




## Portion Distortion


Based on US Department of Health and Human Services, National Institute of Health "portion distortion quiz"



## What is a portion?

- o A portion is the amount of food that you eat. It can be big or small
- o However, We know that different foods come in different size containers and may be more than one portion.
- o The size of our portions have changed over the years- see if you can see the difference.
- o See how you do on this quiz based on the National Institute of Health's

### Portion Distortion II Interactive Quiz



## CHEESEBURGER

20 Years Ago	Today
	
333 calories	 How many calories are in today's cheeseburger?



## CHEESEBURGER

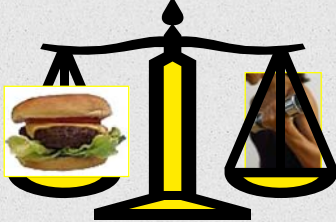
20 Years Ago	Today
	
333 calories	590 calories


Calorie Difference: 257 calories




## Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out




 How long will you have to lift weights in order to burn the extra 257 calories?\*

\*Based on 130-pound person




## Calories In = Calories Out






If you lift weights for 1 hour and 30 minutes,

\*Based on 130-pound person





### SPAGHETTI AND MEATBALLS


<p><b>20 Years Ago</b></p>  <p><b>500 calories</b> 1 cup spaghetti with sauce and 3 small meatballs</p>	<p>?</p>	<p><b>Today</b></p>  <p>How many calories do you think are in today's portion of spaghetti and meatballs?</p>
--	----------	--



### SPAGHETTI AND MEATBALLS

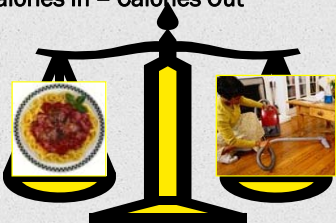
<p><b>20 Years Ago</b></p>  <p><b>500 calories</b> 1 cup spaghetti with sauce and 3 small meatballs</p>	<p><b>Today</b></p>  <p><b>1,025 calories</b> 2 cups of pasta with sauce and 3 large meatballs</p>
---	---

**Calorie Difference: 525 calories**



### Maintaining a Healthy Weight is a Balancing Act


**Calories In = Calories Out**



?

How long will you have to house cleaning in order to burn the extra 525 calories?\*

\*Based on 130-pound person



### Calories In = Calories Out






**If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.\***

\*Based on 130-pound person





### SODA


<p><b>20 Years Ago</b></p>  <p><b>85 Calories</b> 6.5 ounces</p>	<p>?</p>	<p><b>Today</b></p>  <p>How many calories are in today's portion?</p>
---	----------	--




### SODA

<p><b>20 Years Ago</b></p>  <p><b>85 Calories</b> 6.5 ounces</p>	<p><b>Today</b></p>  <p><b>250 Calories</b> 20 ounces</p>
--	--

**Calorie Difference: 165 Calories**




**Calories In = Calories Out**



How long would you have to work in the garden to burn the extra **165 calories**.\*

\*Based on 160-pound person



**Calories In = Calories Out**





If you work in the garden for **35 minutes**, you will burn approximately **165 calories**.\*

\*Based on 160-pound person

**FRENCH FRIES**

20 Years Ago	?	Today
		
210 Calories 2.4 ounces		How many calories are in today's portion of fries?

**FRENCH FRIES**

20 Years Ago	Today- Large
	
210 Calories 2.4 ounces	610 Calories 6.9 ounces
<b>Calorie Difference: 400 Calories</b>	

**Maintaining a Healthy Weight is a Balancing Act**  
**Calories In = Calories Out**




How long will you have to walk leisurely in order to burn those extra **400 calories**?\*

\*Based on 160-pound person




**Calories In = Calories Out**





If you walk leisurely for **1 hour and 10 minutes** you will burn the approximately **400 extra calories**.\*


\*Based on 160-pound person








### PEPPERONI PIZZA

20 Years Ago	Today
	
500 calories	
	How many calories are in two large slices of today's pizza?



### PEPPERONI PIZZA

20 Years Ago	Today
	
500 calories	850 calories
Calorie Difference: 350 calories	



### Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out




How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?\*

\*Based on 160-pound person




### Calories In = Calories Out






If you Play golf and carry your clubs (no cart) for 1 hour and 40 minutes, you will burn approximately 350 calories.\*

\*Based on 130-pound person






### POPCORN

20 Years Ago	Today
	
270 calories 5 cups	
	How many calories are in today's large popcorn?



### POPCORN

20 Years Ago	Today
	
270 calories 5 cups	630 calories 11 cups
Calorie Difference: 360 calories	



### Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out

How long will you have to do swim laps or water aerobic in order to burn the extra 360 calories?\*

\*Based on 160-pound person

### Calories In = Calories Out

If you swim or do water aerobics for 1 hour and 15 minutes you will burn approximately 360

\*Based on 160-pound person

### What correct portions should look like...

### Plate Sizes

8.5 inch	Each plate contains
10-inch	3 oz Tuna
11-inch	1 cup Carrots
12-inch	1/2 cup Wild Rice

Plate size makes a difference. Notice the same amount of food on each plate, but servings look smaller with the bigger plate. Choose smaller plate and you will feel like you are eating more.