

Session 14 – Serving Sizes

I. Objectives



- Understand the importance of portion control.
- Identify varying serving sizes of the food groups.

II. Introduction

Citizens keep hearing on the news how overweight and obese this country has become. We are constantly reminded to be sure to eat the correct serving size at our meals. However, just what exactly does serving size mean?

A serving size is a suggested amount of a particular food. Serving sizes help you decide on the correct amount of food to eat from every food groups so you don't overeat and gain weight.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the varying serving sizes for each food group.

It can be difficult to recognize some serving sizes unless you carry around measuring spoons or cups.

Use the serving size guide to make it easier to judge the amount of food you serve yourself. (See guide on page 30)

This guide may be a better tool to use for making a healthy serving size decision.

1 medium piece of fruit = tennis ball

2 ounces serving of meat = a stack deck of playing cards

1 cup = a baseball

1 oz of cheese = a pair of dice

1 tsp of butter = a postage stamp

V. Activity

Keep a food journal to write down the serving sizes of the foods you consume.



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Non starchy Vegetables	Grains	Fruits
½ cup cooked vegetables	1/3 cup cooked rice or pasta	½ cup of fruit juice
1 cup raw vegetables	1 slice of bread	1 medium apple or banana
¾ cup of vegetable juice	½ cup of dry cereal	½ cup of canned fruit

Protein	Starchy Vegetables	Fats
3 oz of cooked meat/poultry or fish	½ cup cooked beans	2 tbsp of peanut butter
1 egg	½ large corn on the cob	6 almonds
2 egg whites	½ cup of sweet potato	1 tbsp of regular salad dressing

Weekly Log: Food Serving Sizes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							

