

## Is it a portion or a serving?

## Is it a portion or a serving?

Courtesy of Eat Smart, Move More North Carolina

**PDF**      Handout

**File:**

**Usage Statement:**

## Creative Commons BY-NC-SA

This item has a Creative Commons license for re-use. This Creative Commons BY-NC-SA license means that you may use, remix, tweak, and build upon the work for non-commercial purposes as long as you credit the original creator and as long as you license your new creation using the same license. For more information about [Creative Commons licensing](#) <sup>[1]</sup> and a link to the license, see full details at <https://creativecommons.org/licenses/by-nc-sa/4.0/> <sup>[2]</sup>.

---

**Source URL:** <https://ncpedia.org/media/pdf/it-portion-or-serving>

### Links

[1] <https://creativecommons.org/licenses/> [2] <https://creativecommons.org/licenses/by-nc-sa/4.0/>