

Portion Distortion

- A portion is the amount of food or drink you choose to consume
 - Example: bowl of ice cream
- Serving size is a measured amount of food
 - Example: ½ cup ice cream



945 Calories
56g Fat



270 Calories
16g Fat



Portion Distortion

- Portions have significantly increased in the last 20 years
- Consuming too much food has lead to obesity and increased risk for diabetes

- All foods can be enjoyed in moderation; rather than eliminating sweets or salty snacks from your diet, enjoy them in smaller portions
- Check out how portions have increased over the years!





SLURP!

- When McDonalds first opened in 1955, they offered one drink size: 6.5 oz soda
- Their kid's size is now 12 oz and their large is 32 oz!

What is the difference?

6.5 oz Soda	12 oz Soda	32 oz Soda
65 calories	110 calories	310 calories
3.5 teaspoons of sugar	7 teaspoons of sugar	21 teaspoons of sugar
* Nutrition information includes ice		



GULP!

- In the last 20 years bagels have nearly doubled in size



140 calories
3-inch diameter








350 calories
6-inch diameter



Serving Size

Here is a guide to help you remember what a true serving size looks like!

	Serving Size	Looks like
Grains	2 oz	 A CD
Cheese	1 oz	 4 Dice
Meat	3 oz	 Deck of Cards
Veggies	½ cup	 Your Fist
Fruit	½ cup	 A Baseball



Size Wise

Check out nutrition labels to find out how many servings are in one package- then do the math!

① **Start Here** →

Multiply everything by 2!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



Think of ways that you can be size-wise!

- Share snacks with friends and family
- Don't eat directly from the box or bag, pour servings onto a plate and put the bag away
- Read nutrition labels
- What else?

Think you're size-wise? Take the portion distortion quiz!

<http://hp2010.nhlbihin.net/portion/>

