

Edible Portion Weight and Rough Guide for Food Group Intake Estimated by Food Volume in Dishes

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Abstract

The purpose of this study is to present useful materials concerning what and how much we should eat in a meal or a day with regard to the food volume in dishes. These materials are intended for junior and senior high schools' home economics education, and for lifelong learning.

Among more than 150 types of food, several common cutting and cooking methods were selected. Prior to cooking, edible portion weight of each food was measured, and after cooking, the weight and the volume of the foods in dishes were measured.

As a result, two teaching materials were created. First, a conversion table which shows the foods' edible portion weight of 60 ml (1 egg volume) in dishes was constructed. Second, a rough guide for food group intake was calculated from the food volume in dishes.

The expected effects of using these materials are as follows; (1)Each food's edible portion weight can be easily estimated, and the food group intake or nutritive value can be calculated, and (2)When cooking, correct food weights for expected volume in dishes can be easily estimated.

Key words; dishes, volume, food edible portion, guide of food group intake