

Food and Fitness

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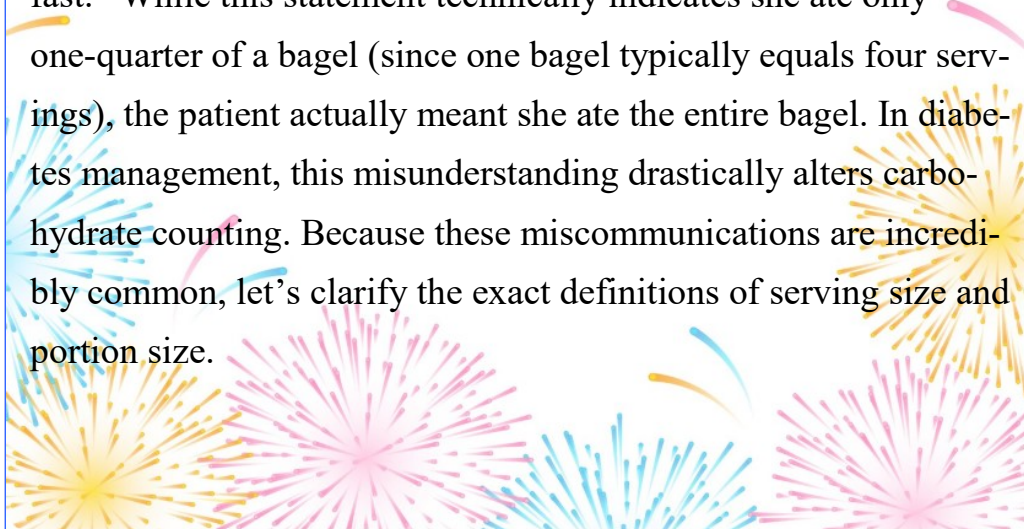
Understanding the Difference Between Serving Size and Portion Size

Have you ever been confused about serving sizes versus portion sizes? Reading nutrition labels is tricky enough, but distinguishing the difference between serving size and portion size can add another layer of confusion. Often, they are thought to be interchangeable, but they are actually very different.

The size of the foods you eat matters, and knowing the difference between serving size and portion size is vital. As people age, they often develop chronic health conditions that require consultations with healthcare providers and dietitians. In these settings, "serving size" is frequently misused when describing food intake. For example, a medical note might state, "Patient reports eating one serving of a bagel with cream cheese for breakfast." While this statement technically indicates she ate only one-quarter of a bagel (since one bagel typically equals four servings), the patient actually meant she ate the entire bagel. In diabetes management, this misunderstanding drastically alters carbohydrate counting. Because these miscommunications are incredibly common, let's clarify the exact definitions of serving size and portion size.

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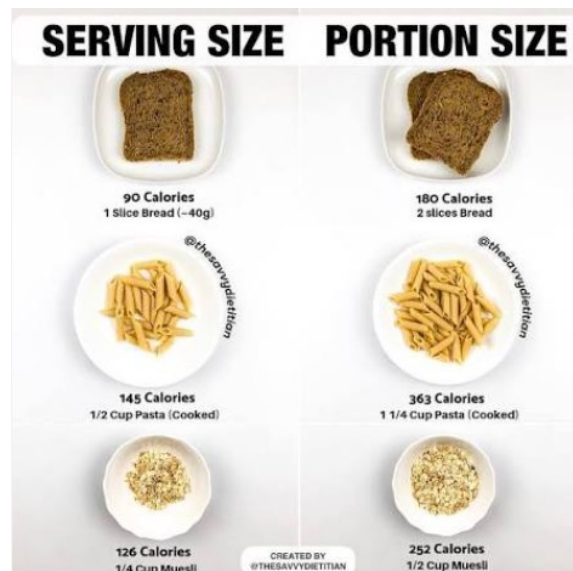
Understanding the Difference Between Serving Size and Portion Size

A **serving size** is a measured amount of food, usually listed directly on the Nutrition Facts label. A serving size indicates the exact number of calories, vitamins, and minerals provided in that exact measurement of food. For example, 1/2 cup cooked pasta is one serving of cooked pasta.

A **portion size** is completely different; it is the actual amount of food you choose to put on your plate and eat. While your portion might sometimes match the official serving size, it can also be significantly larger or smaller. For instance, a 1/2 cup portion (the amount placed on your plate) of pasta might also be the serving size listed on the Nutrition Facts label. However, a 1-1/2 cup portion of spaghetti on your plate is actually three servings of pasta.

The term serving size is frequently misunderstood and used incorrectly. As we age, paying closer attention to the distinction of recommended serving sizes versus our traditional portion sizes becomes more important. An aging body often needs fewer calories than before. Eating the correct portion sizes that match our individual needs can help maintain a healthy weight, support heart health, manage chronic diseases, and provide the right amount of energy.

Many excellent resources exist to help you learn about recommended serving sizes. One of my favorites is visual cues. For example, 3 oz of protein is about the size of a deck of cards, while 1 oz of cheese is roughly the size of two dominos. Learning these visual differences can help you understand how much you are eating while also teaching nutritional guidelines. As a reminder, serving size is the recommended amount you will find on your Nutrition Facts label, while portion size is the amount you actually eat.



What's the difference?



International
Food Information
Council

SERVING SIZE VS PORTION SIZE

Understanding the difference between portion size and serving size can help you make more informed choices about your diet and nutrition. Let's break it down.

RESEARCH:

According to the IFIC consumer survey,
[Understanding Portion and Serving Sizes](#)

9 in 10 say they have at least some understanding of serving and portion size

While nearly half

48%

of Americans can correctly define serving size, the same percentage incorrectly associates the definition for portion size with that of serving size

DEFINITIONS:

SERVING SIZE

- NOT advice on how much to eat
- The amount that is used to calculate information on the Nutrition Facts label
- Serving sizes displayed on the Nutrition Facts label are required by law to be based on the amount of a food or beverage that people typically consume during one eating or drinking occasion
- Heads up: It's possible there might be multiple servings in a packaged food or beverage

Nutrition Facts	
10 servings per container	
Serving size	1 oz (28g)
Amount Per Serving	
Calories	150
%	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DYK?

The first Nutrition Facts label appeared on packages in **May 1994**, a few years after the [Nutrition Labeling and Education Act](#) was signed into law

TO LEARN MORE, VISIT FOODINSIGHT.ORG

PORTION SIZE

- The amount of food or beverage that you choose to consume
- Can be larger or smaller than the serving size, affecting overall calorie and nutrient consumption
- NOT established and regulated by government, but advice can come from nutrition professionals
- Consistently choosing appropriate portion sizes given energy needs, activity level, and your overall goal, is central to following a healthy eating pattern and managing weight



TIPS TO GET WISE ON PORTION SIZE:

ON THE GO

Smaller, single-serve packages can help reduce the calories consumed and lead to less food wasted

DINING OUT

If portions are generous, choose items in smaller portions like tapas or small plates; share an entree; package up leftovers to bring home

COOKING IN

Use a food scale or measuring cups; practice mindful eating by refraining from your phone or TV while you eat, eating free from distraction

Herbs and Spices—Lavender

Lavender is an herb that flowers and is well known for its sweet scent, but it is also edible. Some varieties of lavender are grown for ornamental purposes, while others are specifically grown for culinary purposes. Culinary varieties are grown in a specific way to ensure safe use and the best flavor in food.

Lavender can be used in many foods and drinks. It is popular in both sweet and savory foods. The purple flower buds are often cooked and have a light floral flavor with tones of citrus and mint. Lavender is often used in baked goods, teas, lemonades, jams, honey and seasoning blends. Lavender's flavor is strong, so a little bit goes a long way. If you have never tried lavender before, start with a small amount.

As far as nutrition is concerned, lavender contains small amounts of vitamins and minerals. It also provides antioxidants, which help protect the body's cells from damage by free radicals. Since lavender is eaten in such small amounts, the vitamin and mineral content is small. However, lavender is often used for teas and is naturally caffeine-free.

While most people associate lavender with relaxation and its sweet smell, it can also add a pleasant flavor to foods. If you have never given lavender a try, challenge yourself to explore its unique taste.



Lavender

KIMSchob

Lavender is a strikingly beautiful culinary herb that has long been treasured for its beautiful, delicate purple blooms and wonderful, soothing fragrance.

Lavender is more than just a pretty face, however. It has also earned a respected place in the kitchen due to its delicious flavor. This is one herb that is a welcome addition to any herb garden.

Growing Tips & Facts:

Like basil, oregano, and thyme, lavender is also a member of the mint family. As with other members of this family of plants, lavender prefers a nice sunny location with very well-drained soil. Ideal growing conditions for lavender are hot and dry.

There are several cultivars available, but English lavender is the most popular. It is also the variety most used in cooking.

English lavender is actually native to the Mediterranean. It got its name because it can withstand the more wet and humid weather conditions found in that country.



Tips for Using & Storing Lavender

A good rule of thumb when cooking with lavender is to remember that a little goes a long way. Start with small amounts and slowly add more until the desired result is achieved. Adding too much at once can leave your dishes taking like potpourri.

Also, if you buy lavender (vs. grow your own), be sure to select "culinary grade" because a lot of commercially available lavender is not safe to be consumed.

You can harvest small amounts of lavender from your own garden when the plant is 2 years old. The third year and beyond will yield a much larger harvest. Use garden shears or a curved blade to cut through the tough stems.

Lavender can be enjoyed in both sweet and savory dishes. Fresh lavender looks beautiful and tastes great when tossed in salads or as a key ingredient in homemade ice cream. It can also be used in place of rosemary in breads and marinades.

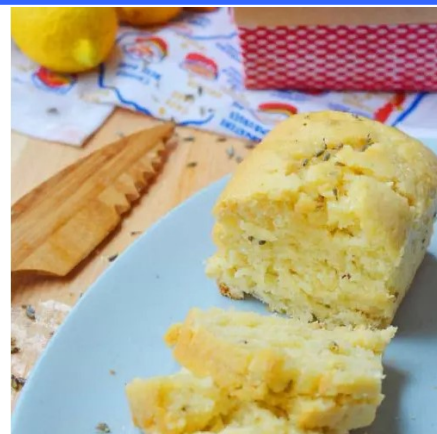
You can also strip the leaves off of dried stems and then use the stems as kabobs for grilled shrimp or fruit. This will infuse the food with a lovely flavor.

kimschob.com

Recipe—Lavender Lemon Bread

Ingredients

- 2 cups all purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, lightly beaten
- 1 cup milk or half & half
- 1/4 cup olive oil
- Juice and peel of 2 lemons: finely grate the lemon peel and save 2 tablespoons of juice and 1 tablespoon peel for the icing.
- 2 teaspoons dried lavender or 2 tablespoons fresh lavender, finely chopped



For Glaze

- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1 tablespoon butter

Instructions

1. Preheat oven to 350 degrees. Grease a loaf pan, set aside.
2. In a large bowl, mix together the flour, sugar, baking powder, and salt.
3. In another bowl, combine the egg, milk, oil, lemon peel, lemon juice, and lavender.
4. Dump the wet ingredients into the dry ingredients and stir just until the batter is moistened (the batter will be lumpy).
5. Spoon batter into the greased loaf pan.
6. Bake for 50 minutes or until a toothpick inserted into the center comes clean and top of loaf is cracked.
7. Cool for 10 minutes before topping with glaze.

For Glaze

1. Melt butter with sugar and lemon juice in small saucepan until well combined.
2. Poke holes in the top of the lemon loaves and slowly pour the glaze over the top.

<https://www.nelliebellie.com/easy-lemon-lavender-quick-bread/>

Brain Exercise

Don't Just Exercise Your Body — Work Out Your Brain!

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Sun Safety Word Search



BLISTER

CRAMPS

DEHYDRATION

DIZZY

HEADACHE

HEAT EXHAUSTION

HEAT STROKE

LOTION

NAUSEA

OUTDOOR



PEAK HOURS

SPF

PROTECTION

SUNGLASSES

REAPPLY

SUNHAT

SHADE

SUNSCREEN

SKIN

SWEAT

SKINCANCER

UMBRELLA

SLEEVES

UV RADIATION

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>International Joke Day</i>	2 <i>Made in America Day</i>	3 <i>Eat Beans Day</i>	4 <i>Independence Day</i>
5 <i>Build a Scarecrow Day</i>	6 <i>National Fried Chicken Day</i>	7 <i>Chocolate Day</i>	8 <i>National Blueberry Day</i>	9 <i>National Sugar Cookie Day</i>	10 <i>World Kebab Day</i>	11 <i>World Population Day</i>
12 <i>Pecan Pie Day</i>	13 <i>Oxymoron Day</i>	14 <i>Shark Awareness Day</i>	15 <i>National Hot Dog Day</i>	16 <i>Fresh Spinach Day</i>	17 <i>Peach Ice Cream Day</i>	18 <i>National Tropical Fruit Day</i>
19 <i>National Ice Cream Day</i>	20 <i>Moon Day</i>	21 <i>Be Someone Day</i>	22 <i>Hammock Day</i>	23 <i>National Sprinkle Day</i>	24 <i>Tell an Old Joke Day</i>	25 <i>National Chili Dog Day</i>
26 <i>All or Nothing Day</i>	27 <i>National Love is Kind Day</i>	28 <i>National Milk Chocolate Day</i>	29 <i>Lasagna Day</i>	30 <i>National Cheesecake Day</i>	31 <i>National Avocado Day</i>	

MONTHLY OBSERVATIONS

- *National Blueberry Month*
- *National Anti-Boredom Month*
- *National Cell Phone Courtesy Month*
- *National Grilling Month*
- *National Hot Dog Month*
- *National Ice Cream Month*
- *National Parks and Recreation Month*
- *National Picnic Month*
- *National Watermelon Month*



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Sun Safety

Word Search

SOLUTION

E	D	I	D	W	G	S	L	E	E	V	E	S	O	P	A	B
V	E	D	H	I	N	O	I	T	A	I	D	A	R	V	U	A
L	H	H	E	A	T	E	X	H	A	U	S	T	I	O	N	E
C	Y	M	A	S	R	U	O	H	K	A	E	P	S	O	C	S
V	D	H	T	E	G	R	T	A	H	N	U	S	O	K	L	U
A	R	E	S	S	P	G	E	Q	I	M	S	Z	X	N	I	A
L	A	A	T	S	R	O	O	D	T	U	O	Y	R	P	A	N
L	T	D	R	A	Q	Q	F	R	B	H	B	Z	Z	R	R	S
E	I	A	O	L	M	R	F	O	D	I	Z	Z	Y	O	F	K
R	O	C	K	G	V	S	T	U	T	R	R	B	K	T	L	I
B	N	H	E	N	M	E	D	A	H	S	W	S	C	E	O	N
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G	G	M	N	F	F	O	D	S	Y	E	Z	R	G	N	T	E
M	K	R	X	I	Z	M	S	Q	Y	L	P	P	A	E	R	R