

Serving Size versus Portion Size

Events this Week

WORKSHOPS

Portion Distortion: Making Sense of Serving Sizes and Portions Quick Tips Display

How big is a serving?
What is the difference
between a serving and a
portion? Step Ahead can
help cut the confusion!

Monday, December 11:
11:30AM-1:00PM
Cafeteria

To purchase a
pedometer, visit the
Step Ahead office at
S7-746.

Step Ahead can
come to you!
Contact us to
schedule a
workshop for your
group. Call us at
508/856-2319 or
800/522-4617, or
email at
info@stepahead
program.com.

What's the Difference?

A serving is a standardized amount. All the information on the Nutrition Facts panel of packaged foods, including calorie and fat content, is for one serving. This may be different than what you actually eat. A package may have many servings.

Examples of common serving sizes:

- Salad dressing: 2 tablespoons
- Cooked vegetables: 1/2 cup
- Ice cream: 1/2 cup
- Cheese: 1 ounce
- Milk: 8 ounces

A portion is different from a serving. It is the amount of a specific food you are given or choose to eat or drink as a meal or snack. As a nation, our portions have gotten much larger over the past 20 years. And with it so has our sense of what a healthy portion looks like, as well as our waistlines. Examples of common portion changes include: a plate of spaghetti, bowl of ice cream, a muffin, and a glass of milk.

Why this is important?

Because of our "distorted" sense of what a healthy portion is, we often just don't realize

how much we're actually eating. This is a major contributor to unwanted weight gain. When you know how many serving sizes are in a typical portion, you can judge how many calories, fat and other nutrients you are eating. This can help you better manage your weight and your health.

Compare

Tonight at dinner, serve your usual amount of food. These are your portions. Then, measure out another plate, according to the standard serving size. How many servings are in your portions?

Tips to better manage portion sizes

- Use smaller plates, bowls, and spoons
- Use tall & skinny glasses, not short & wide ones
- To see how much you eat, use a plate or bowl for snacks instead of eating out of a bag or box.
- Repackage the food from bulk or family-sized packages into smaller ones.
- Measure your food with measuring cups or kitchen scales before you prepare it.

Stop by the Step Ahead Quick Tips table to learn how to make serving sizes work for you.

Recipe of the Week

Bistro Baked Fish

Simple and tasty dinner. Use leftovers in a sandwich or tossed salad the next day.
Makes 4 Servings

- 1 1/4 pounds salmon fillets, cut into 4 portions (haddock is also tasty)
- 1/4 tsp. salt
- Ground pepper, to taste
- 1/4 cup reduced-fat sour cream
- 2 Tbsp. stone-ground mustard
- 2 tsp. lemon juice

- Pre heat broiler. Line broiler pan or baking sheet with foil, then coat with cooking spray.

- Place fish fillets, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon.
- Broil the fish 5 inches from the heat source until it is opaque in the center, 10 – 12 minutes.

Recipe adapted from Healthy in a Hurry by Eating Well

Nutritional information:

Calories: 290	Total fat: 18g
Saturated Fat: 4g	Carbohydrates: 2g
Dietary Fiber: 0g	Protein: 29g

Tip of the Week

By making simple modifications, you can make your dinner more healthy without sacrificing taste or tradition.

To learn more about Step Ahead visit www.stepaheadprogram.com