

Serving Size Misconceptions

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

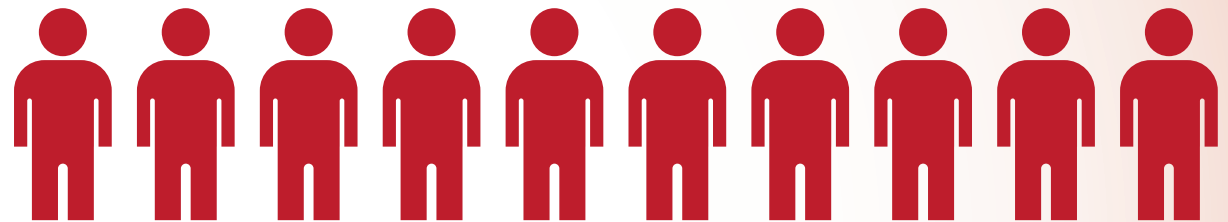
Portion: Amount of food you choose to eat for meals or snacks

Serving: Amount of food experts recommend you eat

Protein

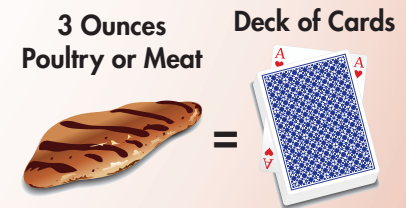
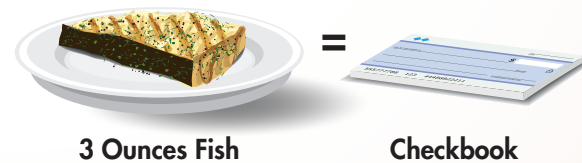
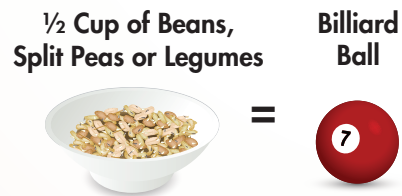
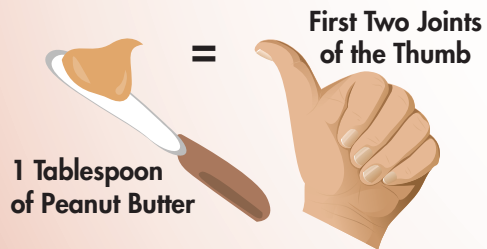
The USDA recommends:

- Eat 6 or fewer servings of meats and beans (proteins) daily on a 2,000 calorie diet.
- Replace protein foods that are higher in solid fats with choices lower in solid fats and calories and/or are sources of oils.
- If you eat more protein than is needed, your overall calorie intake could be greater and may lead to weight gain.



Most Americans are consuming more than is needed (NHANES survey 2005-2006)

Visualize a serving size with these everyday items



Source: NHANES survey on U.S. Protein Consumption, CDC
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