

# Portion Distortion



**If** you had the choice to spend .99 for a small pop, 1.19 for a medium or only 1.39 for a large, what would you do? If you are like most Americans, you would spring for the large pop because you are getting more **BANG** for your buck. It may be a better deal for your wallet right now, but what kind of a deal are you getting for your health?

*Do you ever wonder how Americans have become so fat in the past 20 years? Almost 2/3 of the population is now considered overweight or obese. America's problem cannot be pinpointed to one specific food but mainly to increased portion sizes. A recent study looked at calorie consumption changes in the last 30 years: American women are eating about 335 more calories today than they did 30 years ago and are also now about 25 pounds heavier.*

Whether those extra calories come from carbs, fat or protein, **extra calories** that you don't use go to your fat storage. If you continue to eat a few extra calories everyday, eventually the pounds add up, and your jeans no longer fit.

Look at how our portion sizes have grown in the last 30+ years!



Food	1970	2005
Soda	6.5oz bottle= <b>80 calories</b>	20oz bottle= <b>233 calories</b>
Bagel (without cream cheese)	2.0oz= <b>200 calories</b>	3.5oz= <b>350</b> 5.5oz= <b>550</b> calories
Pasta (without sauce)	1 cup= <b>140 calories</b>	4 or more cups= <b>560 or more calories</b>
Hershey Bar	1.0 oz= <b>150 calories</b>	1.6, 2.6, 4 = <b>230-620 calories</b>
Hamburger-Fast food	In 1957- 2 oz= <b>140 calories</b>	3.4-10.8oz= <b>260-1090 calories</b>
French Fries	2.4 oz= <b>210 calories</b>	2.6-7.1 oz= <b>230-630calories</b>
Chips (Single Serving Bag)	1 oz= <b>150 calories</b>	1.75-4.0 oz= <b>185-600 calories</b>
Coffee	1 cup with cream and sugar= <b>45 calories</b>	1 Grande Mocha from Starbucks= <b>400 calories</b>
Dinner Plate	10 inch diameter	12 ½ inch diameter



**66 %** of American adults and **15%** of American children did not just wake up one morning and find they are now overweight. Leading obesity researchers believe that our steady weight gain is not just due to eating an 800 calorie hamburger with a 600 calorie order of fries and washing it down with 400 calories of soda *every once in a while*, but we are getting fatter due to **eating an extra 100 calories a day** without realizing it. If you eat an extra 100 calories a day for a year, that is an extra 10 pounds!

*What does an extra 100 calories look like?*

~2 Oreos, ~1 spoonful of peanut butter, ~drinking a 20-oz soda instead of a 12-oz can, ~ordering a medium fry instead of a small fry, ~25 jelly beans or 30 M&Ms, ~1 extra breadstick from Olive Garden, ~Whipped Topping from Starbucks.



**Test your portion IQ!**

- <http://hp2010.nhlbihin.net/portion/index.htm>

