

Portion Distortion

Do you feel like today's portion sizes of foods are bigger than they used to be? If you said "yes", then you are right! Today's portions are 2 to 5 times larger than they were in the 1970s. Restaurants are serving bigger portions of foods like soft drinks, French fries, and hamburgers. People are also serving bigger portions of food at home. The problem with eating large portion sizes is you get more calories than you need. These extra calories can cause you to gain too much weight. People who are overweight have a higher risk of getting diabetes, cancer, and heart disease.

Go to <http://hin.nhlbi.nih.gov/portion/> . Read the directions for taking the Portion Distortion Quiz. Write your answers below. Don't worry if you do not know the answer to a question. Just make your best guess. The computer will tell you the right answer.

Bagel



A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel? _____

Now guess how long you will have to rake leaves in order to burn those extra calories? _____

Cheeseburger

A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger? _____

Now guess how long you will have to lift weights in order to burn those extra calories? _____



Spaghetti and Meat Balls



A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs? _____

Now guess how long you will need to houseclean in order to burn those extra calories? _____

Soda

A 6.5-ounce portion of soda had 85 calories. How many calories do you think are in today's portion? _____

Now guess how long you will have to work in a garden in order to burn those extra calories? _____



French Fries

2.4 ounces of French fries of 20 years ago had 210 calories. How many calories do you think are in today's portion? _____

Now guess how long you will have to walk leisurely in order to burn those extra calories? _____

Turkey Sandwich

A turkey sandwich 20 years ago had 320 calories. How many calories do you think are in today's portion? _____

Now guess how long you will have to ride a bike in order to burn those extra calories? _____



Ways to Cut Back on Large Portion Sizes

Doing more exercise is a good way to burn calories, but exercise alone will not keep you from gaining weight. You need to watch your portion sizes too. Here are a few ways to keep from eating more than you need.

When eating out...

- Split your meal with a friend or family member.
- Ask for a doggy bag, and take part of your meal home to eat later.
- Order the smallest size for food and drinks.
- Say “no” to super-sized meals.



When eating at home...



- Add more fruits and vegetables to your meals. Eating more fruits and vegetables can keep you from filling up on other high calorie foods.
- Eat snack foods on a plate or in a small bowl, not straight out of the package.
- Try serving yourself half of your normal portion size at meals.
- Eat meals on smaller plates. This will help keep you from serving more than you need.
- Stop eating when you are full. Avoid making yourself or your children clean the plate.

What is one way you plan to cut back on your portion sizes?

This institution is an equal-opportunity provider. If you feel you have been discriminated against, call the Texas State WIC Office at 1-800-WIC-FOR-U (1-800-942-3678).