

# 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

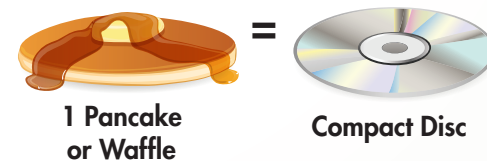
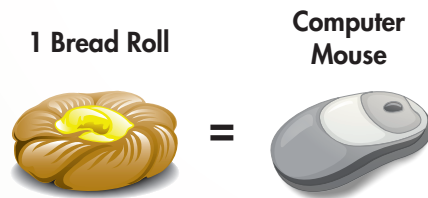
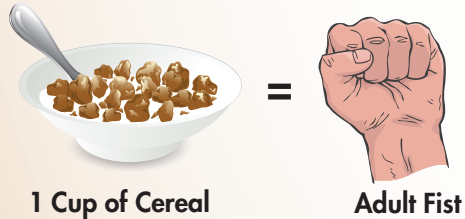
## The USDA recommends:

- 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](http://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/PolicyDoc.pdf)  
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