

# Your Health Matters: Nutritious Eating



## 3: Portion Distortion

How Food Portions Have  
Changed in 20 Years

# CHEESEBURGER

**20 Years Ago**



**333 calories**

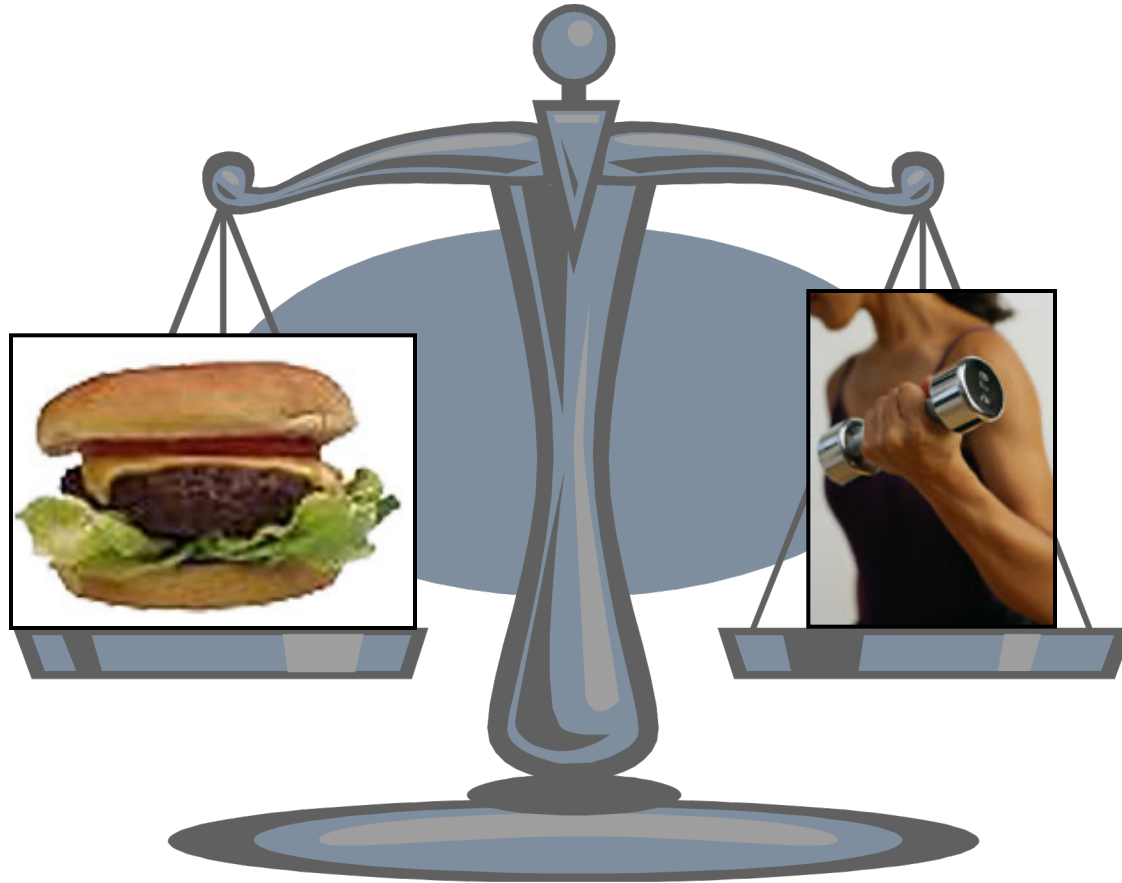
**Today**



**590 calories**

**Calorie Difference: 257 calories**

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

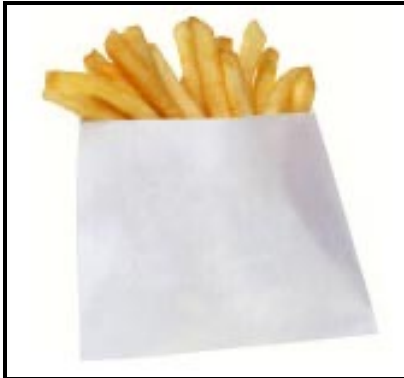


**If you lift weights for 1 hour and 30 minutes, you will burn approximately 257 calories.**

**\*Based on 130-pound person**

# FRENCH FRIES

**20 Years Ago**



**210 Calories**  
**2.4 ounces**

**Today**



**How many calories are in today's portion of fries?**  
**610 Calories**  
**6.9 ounces**

**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**

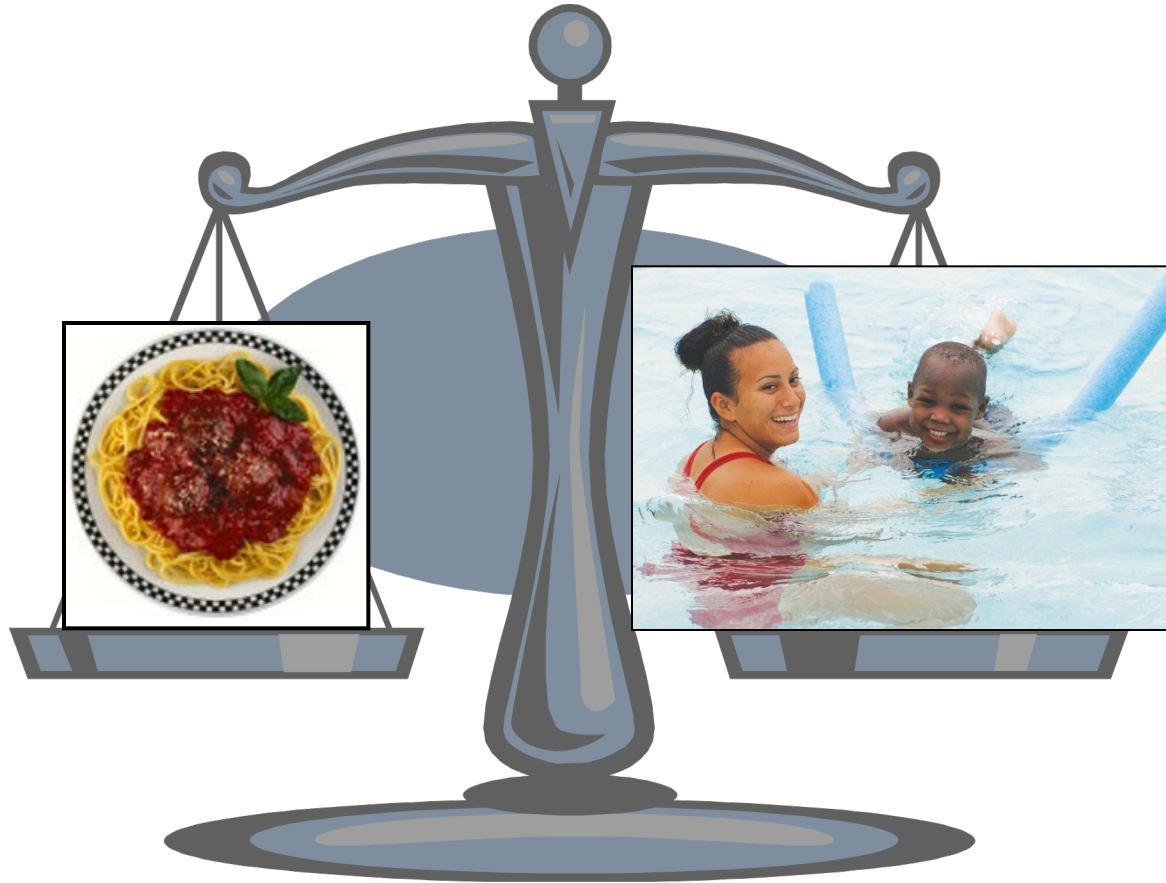
**Today**



**1,025 calories**  
**How many calories**  
**2 cups of pasta with**  
**do you think are in**  
**sauce and 3 large**  
**today's portion of**  
**meatballs**  
**spaghetti and**  
**meatballs?**

**Calorie Difference: 525 calories**

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



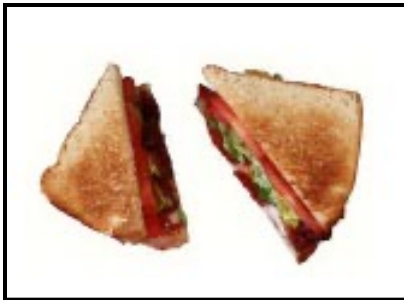
**If you swim (moderately) for 1 hour and 30 minutes,  
you will burn approximately 525 calories.\***

**\*Based on 130-pound person**



# TURKEY SANDWICH

20 Years Ago



320 calories

Today

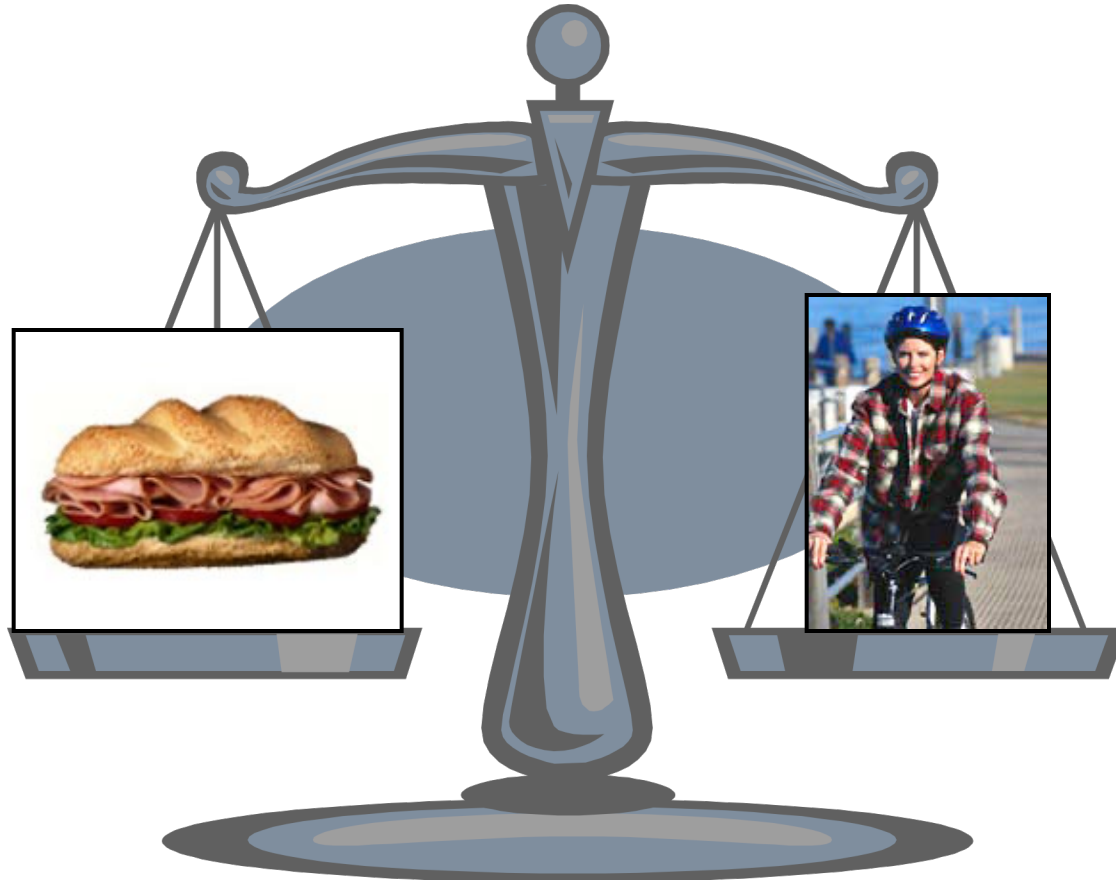


How many ~~320 calories~~ are  
in today's turkey  
sandwich?

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**

# TORTILLA

**20 Years Ago**



**220 calories**  
**(2) small/fajita flour tortillas**

**Today**



**How many 220 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**

# SODA

**20 Years Ago**



**85 Calories**  
**6.5 ounces**

**Today**



**250 Calories**  
**20 ounces**  
**How many calories**  
**are in today's**  
**portion?**

**Calorie Difference: 165 Calories**

**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?

**½ cup rice or pasta = baseball**

**1 cup cooked veggies = tennis ball**

**¼ cup nuts or dried fruit = golf ball**

**2 TBSP nut butter = ping pong ball**

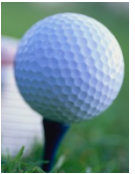
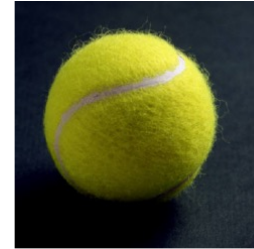
**1 oz hard cheese = 4 dice**

**3 oz meat/fish/poultry = deck of cards**

**1 potato = computer mouse**

**1 oz bread/toast/pancake = CD case**

**1 tsp oil = water bottle cap**





# Challenge!

When eating out,  
cut your order in half  
and share it with  
someone or take  
half home for  
another meal.



The image shows two CDC diaries and a pencil. The left diary is titled 'My Food Diary' and the right is 'My Physical Activity Diary'. Both are from the CDC.

**My Food Diary**

Day	What You Ate and Drank	Where and With Whom	Notes (Portions, Hunger, etc.)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

**My Physical Activity Diary**

Day of week	Time of Day	Description of Activity (Type and Intensity Level)	Duration

# 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