

Portion Control Chart

Keep portions accurate and control your food costs with this tool from Gordon Food Service®. Use the color-coded chart below to determine the correct disher/scoop utensil for your serving size. For additional resources please contact the Nutrition Resource Center at (800) 968-4426 or via email at NRC@gfs.com.



Color	Disher/Scoop Size #	Capacity (ounces)	Capacity (cups)
Purple	40	$\frac{3}{4}$	$\frac{3}{32}$
Black	30	1	$\frac{1}{8}$
Red	24	$1\frac{1}{3}$	$\frac{1}{6}$
Yellow	20	$1\frac{5}{8}$	$\frac{7}{32}$
Blue	16	2	$\frac{1}{4}$
Green	12	$2\frac{2}{3}$	$\frac{1}{3}$
Tan	10	3*	$\frac{3}{8}$ *
Grey	8	4	$\frac{1}{2}$
White	6	$5\frac{1}{3}$	$\frac{2}{3}$

*Disher/Scoop capacity: $\frac{3}{4}$ oz. ($\frac{1}{8}$ cup)

Not all foods measure the same:

16 ounces = 4 cups of flour

16 ounces = 3 cups of brown sugar

16 ounces = $2\frac{1}{4}$ cups of granulated sugar

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FOOD SERVICE

Always at your table