

Food Servings and Portion Size

A serving is a standard amount food recommended for a meal or snack. It is used to give advice about how much to eat or to identify how many calories and nutrients are in a food.

A portion is the amount of food an individual chooses to eat. There is no standard portion size. A portion may contain more than one serving.

It is important to control portion sizes to maintain a healthy and balanced diet. Always use serving sizes as a guide when selecting foods

Dietary Guidelines for The Bahamas of Serving Size

Food Group	Number of Servings	Serving Size
Cereals & Starchy Vegetables	6 – 11 servings daily (teenage boy – 11; teenage girl 9) Should be largest portion of diet	1 slice bread 1 oz dried cereal ½ - 1 c cooked cereal or vegetable
Vegetables	3 – 4 daily	1 cup raw ½ cup cooked ¾ cup juice
Fruits	2 – 3 daily	1 medium fruit ½ cup cooked ¾ cup juice
Meat and Dairy	2 – 3 daily	2 – 3 oz. cooked lean meat, skinless poultry 1 egg 2 oz. cheese ½ cup ice cream
Beans and Peas	Use as meat alternative or as starch choice	½ cup dried beans 2 tbsp. peanut butter
Fats	Use in small amounts	No number of servings recommended
Sugars and sweeteners	Use in small amounts	No number of servings recommended

Questions:

Answer the following.

1. What is a serving?

2. Name TWO food groups that are needed in small amounts.

3. Which Food group should be the largest portion of your diet?

4. What is a Portion?

5. Why is it important to control portion sizes?
