

# Serving Size vs. Portion Size

Serving size and portion size aren't always the same.

A serving size is a specific amount of food that's typically eaten in one sitting, such as 4 crackers or  $\frac{3}{4}$  cup pasta.

This amount is set by the FDA. It's what you'll see on the Nutrition Facts label. And it will tell you how many carbs are in that amount of food.

But a portion size is how much food you actually choose to eat at one time.

So when carb counting, pay attention to both.

For example, if a serving size of bread is 1 slice, but you're making a sandwich, then you'll be eating 2 slices of bread, or 2 servings.