

# Portions vs. Servings

Do you know the difference?



Healthy eating includes making healthy food choices, which means knowing what and how much to eat. While portion and serving are terms often used interchangeably, they actually mean different things.

**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 a food.\*

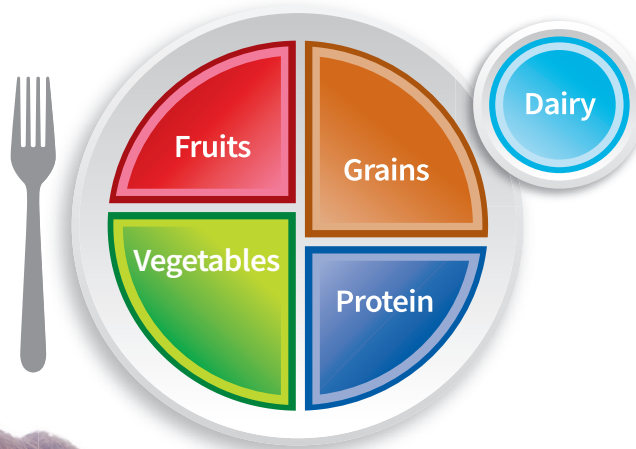
## Serving sizes can be confusing.

Many people think that a serving of food is whatever fits on their plate or what they order in a restaurant. But what you see as a serving is often much larger than what is recommended for a healthy diet.

 Visit [mvphealthcare.com](http://mvphealthcare.com) for more living well ideas.

## Need a little extra help with portion control?

Use **MyPlate** to help you make the right choices at mealtime.



**MyPlate** is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

## If portion control is part of your diet struggle, use your hand to help serve up healthy portion sizes.



### Fist Size

1 cup of cooked rice, cooked pasta, fruit, or vegetables



### Palm Size

3 ounces of lean meat, fish, or poultry



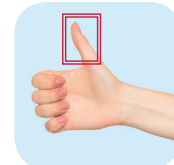
### Handful Size

1 ounce of nuts or raisins



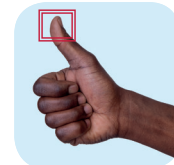
### Two Handfuls Size

1 ounce of chips, popcorn, or pretzels



### Thumb Size

1 ounce of nut butter or hard cheese



### Thumb Tip Size

1 teaspoon of cooking oil, mayonnaise, butter, or sugar

 Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more ways to eat healthy.