

Dickinson County

Diabetes Support Group

Memorial Health System

THEN



500 CALORIES

NOW



1,025 CALORIES

Portions and Servings: What's the Difference?

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Portion vs. Serving

A portion is the amount of food that you choose to eat for a meal or snack. It can be big or small, you decide.

A serving is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings. The Nutrition Facts label on packaged foods, on the backs of cans, sides of boxes, etc. tells you the number of servings in the container.

For example, look at the label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it. A 3-ounce bag of chips, which some would consider a single portion, contains 3 servings.

Portion Distortion

Average portion sizes have grown so much over the past 20 years that sometimes the plate arrives and there's enough food for two or even three people on it. Growing portion sizes are changing what Americans think of as a "normal" portion at home too. We call it portion distortion.

Please join us on October 1, 2024, as we discussed Portion Distortion.

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)

Spaghetti Squash Meatball Casserole

Source: Taste of Home

Ingredients:

- 1 medium spaghetti squash (about 4 pounds)
- 1/2 teaspoon salt, divided
- 1/2 teaspoon fennel seed
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 pound lean ground beef (90% lean)
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 cups chopped collard greens
- 1 cup chopped fresh spinach
- 1 cup reduced-fat ricotta cheese
- 2 plum tomatoes, chopped
- 1 cup pasta sauce
- 1 cup shredded part-skim mozzarella cheese



Directions:

1. Cut the squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender, for 15-20 minutes. Cool slightly.
2. Preheat oven to 350°. Mix 1/4 teaspoon salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1-1/2-in. balls. In a large skillet, brown meatballs over medium heat; remove from pan.
3. In same pan, heat oil over medium heat; saute onion until tender, 3-4 minutes. Add garlic; cook and stir 1 minute. Stir in collard greens, spinach, ricotta and remaining salt; remove from heat.
4. Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13x9-in. or 3-qt. baking dish. Top with the plum tomatoes, meatballs, sauce and cheese. Bake, uncovered, until meatballs are cooked through, 30-35 minutes.

Recipe Yield: 6 servings

Nutrition Facts: 1 serving: 304 calories, 14g fat (6g saturated fat), 69mg cholesterol, 590mg sodium, 19g carbohydrate (10g sugars, 4g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1-1/2 starch.



For Information on Diabetes Support Group, please contact:
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