



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Portion Distortion

pennstatehershey.org/PROwellness

Portion Distortion

Are you eating more than you realize?

Today's Crazy Portions vs. 20 Years Ago

Then



1.6 oz. Cheeseburger
330 calories



2.4 oz. French Fries
210 calories



1.5 in. Cookie
55 calories

Now



8 oz. Cheeseburger
590 calories



6.9 oz. French Fries
610 calories



3.5 in. Cookie
275 calories

Beware of Monster Portions

- Read the label: many foods are labeled as a **single portion**, but contain **multiple servings**.
- Use **MyPlate**¹ to balance your calorie intake.
- Use hand symbols for portions, ex. your palm = 3 oz. of chicken, beef, fish and pork.
- Use smaller plates to make meals appear full.

(1) <http://www.choosemyplate.gov/>