

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 160pound 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%
<i>Trans Fat</i> 2g	
Cholesterol 30mg	10%
Sodium 680mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g 0%	
Sugars 5g	
Protein 5g	