NURTURE
www.nurtureyourfamily.org

Portion Distortion

A portion is how much food or drink you eat in one sitting such as a plate of spaghetti. A serving is a specified or standard amount, for example 2 oz. of pasta.

In the last 20 years, our portions have grown significantly. Consuming too much food can lead to obesity and increased risk for diabetes.

When McDonalds first opened in 1955, it offered one drink size: 6.5 oz. Now their kid's size is 12 oz and their large is 32 oz

6.5 oz Soda

65 calories

3.5 teaspoons of sugar

12 oz Soda

110 calories

7 teaspoons of sugar

32 oz Soda

310 calories

21 teaspoons of sugar

Calorie difference = 245 calories

If you ride a bike for 50 minutes
you will burn approximately 245 calories*
* Based on a 160-pound person

In the last 20 years bagels have nearly doubled in size

3-inch diameter

140 Calories

6-inch diameter

350 Calories

Calorie difference = 210 calories

If you rake leaves for 50 minutes,
you will burn approximately 210 calories.*
* Based on a 160-pound person

So what can you do?

- All foods can be enjoyed in moderation; rather than eliminating sweets or salty snacks from your diet, enjoy them in smaller portions.
- Before going back for seconds, wait 10 or 15 minutes. You may not want seconds after all.
- Don't eat directly from the box or bag; pour servings onto a plate and put the bag away.
- Check out nutrition labels to find out how many servings are in one package – then do the math!
- Visualize the new MyPlate guidelines when eating.

2 Servings

So multiply by 2 if you eat it all!

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 2g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	