

Portion Distortion

What you're served

What's one serving



1/2 lb. cheeseburger, French fries,
3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries,
2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.

■ Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.

■ Every gram of carbohydrate or protein equals 4 calories.

■ The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.

■ With each decade as we age, we need 100 fewer calories per day.

■ Every gram of fat equals 9 calories.

■ 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

Measure up

How much do you eat? Here is a handy way to measure portion sizes:



**3 oz. meat =
deck of cards**



**1 teaspoon oil =
quarter in diameter**



**1 cup raw
vegetables = light bulb**



**1 medium fresh
fruit = tennis ball**



**1 bagel or roll =
6-oz. can tuna**

Everyday excess

What you're served:

Jumbo popcorn (30 cups), unbuttered*
1,650 calories, 93 grams fat

What's one serving:

3 cups popcorn, unbuttered*
165 calories, 9 grams fat

* 6 tablespoons butter adds
610 calories and 69 grams fat



What you're served:

40 tortilla chips
400 calories, 20 grams fat

What's one serving:

10 tortilla chips
100 calories, 5 grams fat

What you're served:

Large 4 oz. bagel, plain*
320 calories, 3 grams fat

What's one serving:

1.5 oz. bagel, plain*
120 calories, 1 gram fat

* 2 tablespoons cream cheese
adds 100 calories and 10 grams fat



What you're served:

24 oz. soda
310 calories, 0 grams fat

What's one serving:

12 oz. soda
155 calories, 0 grams fat



What you're served:

5 oz. chocolate chip cookie
700 calories, 20 grams fat

What's one serving:

1 oz. chocolate chip cookie
140 calories, 4 grams fat



What you're served:

4 slices of 14" pepperoni pizza
(cut in 12 slices)
920 calories, 36 grams fat

What's one serving:

2 slices of 14" pepperoni pizza
(cut in 12 slices)
460 calories, 18 grams fat



Bigger isn't better

A good deal isn't necessarily the most food for your money. These phrases indicate a surplus of excess on the menu.

Combo	Deluxe
Ultimate	Tub
Kingsize	Value meal
Jumbo	Colossal
Supersize	Supreme
All-you-can-eat	Biggie

By the numbers

Daily intake recommendations by the U.S. Department of Agriculture:

Many women and older adults:

1,600 calories
53 grams fat

Children, teen girls, active women and most men:

2,200 calories
73 grams fat

Teen boys and active men:

2,800 calories
93 grams fat