Your Health Matters: Nutritious Eating

3: Portion Distortion
How Food Portions Have Changed in 20 Years

Presentation adapted from the National Heart, Lung, and Blood Institute Obesity Education Initiative
CHEESEBURGER

20 Years Ago

333 calories

Today

590 calories

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

If you **lift weights** for 1 hour and 30 minutes, you will burn approximately **257 calories**.

*Based on 130-pound person*
How many calories are in today’s portion of fries?

Calorie Difference: 400 Calories
How long will you have to walk leisurely in order to burn those extra 400 calories?*

If you walk briskly for 1 hour and 10 minutes you will burn approximately 400 calories.*

*Based on 160-pound person
SPAGHETTI & 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

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

Calorie Difference: 525 calories
How long will you have to swim in order to burn the extra 525 calories?*

If you swim (moderately) for 1 hour and 30 minutes, you will burn approximately 525 calories.*

*Based on 130-pound person
TURKEY SANDWICH

20 Years Ago

320 calories

Today

820 calories

How many calories are in today’s turkey sandwich?

Calorie Difference: 500 calories
How long will you have to ride a bike in order to burn those extra 500 calories?*

If you ride a bike for 1 hour and 25 minutes, you will burn approximately **500 calories**.*

*Based on 160-pound person
20 Years Ago

220 calories
(2) small/fajita flour tortillas

Today

How many 420 calories in
(2) large/burrito size flour tortillas?

Calorie Difference: 200 calories
How long will you have to sweep in order to burn the extra 200 calories?*

If you **sweep** for 50 minutes you will burn the extra **200 calories**.*

*Based on 160-pound person
How many calories are in today’s portion?

Calorie Difference: 165 Calories

85 Calories
6.5 ounces

20 Years Ago

250 Calories
20 ounces

Today
How long will you have to work in the garden to burn those extra 165 calories?*

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

*Based on 160-pound person
Eat a healthy diet of mostly fruits, vegetables and whole grains.

Pay attention to serving sizes.

Eat smaller portions of high-calorie foods.

Replace calorie-dense foods and drinks with vegetables, fruits, whole grains, and other low-calorie choices.

When you eat out, choose options low in calories, fat, and sugar; avoid large portions.
### What counts as a serving?

<table>
<thead>
<tr>
<th>Serving Description</th>
<th>Equivalent Item</th>
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<tbody>
<tr>
<td>½ cup rice or pasta</td>
<td>baseball</td>
</tr>
<tr>
<td>1 cup cooked veggies</td>
<td>tennis ball</td>
</tr>
<tr>
<td>¼ cup nuts or dried fruit</td>
<td>golf ball</td>
</tr>
<tr>
<td>2 TBSP nut butter</td>
<td>ping pong ball</td>
</tr>
<tr>
<td>1 oz hard cheese</td>
<td>4 dice</td>
</tr>
<tr>
<td>3 oz meat/fish/poultry</td>
<td>deck of cards</td>
</tr>
<tr>
<td>1 potato</td>
<td>computer mouse</td>
</tr>
<tr>
<td>1 oz bread/toast/pancake</td>
<td>CD case</td>
</tr>
<tr>
<td>1 tsp oil</td>
<td>water bottle cap</td>
</tr>
</tbody>
</table>
When eating out, cut your order in half and share it with someone or take half home for another meal.
Portion Distortion

Key Point Recap

- Size matters! Pay attention to servings/portions.
- More calories IN means more calories to burn.
- Eat a healthy diet of mostly fruits, vegetables, and whole grains.
Switch to
Healthy Eating
PowerPoint