

Understanding the Nutrition Label: Calories and Portions

Learning for Life

Portion size and serving size are not the same!

**The University of
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office at**



- **Serving size is standardized for the Nutrition Facts Label.**
- **Portion size is the amount people eat. It can vary.**
- **Calories and nutrient values on the label are based on the serving size.**
- **Some packages that look like one serving may have two or more servings.**

Figure percent calories from fat by dividing calories from fat by total calories and multiple by 100.

Nutrition Facts

Serving Size 1 cup (228g)

Serving Per Container 2

Amount Per Serving

Calories 250

Calories from Fat 110

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If your portion is more or less than the serving size, multiply or divide to determine your actual calorie and nutrient intake. For example:

- Eat double the serving size, double the calories and nutrients.
- Eat only half the serving size, divide the calories and nutrients by half.

