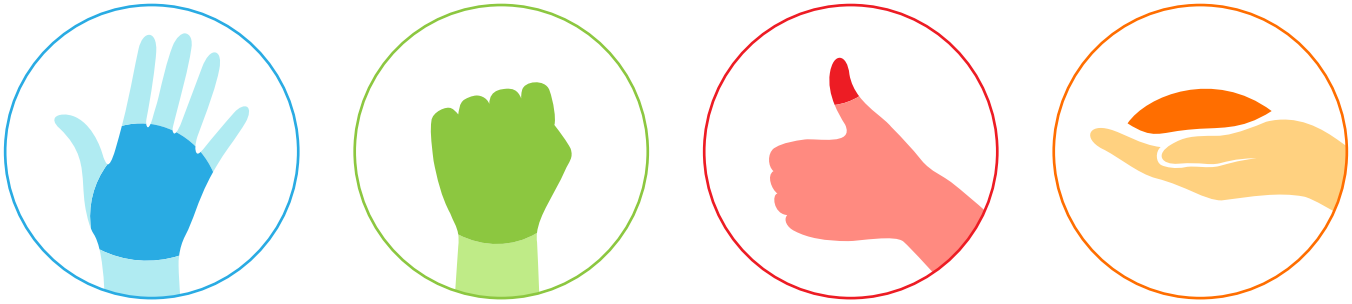
PORTION vs SERVING

- Portion size is how much of a food you decide to eat.
- You can measure portion size by using your hands.

- Serving size is a standard recommendation, usually representing how much the average person eats.
- You can find the serving size on a nutrition label.



PROTEIN VEGETABLES FAT CARB

REMEMBER: A portion is the right amount of food for your body! Sometimes a portion and a serving size can be the same amount, but it's important to know which is appropriate for you. Use the chart above whenever you are eating—especially when your food does not have a nutrition label.

SANFORD HEALTH

SANFORD SPORTS

PORTION CONTROL TIPS

Use a smaller plate! A big dinner plate may tempt you to fill the whole space with excess food.

Eat breakfast! By starting out your day with breakfast, you're less likely to snack and overeat at other meals.

Enjoy your meal! Focus on the flavors and sit down while you eat, this can keep you from rushing and eating more.

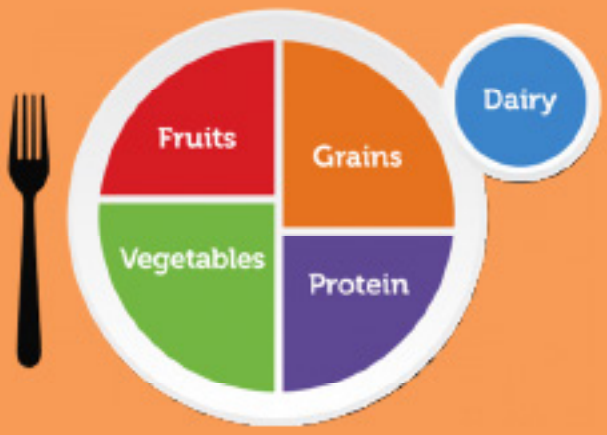
Take home leftovers! Restaurant portions are typically 3x bigger than average. Stop eating when you feel full.

Avoid eating in front of the TV or other screens! Mindless eating can lead to overeating.

CALORIES = ENERGY

ENERGY IS MEASURED IN CALORIES

Fueling your body right starts with knowing your portion sizes and choosing foods from all 5 food groups.



Ideally the total amount of calories that we should be consuming should come from 5 main food groups.

Without enough calories our bodies can become energy deficient which can lead to:

- Fatigue
- Weakened immune systems
- Weakened bone health
- Decreased athletic performance
- Decreased focus and concentration