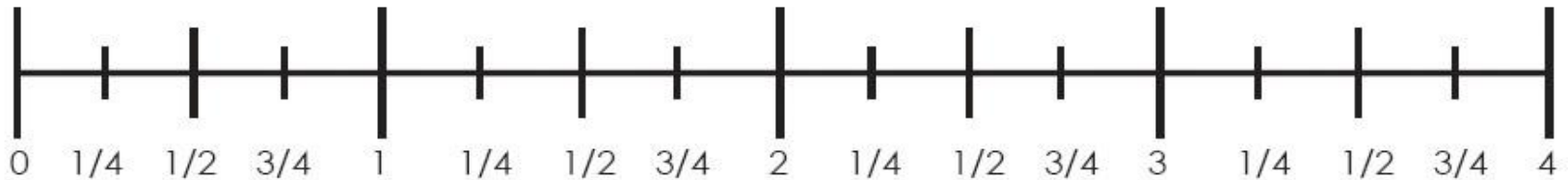
620 calories
44 grams of fat

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

My Plate is an 8.5" or 9" plate!



Serving Size vs. Portion Size



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?

<i>Bowl or Plate</i>	<i>Container Width (in ”)</i>	<i>Portion Size (cups)</i>	<i>Portions per Serving</i>