



Consistent terminology for describing the size of food and beverages

The terms used to describe the amount of food and beverages that Australians consume have been reviewed by the Healthy Food Partnership. The below table outlines the agreed terms that should be used to build common and consistent language and remove confusion.

Term	Definition	Information and examples
Portion	The size or amount of food and/or drink selected by an individual from what is on offer at any particular eating occasion.	<ul style="list-style-type: none"> The amount of any food or drink selected – i.e. the ‘portion’ is influenced by many factors including what is offered, or is available. <p>Examples:</p> <ul style="list-style-type: none"> The amount of food selected or actually eaten from the serving in a food package provided by a manufacturer is a ‘portion’. The amount of food selected or actually eaten from the serving in a meal or snack provided by a foodservice business (restaurant, canteen, kiosk etc.) is a ‘portion’. The amount of a food or beverage a person serves for themselves when eating at home, with family or friends or at a buffet, is a ‘portion’.
Serving	The size or amount of a product (food and/or drink), suggested by others, such as on-pack labelling by a manufacturer or provided by a food service business.	<ul style="list-style-type: none"> Food businesses suggest appropriate amounts to be consumed, by labelling, or through the amount of food provided for a menu order. Both are a ‘serving’. <p>Examples:</p> <ul style="list-style-type: none"> The mandatory ‘serving’ as depicted on the label in the Nutrition Information Panel on packaged food. The amount of a meal component, snack or beverage provided in a foodservice business (restaurant, canteen, kiosk etc) is a ‘serving’. The amount of food or beverage offered by a carer or host (for example, by placing on a plate) to a family member or guest in the home is a ‘serving’.
Serve	A reference amount of a food or beverage described by the Australian Dietary Guidelines.	<p>Australian Dietary Guideline serves are reference amounts of foods and drinks used by health professionals, educators and businesses to:</p> <ul style="list-style-type: none"> Support Australians to build healthy diets Assess nutritional intake Quantify the total daily recommended amounts of specific food groups.

To find out more about the work of the Healthy Food Partnership Portion Size Working Group, read the final report of the working group on the [Department of Health website](#).