



## Challenge:

### Portion Size vs. Serving Size

We use the terms portion and serving size interchangeably, but are they really the same thing? The answer is no, they are not.

We know that in order to maintain a healthy weight and feel our best we should eat nutritious foods such as vegetables, fruits, whole grains, lean proteins etc. What we may not be aware of is that the amount of food we eat also plays an important role in maintaining our weight, and our overall health. Therefore, it is important to know the difference between a portion and a serving to insure you are eating not only the right foods, but in the proper amounts.

A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small, you decide.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Whether eating at home or at a restaurant, chances are the *portions* you are eating are more than one *serving*. Depending on your size, gender and activity level, eating more than one serving of a specific food item may be required to fuel your body and help you to feel satisfied. However, being aware of what a serving size is will give you a gauge to start with. (*See the serving size guide on the next page*).

When it comes to packaged foods, determining the serving size has been done for you. However, be aware that many foods that come as a **single portion** actually contain **multiple servings**. The Nutrition Facts label on packaged foods, on the backs of cans, sides of boxes, etc. tells you the number of servings in the container. It is important to pay attention to this, as you may be quite surprised by how many servings are really in that package.

For example, look at the label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it. A 3-ounce bag of chips, which some would consider a single portion, contains 3 servings. While soda and chips are not the most nutritious choices, these are good examples of how we can unknowingly eat more than we should.

Your challenge this month is to dish the appropriate serving sizes for the foods you are eating throughout the day. The Serving Size Guide below will help you to gauge what a proper serving looks like.

**Serving Size Guide** - When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate. While using proper measuring tools (measuring cups & spoons) is the most accurate way to insure you are getting the correct serving size, the guide below will give you a rough idea of what various servings sizes look like.



As mentioned earlier, depending on your size, gender and physical activity level, one serving of a specific food may not be enough to fuel your body and keep you feeling satisfied. Start by dishing one serving and see how you feel. If you are still hungry, you can dish a little more. You should only eat until you feel satisfied and are no longer hungry. If you feel full and uncomfortable after a meal, it means you have eaten too much and should try cutting back on your serving size.

After a little practice you should easily be able to figure out the serving size that your body needs to feel it's best.

Name \_\_\_\_\_

Month Completed \_\_\_\_\_

### Harker School Wellness Program / **Portion vs. Serving Size Challenge**

Measure and track your portions for all meals, snacks each day. Use portions that are equal to the serving sizes on the serving size guidelines in the handout. Enter the number of meals/snacks that you measured each day. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_  
Day 3 \_\_\_\_\_  
Day 4 \_\_\_\_\_  
Day 5 \_\_\_\_\_  
Day 6 \_\_\_\_\_  
Day 7 \_\_\_\_\_

Week 3

Day 15 \_\_\_\_\_  
Day 16 \_\_\_\_\_  
Day 17 \_\_\_\_\_  
Day 18 \_\_\_\_\_  
Day 19 \_\_\_\_\_  
Day 20 \_\_\_\_\_  
Day 21 \_\_\_\_\_

Week 2

Day 8 \_\_\_\_\_  
Day 9 \_\_\_\_\_  
Day 10 \_\_\_\_\_  
Day 11 \_\_\_\_\_  
Day 12 \_\_\_\_\_  
Day 13 \_\_\_\_\_  
Day 14 \_\_\_\_\_

Week 4

Day 22 \_\_\_\_\_  
Day 23 \_\_\_\_\_  
Day 24 \_\_\_\_\_  
Day 25 \_\_\_\_\_  
Day 26 \_\_\_\_\_  
Day 27 \_\_\_\_\_  
Day 28 \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

**To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.**