Portion vs. serving: Know the difference

What’s the difference between a portion and a serving? The terms are often used interchangeably, but their definitions differ.

- A **portion** is the amount of food you choose to eat.
- A **serving** is a recommended measurement of food.

Make your plate heart-healthy.

Fill half your plate with colorful, nonstarchy vegetables like kale, carrots, broccoli or red peppers. Fill the remaining space with equal portions of whole grains and lean protein.*

* Source: https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

Portion distortion

We live in a supersized society. Average portion sizes have increased considerably over the last few decades, resulting in a distorted perception of what a normal serving looks like.*

<table>
<thead>
<tr>
<th></th>
<th>1985</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>SODA</td>
<td>6.5 oz.</td>
<td>20 oz.</td>
</tr>
<tr>
<td>BAGEL</td>
<td>333 calories</td>
<td>590 calories</td>
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<tr>
<td>CHEESEBURGER</td>
<td>590 calories</td>
<td>82 calories</td>
</tr>
<tr>
<td>WATER</td>
<td>250 calories</td>
<td>140 calories</td>
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*Information provided by the U.S. Department of Health & Human Services/National Heart, Lung, and Blood Institute.

Healthful food for less

Eating healthy doesn’t have to wreck your budget. Each of these nutritious foods can be found for less than $1.50.*

- **Bananas** For about $ .57 per pound, bananas provide potassium, fiber and vitamin C.
- **Black beans** A 1 lb. bag of dried beans costs approximately $1.49 and offers calcium, fiber, potassium and folic acid.
- **Lentils** Dry lentils cost about $1.39 for a 1 lb. bag and have more protein gram-for-gram than beef, but without the additional fat and calories.
- **Sweet potatoes** Sweet potatoes are approximately $.92 per pound and are high in vitamin A and rich in powerful antioxidants called carotenoids.
- **Oranges** One pound of oranges costs roughly $1.04 and is full of vitamin C, fiber, folate and potassium.


Quick guide to serving sizes

- **VEGETABLES** 4-5 servings per day
  - One serving is ½ c., or about the size of a light bulb.
- **WHOLE GRAINS** 6-8 servings per day
  - One serving is ½ c., or about the size of a computer mouse.
- **LEAN MEAT** Less than 6 oz. per day
  - One serving is 3 oz., or about the size of a smartphone.
- **FRUITS** 4-5 servings per day
  - One serving is ½ c., or about the size of a baseball.
- **FATS** 2-3 servings per day
  - One serving of full-fat corn or olive oil is about the size of a golf ball.
- **FAT-FREE OR LOW-FAT DAIRY** 2-3 servings per day
  - One serving of fat-free cheese is about the size of two dimes.
- **NUTS, SEEDS AND LEGUMES** 4-5 servings per week
  - One serving is 2 tbsp., or about the size of a golf ball.
- **SWEETS AND ADDED SUGARS** 5 or fewer servings per week
  - One serving is about the size of a small yoyo.

To find out if your heart is healthy, visit kansashealthsystem.com/heartquiz today.