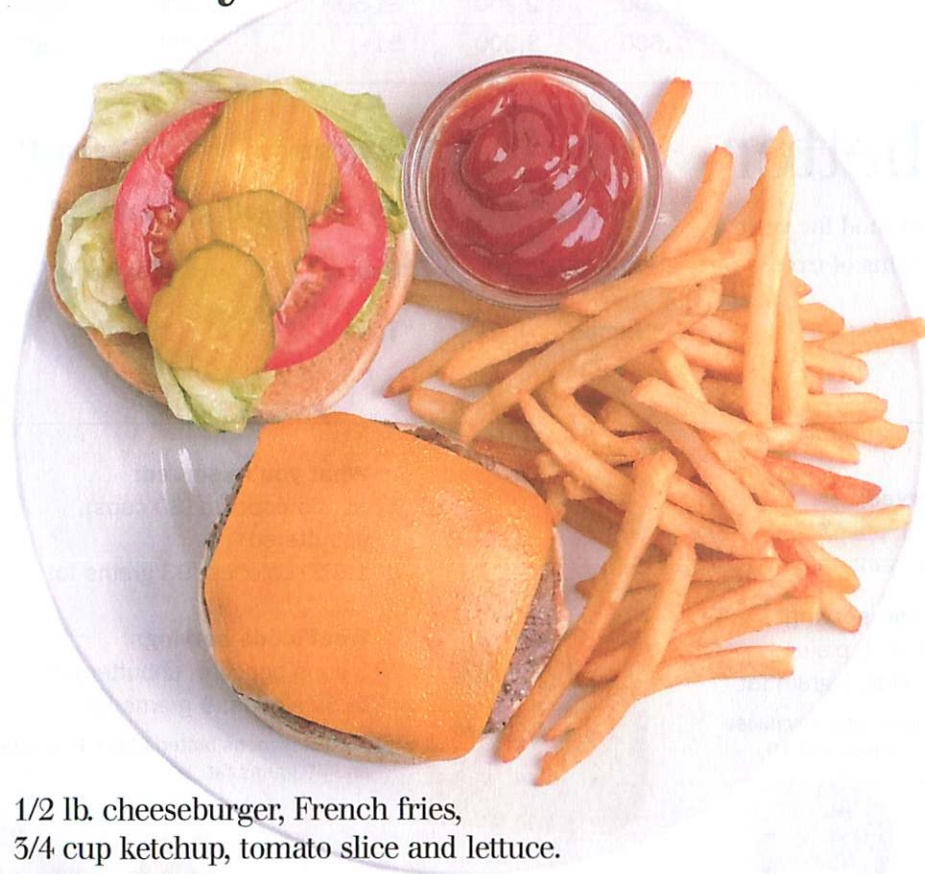


# Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries,  
3/4 cup ketchup, tomato slice and lettuce.

**1,345 calories**

**53 grams fat**

What's one serving



1/4 lb. cheeseburger, half the French fries,  
2 tablespoons ketchup, tomato slice and lettuce.

**685 calories**

**33 grams fat**

## DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.




- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

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# Measure up

How much do you eat? Here is a handy way to measure portion sizes:

-  **1 bagel or roll = 6-oz. can tuna**
-  **3 oz. meat = deck of cards**
-  **1 medium fresh fruit = tennis ball**
-  **1 teaspoon oil = quarter in diameter**
-  **1 cup raw vegetables = light bulb**

# By the numbers

Estimated daily calorie recommendations by the U.S. Department of Agriculture:

	Calories			Calories		
	Women	Sedentary	Active	Men	Sedentary	Active
4-8 years		1,200	1,800	4-8 years	1,400	2,000
9-13		1,600	2,200	9-13	1,800	2,600
14-18		1,800	2,400	14-18	2,200	3,200
19-30		2,000	2,400	19-30	2,400	3,000
31-50		1,800	2,200	31-50	2,400	3,000
51+		1,600	2,200	51+	2,200	2,800

	Calories		
Children	Sedentary	Active	
2-3 years	1,000	1,400	

## Bigger isn't better

A good deal isn't necessarily the most food for your money. These phrases indicate a surplus of excess on the menu.

- “Combo”
- “Supersize”
- “Value meal”
- “Ultimate”
- “All-you-can-eat”
- “Colossal”
- “Kingsize”
- “Deluxe”
- “Supreme”
- “Jumbo”
- “Tub”
- “Biggie”

## Everyday excess



**What you're served:**  
40 tortilla chips  
400 calories, 20 grams fat

**What's one serving:**  
10 tortilla chips  
100 calories, 5 grams fat

**What you're served:**  
24 oz. soda  
310 calories, 0 grams fat

**What's one serving:**  
12 oz. soda  
155 calories, 0 grams fat



**What you're served:**  
Large 4 oz. bagel, plain\*  
320 calories, 3 grams fat

**What's one serving:**  
1.5 oz. bagel, plain\*  
120 calories, 1 gram fat

\*2 tablespoons cream cheese adds 100 calories and 10 grams fat

**What you're served:**  
5 oz. chocolate chip cookie  
700 calories, 20 grams fat

**What's one serving:**  
1 oz. chocolate chip cookie  
140 calories, 4 grams fat



**What you're served:**  
Jumbo popcorn (30 cups), unbuttered\*  
1,650 calories, 93 grams fat

**What's one serving:**  
3 cups popcorn, unbuttered\*  
165 calories, 9 grams fat

\*6 tablespoons butter adds 610 calories and 69 grams fat

**What you're served:**  
4 slices of 14" pepperoni pizza (cut into 12 slices)  
920 calories, 36 grams fat

**What's one serving:**  
2 slices of 14" pepperoni pizza (cut in 12 slices)  
460 calories, 18 grams fat

