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, they 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*

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
- 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
- Check out nutrition labels to find out how many servings are in one package – then do the math!
- **Think you're size-wise? Take the portion distortion quiz!** http://hp2010.nhlbihin.net/portion/

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	

Decorate a Serving

Appropriate for: Kindergarten – 5th grade

Background: The appropriate serving size for a snack is ½ cup. Many snacks are packaged with two or three ½ cup servings in one container, which makes it hard to eat proper sized portions. Reducing portion sizes is a very important step to becoming a healthy eater. This is especially important when snacking.

Supplies Needed: ½ cup size disposable plastic cup, markers, and stickers

Process:
Discuss how portion sizes in the United States are getting larger and larger. People tend to think bigger is better. When it comes to food, too much can make you sleepy and can make your stomach hurt. If you regularly eat more food than your body needs, it can lead to health problems like obesity and diabetes.

Give your child a ½ cup size disposable plastic cup. Explain that this is an appropriate size serving for a snack. Then let them decorate the cup. Afterwards let them fill it with a healthy snack like baby carrots, grapes, or whole grain crackers with cheese.

The Size is Right

Appropriate for: 4th grade – adult

Supplies Needed: A variety of packaged dry foods (pasta, rice, cereal, crackers, chips, popcorn, beans, etc.), a dinner plate, a cereal or salad bowl, and measuring cups.

Process:
1. Choose one of the foods. Without reading the nutrition label, put on the plate or in the bowl the amount of the food you would usually eat for lunch, dinner, or a snack.
2. Read the food's nutrition label to determine how big a serving size is. Then measure the size of the portion to see how many servings it contains. Record this on a sheet of paper. Repeal for all foods.
3. How do your portions stack up against the recommended serving sizes? Do you suffer from portion distortion?

Here's 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	 Four Dice
Meat	3 oz	 Deck of Cards
Fruit and Veggies	½ cup	 A Baseball