

11/23

Creating Health & Nutrition Fact Sheets

Nutrition Information

Do you know how much food you eat? Being aware of your portion sizes can help you follow your MyPlate eating plan and stay within your daily calorie goal.

- **Food serving**—a standard amount of food listed on the Nutrition Facts panel of a food package as defined by the Food and Drug Administration (FDA) or the United States Department of Agriculture (USDA).

Tip

Use a smaller plate to help you limit your food portions.

Size Up Your Portions

- **Food portion**—an unregulated amount of food that you are served in a restaurant or at home. You can compare your food portions to USDA's MyPlate food group amounts, which are measured in cups or ounces.

Portion sizes of many foods have grown dramatically in the past few decades. Studies also show that most Americans eat whatever amount is put in front of them. These facts make it important to know your portion sizes. There are no right or wrong portion sizes; but eating "reasonable" portion sizes will help you keep or work toward a healthy weight.

Consider this example for a woman following 1,800 calories based on USDA's healthy meal plans and eating a spaghetti dinner. At 1,800 calories, the grain group allowance is 6 ounces.

2 cups cooked spaghetti = 4 ounces from grain group

(½ cup cooked spaghetti = 1 ounce)

2 ounces from the grain group is available for the rest of the day

By being aware of the amount of spaghetti typically eaten, she can plan to limit her grains to 2 ounces for the rest of the day. This will allow her to stay at 6 ounces of grains for her 1,800-calorie plan, or she may decide to reduce the amount of spaghetti she eats and eat the grains saved at another meal.

Serving size

Calories

Nutrients to limit

Carbohydrates

Protein

Nutrients to increase

Percent Daily Values

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

PENNSSTATE



Cooperative Extension
College of Agricultural Sciences

The serving size on the Nutrition Facts panel is not a recommended amount to eat. It is based on a reference or standard amount that most people eat of a specific category of food such as cookies. This standard serving size lets the manufacturer express the nutrients in that food so they can be compared with similar products. For instance, you can compare the saturated fat in two types of cookies since they have very similar serving sizes by weight. This is useful if, for example, you are trying to reduce the saturated fat in your diet.

Use MyPlate's recommended food portion sizes as a guide. They are measured in either ounces or cups. The amount in parentheses after each group listed below is what's recommended for an 1,800-calorie diet for the entire day. Knowing these standardized food amounts for your calorie level can help with weight control.

Grains (6 ounces equivalent)

- 1 ounce equals
- 1 slice bread
 - 1 cup ready-to-eat cereal
 - ½ cup cooked rice, pasta, or cereal

Examine Your Choices

Food	Source	What I do now	What I plan to change
Example: Pasta	Spaghetti and meatballs	Eat 2 cups or more	Measure 1 cup and learn to eyeball this size for the future so I don't overeat.

My Goal:

Vegetables (2½ cups)

1 cup counts as

- 1 cup raw or cooked vegetables
- 1 cup 100 percent vegetable juice
- 1 cup cooked dry beans
- 2 cups raw leafy greens

Fruits (1½ cups)

1 cup counts as

- 1 cup cut-up fruit
- 1 cup 100 percent fruit juice
- ½ cup dried fruit
- 1 piece fruit

Dairy (3 cups)

1 cup counts as

- 1 cup milk
- 1 cup yogurt
- 1½ ounces hard cheese
- 2 ounces processed cheese
- ⅓ cup shredded cheese
- 1 cup pudding or frozen yogurt

Protein (5 ounces)

1 ounce equals

- 1 ounce meat, poultry, or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

Measure It

When eating away from home, use the palm of your hand to estimate portion sizes. In general, a woman's palm or two-thirds of a man's palm is equal to 3 ounces or ½ cup.

When you are at home, place the amount of food you usually eat on a plate. Then measure it to find out your portion size. After you have done this a few times, your "eye" will tell you the size of the portion.

Test your knowledge of how portion sizes have changed and how

many calories need to be burned to make up the difference at hp2010.nhlbi.nih.gov/portion/ (Portion Distortion I and II, National Heart, Lung and Blood Institute).

To learn what your individual calorie need and food group amounts are, go to www.ChooseMyPlate.gov and click on Daily Food Plan.

Prepared by Cathy Guffey, Penn State Extension educator, and Lynn James, Penn State Extension educator

An **OUTREACH** program of the College of Agricultural Sciences

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

Visit Penn State Extension on the Web: extension.psu.edu

This publication is available from the Publications Distribution Center, The Pennsylvania State University, 112 Agricultural Administration Building, University Park, PA 16802. For information telephone 814-865-6713.

This publication is available in alternative media on request.

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

Produced by Ag Communications and Marketing

© The Pennsylvania State University 2011

CODE # UK172

Rev1.5M10/11graphich4863