



Fact Sheet

Portion Control

What is portion control?

Portion control means getting the right number of servings from a recipe and serving the right amount to our customers. Portion control requires following the standardized recipes exactly.

What does it involve?

- Planning menus carefully
- Purchasing an adequate amount of food
- Preparing, storing, and serving food
(It involves teamwork!)

Why is portion control important?

1. It provides the correct serving size to meet the nutritional needs of students and the U.S. Department of Agriculture (USDA) Meal Pattern requirements.
2. It helps control costs.
3. It helps minimize waste.
4. It helps to guide the ordering and preparation of food.
5. It is a contributing factor in giving a consistent yield and portion size.
6. Customers know exactly how much food to expect.
7. Customers get the same portion size.

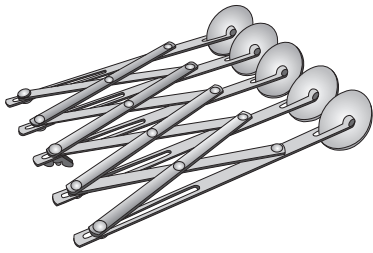
Incorrect Portions could result in:

- Customer dissatisfaction
- Leftovers
- Food waste
- Meals that do not meet the USDA's Meal Pattern requirements for a reimbursable meal
 - Increased food costs



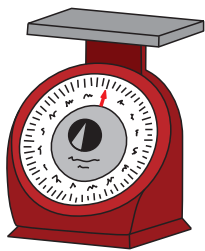
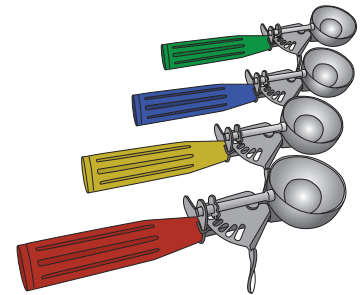
Methods of Portion Control

- Cutting
- Measuring
- Weighing
- Counting



Cutting—a method of dividing food into uniform pieces before it is placed on the serving line; Examples: lasagna, pizza, meatloaf, cornbread, fruit gelatin, sheet cakes, or brownies

Measuring—a method of portioning food on the serving line that involves the use of scoops, dishers, or ladles



Weighing—a method performed using a food scale
 Examples: meats and cheeses

Counting—a method used for chicken, hamburger patties, meat balls, fish, fresh fruits, vegetable sticks, crackers, rolls, biscuits, and cookies



Suggestions for controlling portions:

1. Follow the recipes accurately when measuring and weighing ingredients, combining ingredients, and cooking the product if it requires cooking.
2. Be sure the servers know the planned portion size for each menu item.
3. Prepare a sample tray or plate before serving to visualize the amount to serve.
4. Use the correct type and the correct size portion control tool for each food item.

References

National Food Service Management Institute. (2007). *On the Road to Professional Food Preparation: Breakfast Lunch Training* (2nd. Ed.)

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