

Principles of Portion Control

Portion Control Starts With:

- a standard recipe tailored to make the correct amount of food
- using precise measuring devices to portion this food
- having sufficient quantity to serve

Portion Control Can:

- reduce waste due to overproduction
- control diets in the healthcare setting (eg. ensuring adequate caloric intake/ nutrient intake)

Remember:

- custom portion cuts are available to aid in portion control
- ratio of different ingredients influences the task (too much dressing on salad)
- plate sizes that match food portions improve appearance of food
- in a long-term care setting, therapeutic diets can be as important as medicine and are very specific

Measuring and Portioning Devices

- scales
 - balance beam
 - electronic
 - portion scales
- ladles
- portion scoops
- cookie cutters



Pictures for the Board:



Spoodles (spoon + ladle) are useful for portioning thick foods (mashed potatoes), small pieces of food (peas). They come in sizes by ounce and can be used to quickly serve accurate portions.

Ice cream scoops can be used to make uniform and appealing portions of thick and or creamy substances (eg ice cream, rice). These scoops are ideal for foods that tend to stick to portioning instruments.

Ladles work well with foods and sauces that are liquidy or syrupy





Choosing the correct plate size can determine whether a customer feel satisfied with the amount served or feels that they have been given too little. The same is true in a nursing facility where patients may have strict diets.



In a skilled nursing facility a scale like this can allow for measuring foods directly into the container they will be served in. This leads to more accurate measurements and nutrient provision.

Chef Prepares:

Standardized Balsamic Vinaigrette Recipe

10 cups Olive Oil
6 cup balsamic vinegar
2 Tbsp garlic powder
2 cup honey mustard
Total: 18 and $\frac{1}{8}$ cups= 145 oz
Serving Size= 1 oz

and

145 cups of lettuce
Serving Size= 1 cup

Food Service Worker Serves:

- 1 oz of dressing using a 1 oz ladle
- 1 cup lettuce using an 8 oz spoodle

Neither dressing nor lettuce will be wasted.



Glass measuring cups like this one can allow for the accurate volumetric measurement of liquids, making recipes yield a more standardized amount.



With ice cream scoops a proper portion amount may be a round ball of whatever food is being served or it may be half of a ball achieved by scraping the extra off the top of the scoop so that the food is flush with this scoops edges.



Measuring cups are also useful tools to aid a chef/cook in preparing an accurate standardized recipe.

References:

1. McGuire, G. (2010, May 21). Portion Control: Are You Losing Money To Food Waste? Retrieved November 12, 2014, from <http://www.foodservice.com/articles/food-cost/Portion-Control-Are-You-Losing-Money-To-Food-Waste/>

Portion control not only reduces waste but it insures that the customer is paying for what they are getting and not getting more than what they have paid for. Small deviations from proper portions can add up to large money losses. Portion sizes can be used to improve and maintain a specific profit margin.

2. Standardized Recipes and Portion Control. (2014, January 1). Retrieved November 6, 2014, from <http://www.nfsmi.org/documentlibraryfiles/PDF/20071128010357.pdf>

This lesson outline described how a lack of portion control can affect a business both financially and medically (therapeutic diets). Also the importance of a properly prepared standardized recipe in the portioning process.

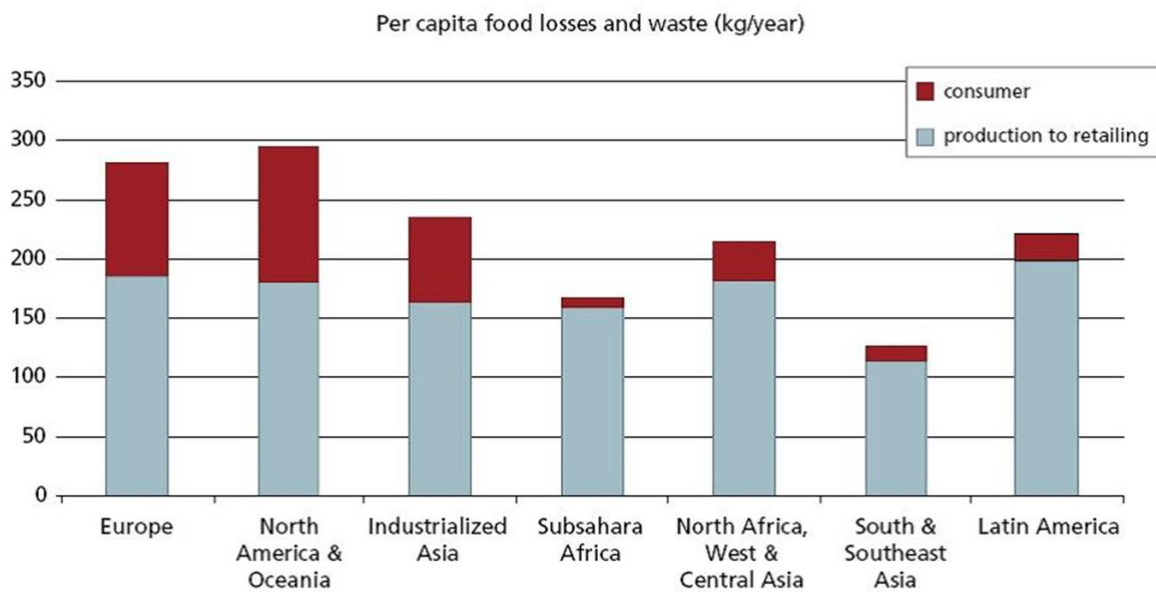
2. To control food costs, start at the cook line. (n.d.). Retrieved November 12, 2014, from <http://www.restaurant.org/Manage-My-Restaurant/Food-Nutrition/Cost-Management/To-control-food-costs,-start-at-the-cook-line>

This source describes how the food line is one of the most important areas pertaining to cost and waste management. With correct portioning waste can be reduced, thus decreasing the amount of cost from excess food production.

Summary of Presentation

- Skit: Effective and Ineffective Portion Control
 - Ineffective portion control: inaccurate measurement of portions, inaccurate preparation of standardized recipe
 - Effective portion control: use of correctly sized portioning devices and accurate preparation of standardized recipe
- The importance of the standardized recipe:
 - Ex. dressing recipe and some measuring tools for this recipe
 - uniform outcome: correct nutritional composition
 - produce enough, but not too much
- The portioning
 - Knowing the portion size
 - Having the correct portioning devices (spoodles, ladles)
 - Using the portioning devices correctly
 - Real life example: DJUSD
- Financial Implications
 - Reduce waste by preparing the right amount to serve
 - Portion size as a way to maintain a profit margin, serve guests what they pay for
 - Meal reimbursements: dependent on specific nutrient criteria
- Medical implications/Congruency
 - Therapeutic diets: food is medicine, certain nutrients can harm patients
 - Ex. Pt with hypertension, lower salt
 - Pt with renal failure/dialysis needs more protein
 - Nutrient content must match advertising, labeling and available nutrient information
- Summary:
 - Portion control starts with a standardized recipe
 - Workers can influence the financial situation of a business/ the health status of patients
 - There are many tools that can aid in portioning

Figure 2. Per capita food losses and waste, at consumption and pre-consumptions stages, in different regions



Source: http://www.fao.org/fileadmin/user_upload/ags/publications/1_GFL_web.pdf

