

Portion Distortion



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



What is a portion of food. We have talked about serving sizes and portions is similar, but usually based on entire meals/or combination dishes. Let's look at some changes in portion sizes that have happened over the past 20 years.

What is a portion?

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

Portion Distortion II Interactive Quiz



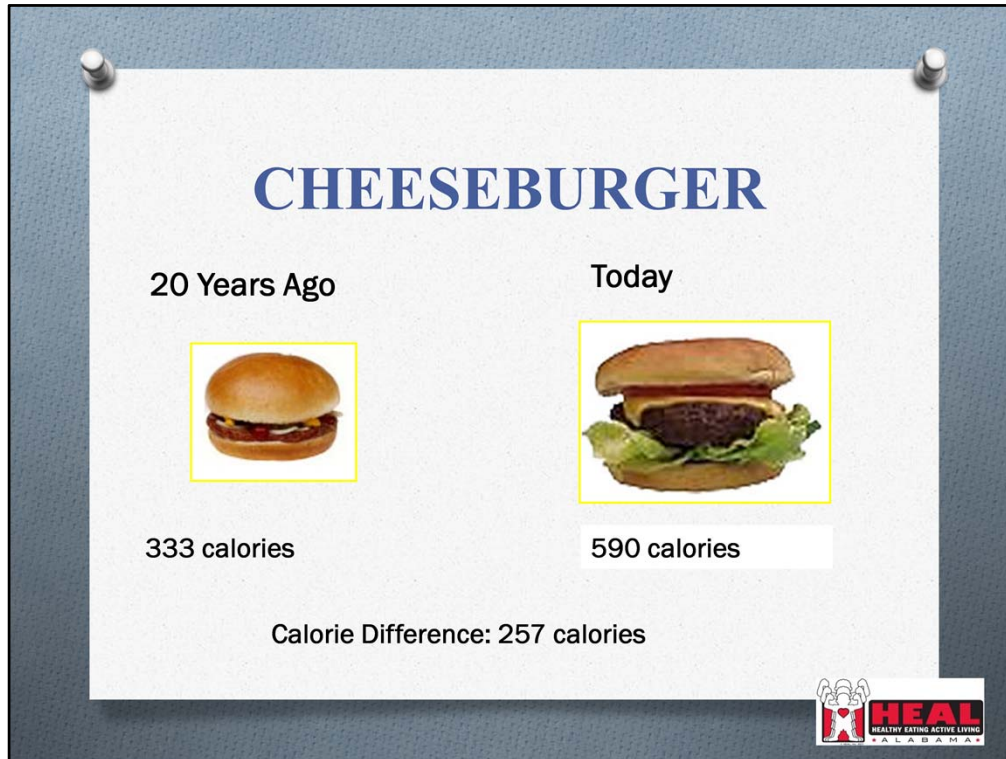
Review talking points on slide

CHEESEBURGER

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

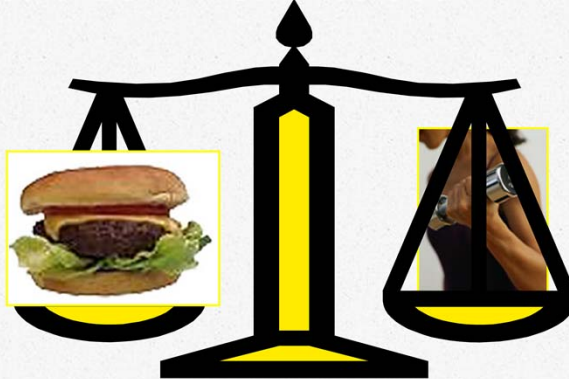


20 years ago a regular hamburger was 330 calories. How many calories do you think today's hamburger is? Wait for guesses



That is right, today's hamburger is 590 calories, but some are much more. So that is a difference of 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



So the big question is, how long would you have to lift weight to burn off the extra 257 calories? Wait for answers to be called out

Calories In = Calories Out



If you lift weights for 1 hour and 30 minutes,

*Based on 130-pound person



So you would have to lift light weight for 1 and a half hours to burn off the extra 257 calories. Let's try another food.

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with
sauce and 3 small
meatballs

?

Today



How many calories do
you think are in today's
portion of spaghetti and
meatballs?



20 years ago there was 500 calories in a plate of 1 cup spaghetti noodles with sauce and 3 meatballs. How many calories do you think are in today's portion of spaghetti and meatballs?

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with
sauce and 3 small
meatballs

Today



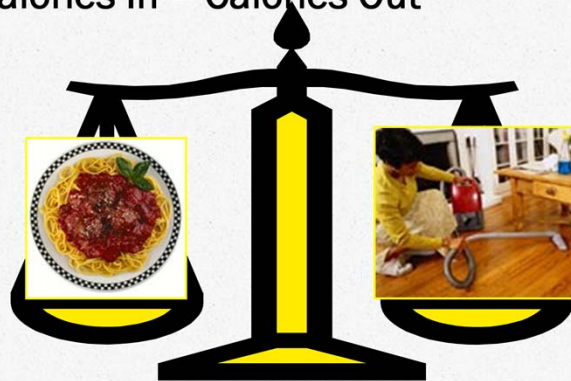
1,025 calories
2 cups of pasta with sauce
and 3 large meatballs

Calorie Difference: 525 calories



It is hard to believe that adding a cup of pasta and making larger meatballs increases the meal by 520 calories, but it does

Maintaining a Healthy Weight is a Balancing Act
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



So how long would you have to do house cleaning to burn off 520 calories. Wait for students to guess

Calories In = Calories Out



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

*Based on 130-pound person



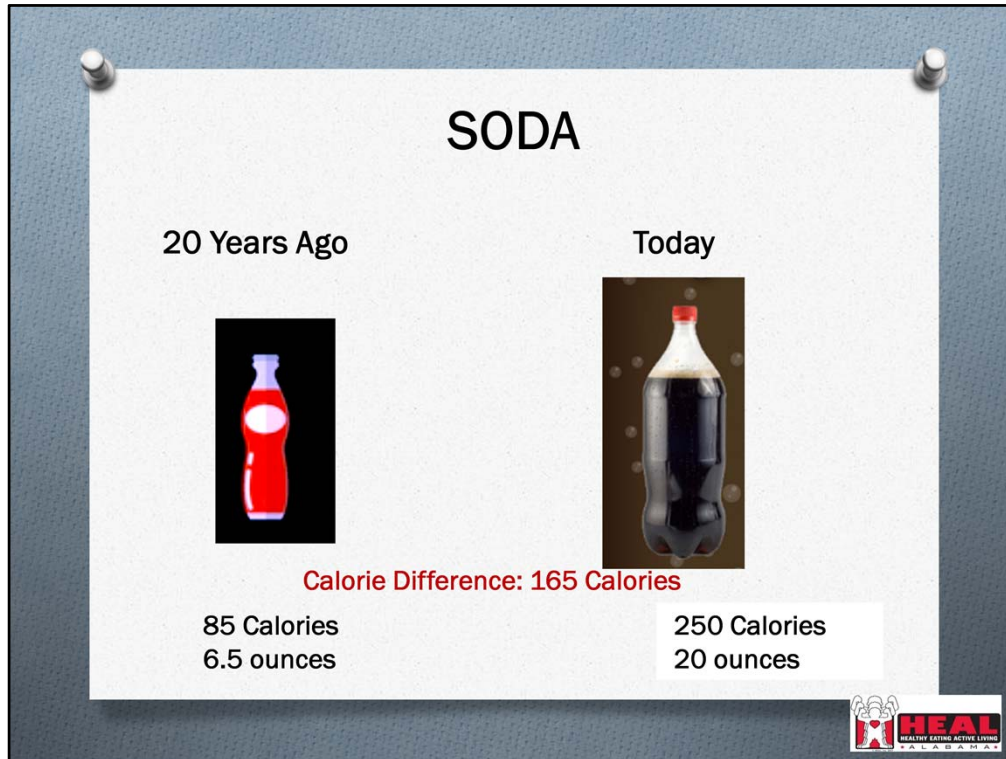
You would have to do 2 hours and 35 minutes of housecleaning to burn off the extra calories. At least you would get the whole house clean.

SODA

20 Years Ago	Today
	
85 Calories 6.5 ounces	How many calories are in today's portion?



So now, let's look at how bottle soda or soft drinks have changed. 20 years ago they were 6 and ½ ounces. Today they are 20 ounces. What do you think the difference in calories is?



There is a difference of 165 calories between the 2 sizes of soft drinks

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



How long would you have to do yard work to burn off the extra 165 calories. Wait for answers.

Calories In = Calories Out





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


*Based on 160-pound person



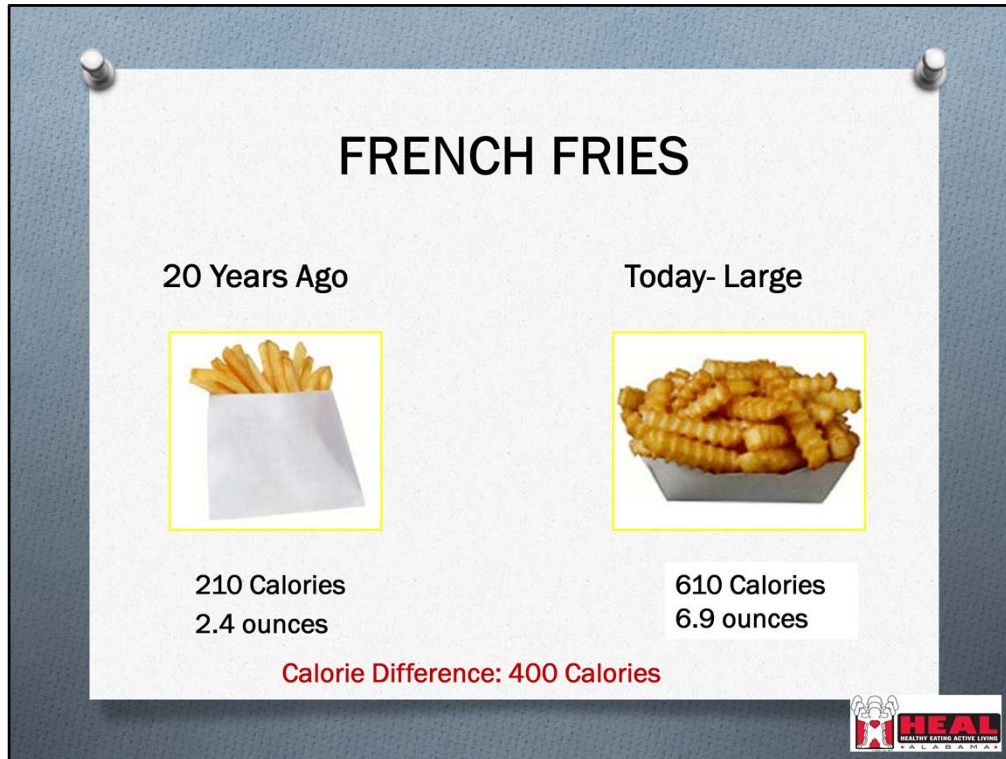
Working in the garden for about 35 minute would burn off the extra calories. Now let's look at French Fries

FRENCH FRIES

<p>20 Years Ago</p>  <p>210 Calories 2.4 ounces</p>	<p>?</p>	<p>Today</p>  <p>How many calories are in today's portion of fries?</p>
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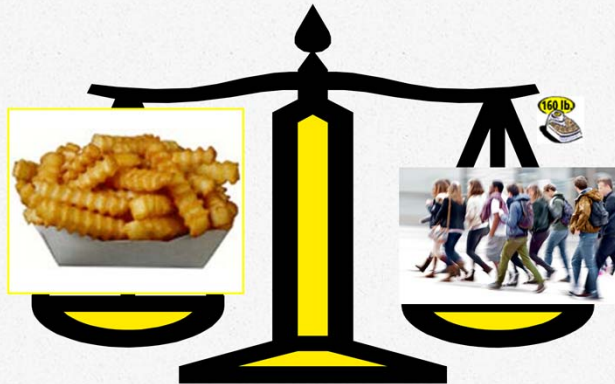
20 years ago the serving was equivalent to today's small French fries. Compared to a large fry what is the difference in calories? Wait for guesses.



There is a 400 calorie difference from small to today's large fries. Wow.

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



How long would you have to walk at a leisurely pace to burn off 600 calories. Wait for guess.

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



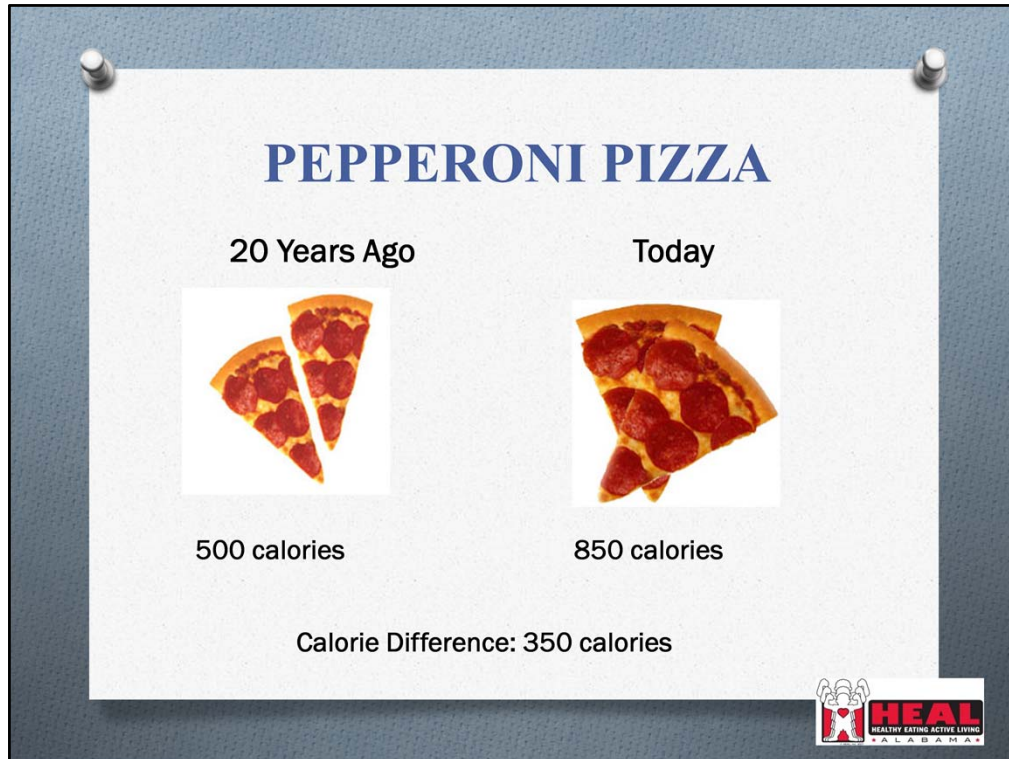
If you walk leisurely for about 1 hour and 10 minutes you will burn off the extra 400 calories. Now let's look at pizza

PEPPERONI PIZZA

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



20 years ago, 2 pieces of pizza were 500 calories. How many calories do you think are in today's pizza?. Wait for guesses.



Today's pizza are 850 calories, that is a difference of 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



So how long will you have to play golf and walk and carry your clubs to burn off the extra 350 calories. Wait for guesses

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



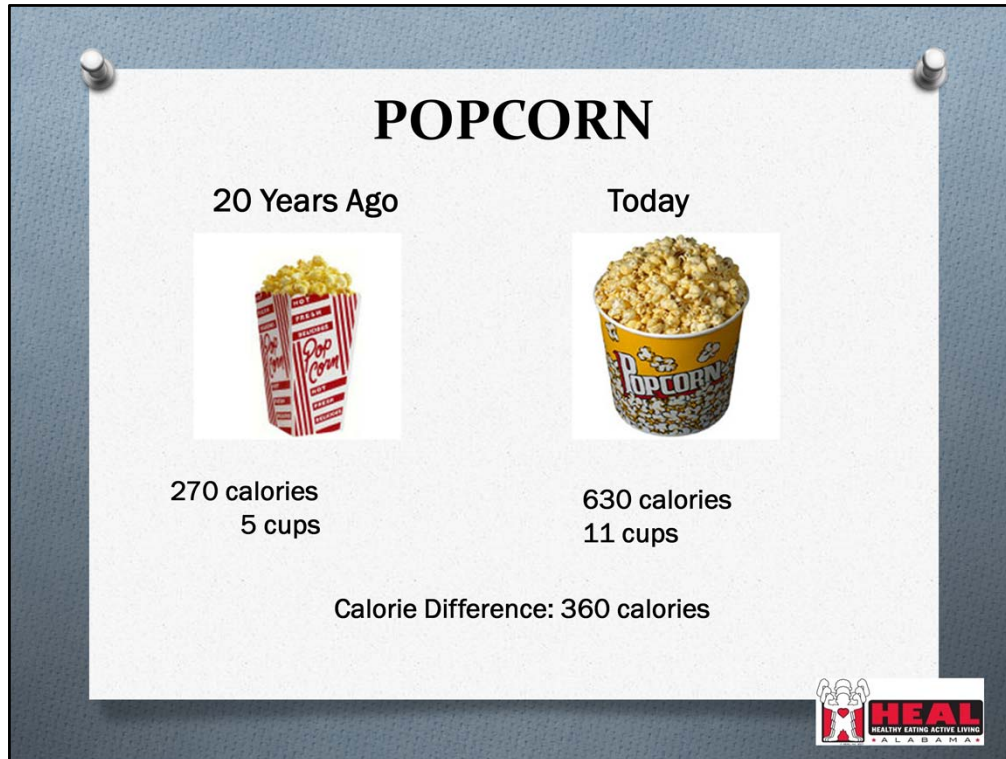
Playing golf for 1 hour and 40 minutes will burn off the extra 350 calories. For our last example let's look at popcorn.

POPCORN

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



20 years ago, movie popcorn was 5 cups and was about 270 calories before any extra butter. How much do you get today and what is the difference in calories?



Today's version is 630 calories before all of the butter and that is a difference of 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



How long would you have to swim to burn off the extra 350 calories? Wait for responses.

Calories In = Calories Out

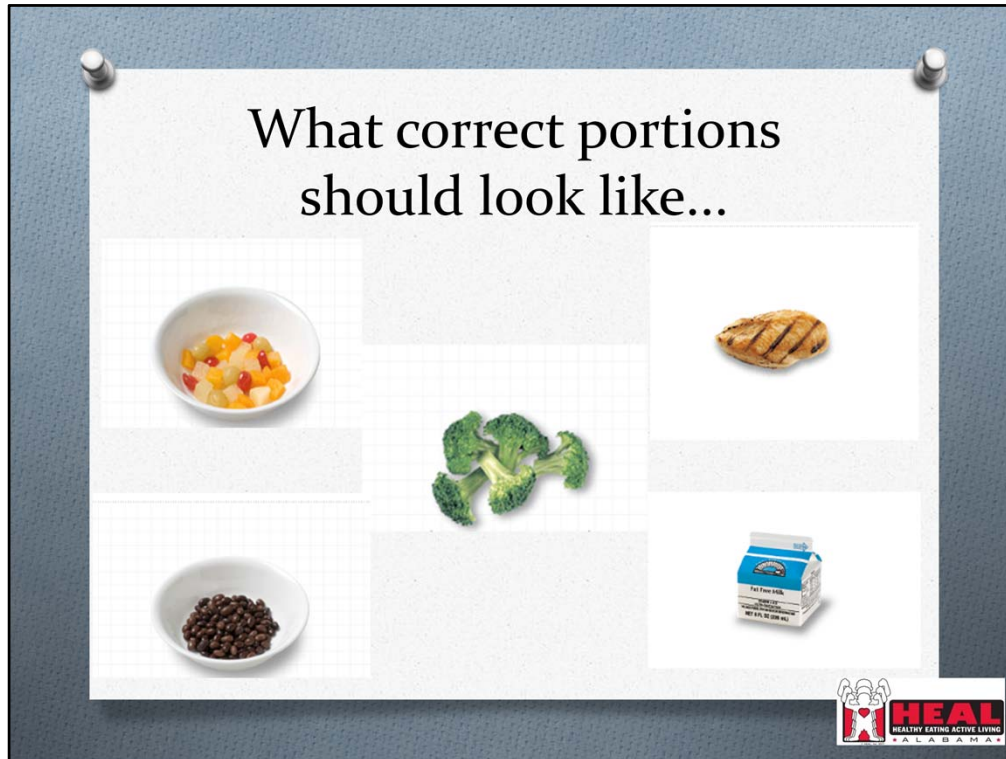


If you swim or do water aerobics for 1 hour and 15 minutes you will burn approximately 360

*Based on 160-pound person



In order to burn off the extra 360 calories you would have to swim for 1 hour and 15 minutes. That is not just sitting by the water, but swimming!



So as you can see by these examples, that our portions sizes have gotten bigger and calories have gone up. That is why it is important to be knowledgeable what a portion size it. Often your serving can be 2 or 3 portions. That is OK but just leave something else off. These pictures represent what a portion size should look like. Smaller than you expect in most places.

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

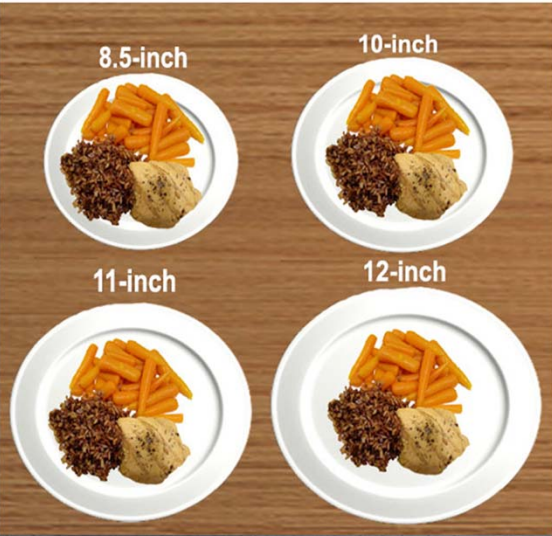


Plate size makes a difference. Notice the same amount of food on each plate, but servings look smaller with the bigger plate. Choose smaller plate and you will feel like you are eating more.



We have discussed many ways to look at portions another way is with the plate size. The size of the plate can make 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 for less calories and you will be full and not realize it. At holiday gatherings choose the small plate so you don't overeat. In summary, watch amounts, share large servings and continue to be active.