

Nutrition News: September 2022 Serving & Portion Sizes: How Much Should I Eat?



Serving & Portion:

The term serving size and portion size are often thought to mean the same thing, however, they don't.

Serving size is a standard of measure for foods. It means the portion of food used as a reference on the nutrition label of that food or, the recommended portion of food to be eaten.

Portion is simple; it's the amount of food you eat which may be more or less than a recommended serving size.

The key to eating healthy is knowing and choosing the appropriate variety and types of foods, and eating the right portion sizes.

Read the Nutritional Fact Label on food packaging to identify the appropriate serving size of that food. Using the right tools for measuring, portion out your food onto a plate and then put the container away. Eating from a package often leads to consuming more than the recommended serving. Try using smaller plates and bowls to make portion sizes appear larger.

How Many Calories Do I Need?

A calorie describes how much energy is released when your body breaks down food. Calories does not indicate if a food is nutritious or not, however, tracking how many calories you take in will help with healthy eating habits.

Use the following dietary guidelines if you are over the age of 60 and want to maintain your current weight:

- Women-calories per day
 - Not active: 1,600
 - Moderately active: 1,800
 - Active: 2,000-2,200
- Men-calories per day
 - Not active: 2,000-2,200
 - Moderately active: 2,200-2,400
 - Active: 2,400-2,600

Healthy Eating:

Make small changes over time in healthier food choices. Start with changing from high-calorie snacks to nutrient-dense snacks such as carrots. Change refined grains to whole grains. Instead of snacks with added salt and sugars, eat snacks without added salt or sugar such as nuts and fresh or dried fruits. Reduce or omit saturated fats and replace with healthy fats such as olive oil and avocado. Keep changes simple so you can be successful!

Getting the right nutrients you need and eating the right amounts of foods is important. As you age you often need less calories, but you need more nutrients, therefore, eating healthy nutrient-dense foods across all the food groups is important.