The University of Georgia Cooperative Extension

Understanding the Nutrition Label: Calories and Portions

Portion size and serving size are not the same!

- 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.

Contact your local office at

The University of Georgia Cooperative Extension
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

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.