

Serving Size Misconceptions

Many underestimate the amount of food eaten and overestimate the recommended portion sizes

Portion: Amount of food you choose to eat for meals or snacks

Serving: Amount of food experts recommend you eat

Grains

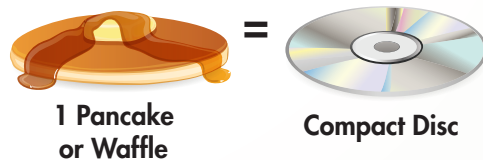
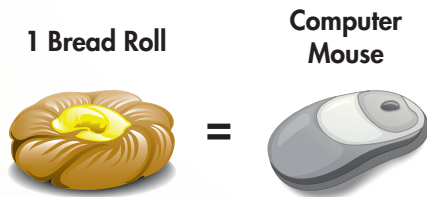
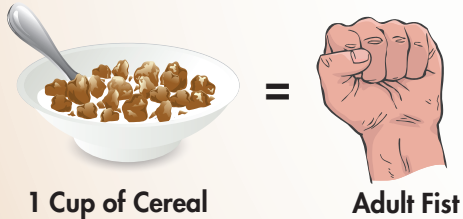
The USDA recommends:

- Eating at least 6-8 servings of grains daily on a 2,000 calorie diet.
- Half of all grains should be whole grains



1 in 10 reported meeting the recommendation (USDA, 2012)

Visualize a serving size with these everyday items



Source: USDA, 2012 report on U.S. Grain Consumption Landscape
For more information on daily number of servings for each calorie group check:
www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/PolicyDoc.pdf
and www.choosemyplate.gov



State of Illinois
Illinois Department of Public Health