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Portion Control

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Introduction

Objective

To explain the importance and role of portion control in a foodservice operation. The impact portion control has on cost and nutrition content will also be reviewed.

Key Messages:

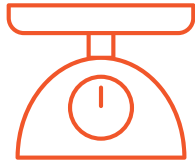
- To define portion control
- To illustrate the financial impact of over-portioning
- To illustrate the impact on nutrition content when portion sizes are changed



Portion Control

The Foodservice Employee's Role

What Is Portion Control?



Portion control is weighing and measuring food, to connect to specific information.



Portions or serving sizes should match what is listed on the recipes.



Portions are measured using spoondles, dishers, scales and/or measuring utensils.

Why Portion Control Is Important

- Dietitians manage patient's nutritional needs. They must be able to trust nutrition information and that portions are accurate
- Recipes are built to make a specific number of portions or yield. If serving sizes are larger or smaller, the number of servings will be different
- Portion control helps establish selling prices and profitability
- Food purchases are based on planned servings

It Starts with the Recipe

Recipes include key pieces of information:

- Items
- Measurements
- Preparation methods

If a recipe is followed, one can calculate the cost of the recipe and determine the nutrition content of the recipe per serving.

Once a recipe is costed, you can calculate selling price to achieve the desired profit.

When you purchase food, the recipe tells you how much to buy.

Fresh Green Beans: How Portions Affect Cost

- 1 case of fresh trimmed green beans 2/5# = \$22.96
- 1 case will make/yield:
 - 40 – ½-cup servings that cost \$0.57
 - OR
 - 27 – ¾-cup servings that cost \$0.85

The same case size will yield a different number of portions or servings at different costs per serving.

Fresh Green Beans: How Portions Affect Cost



If you need to make **100 - ½-cup servings**:

- You need to purchase 2½ cases, rounded to 3 cases, and the green beans cost \$68.88 for 100 portions

If you need to make **100 - ¾-cup servings**

- You need to purchase 3¾ cases, rounded to 4 cases, and the green beans cost \$91.84 for 100 portions

If the recipe is for **100 - ½-cup servings** and the served portion is ¾ cup, two things may happen:

- You will run out of food
- You will lose money

Yukon Gold Mashed Potatoes: How Portions Affect Nutrition Information



- 1 case 6/4 lb. boil-in-a-bag Yukon Gold potatoes cost \$26.27
- **If you use a 4-oz. portion:**
 - a. The cost is \$0.27 per serving
 - b. It will make 96 servings/portions
 - c. A portion will contain 107 calories and 17 grams of carbohydrates (1 carb serving)
- **If you use a 6-oz. portion:**
 - a. The cost is \$0.41 per serving
 - b. It will make 64 servings/portions
 - c. A portion will contain 161 calories and 26 grams of carbohydrates (2 carb servings)

The impact on nutrition is significant and it has the potential to impact medication management.

Understanding the Numbers on Dishers

DISHER SIZE (APPROX. SERVINGS PER QT.)	COLOR	ML (APPROX.)	FLUID OZ. (APPROX.)	CUP/TABLESPOON/TEASPOON (APPROX.)
#4	Orange	236.6	8	1 Cup
#5	Teal	177.4	6	3/4 Cup
#6	White	140.5	4.75	5/8 Cup
#8	Gray	110.9	3.75	1/2 Cup
#10	Ivory	96.1	3.25	3/8 Cup
#12	Green	85	2.875	1/3 Cup
#14	Sky Blue	70.2	2.375	1/3 Cup
#16	Royal Blue	59	2	1/4 Cup
#20	Yellow	55.5	1.875	3 1/2 Tablespoons
#24	Red	44.4	1.5	3 Tablespoons
#30	Black	33.3	1.125	2 1/4 Tablespoons
#36	Mushroom	25.9	0.875	1 3/4 Tablespoons
#40	Orchid	22.2	0.75	1 1/2 Tablespoons
#50	Terracotta	18.5	0.625	4 Teaspoons
#60	Pink	14.8	0.5	1 Tablespoon
#70	Plum	11.1	0.375	2 3/4 Teaspoons
#100	Orange	7.4	0.25	2 Teaspoons

<https://www.webstaurantstore.com/guide/717/kitchen-scoop-and-disher-guide.html>

Key Takeaways

Your role in controlling cost and providing adequate nutrition:

- Follow the recipes
- Use the correct serving utensil and portion according to the recipe
- If a larger serving is requested, make sure to provide a complete second serving



References

- <https://www.webstaurantstore.com/guide/717/kitchen-scoop-and-disher-guide.html>

Portion Control Post-Test Answers

1. Portion control is essential when calculating the nutrition content of foods.
 - a. **True**
 - b. False
2. Scoops and Dishers have numbers on them and/or are color-coded for a purpose.
 - a. **True**
 - b. False
3. Select all reasons portion control is valuable:
 - a. **Accurate portions are needed to calculate nutrition information.**
 - b. Serving a scoop and half does not matter much and makes customers and patients happy.
 - c. **Recipe costs and retail selling prices are based on accurate portion sizes.**

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