

Nutrition Newsletter

Cayuga County Health & Human Services WIC Program Winter 2007

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How **much** are you **eati ng**?

Many people feel that the bigger the portion, the better. How often have we heard ourselves say, "I can't believe I ate the whole thing?" or "Make that super size!" It helps to know what sensible portions are for you.

What is the difference between portions and servings? A **portion** is the amount of food you choose to eat. There is no standard portion size and no single right or wrong portion size. A **serving** is a standard amount used to help give advice about how much to eat, or to identify how many calories and nutrients are in food.



Take for example a meal of spaghetti with meatballs and compare it to the Food Guide Pyramid (FGP) recommendations. Think about your plateful of spaghetti and meatballs. You may decide that the spaghetti portion was about 2 cups, the tomato sauce looked about 1 cup and the meatballs were about 6 ounces. With 2 slices of garlic bread on the side how do your portions translate into standard servings?

According to the Food Guide Pyramid (FGP), these portions equal the following number of servings:

Food	Your Portion	1 FGP serving	Pyramid food group	# of FGP servings eaten
Spaghetti	2 cups	½ cup	Grains	4
Garlic bread	2 slices	1 slice	Grains	2
Tomato sauce	1 cup	½ cup	Vegetables	2
Meatballs	6 oz.	2-3 oz.	Meat & beans	2-3

Use the pyramid serving sizes and the recommended number of servings from each group as guides to help determine your daily intake. Your portions do not have to match the standard serving size. Just be aware of how many servings are in your portions.

How **much** do you **eat**? ... When you shop, eat out or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the size of the Food Guide Pyramid servings.