# Café Pottion Distortion

## **Welcome to Café Portion Distortion**

What is a PORTION? It's the amount of food that you eat for a meal or snack. It can be big or small—you decide. A SERVING is a measured amount of food or drink, such as a slice of bread or a cup (eight ounces) of milk. Many foods that come labeled as a SINGLE PORTION actually contain MULTIPLE SERVINGS. Average portion sizes have grown so much over the past 20 years that sometimes there's enough food for two or even three people on a plate. Are you eating more than you realize?



# **One Cheeseburger?**

Portion sizes offered by fast food chains are two to five times larger than when first introduced. One of the first hamburgers, in 1955, weighed around 1.6 oz.; now, one of the larger hamburger patties weighs 8 oz., an increase of 500 percent.\*

### **How much time to burn off just the EXTRA calories?**

Lift weights for 1 hour and 30 minutes - to burn approximately 257 calories.\*\*

= 10 minutes (depending on your personal physical statistics and level of effort\*\*)

# **Today's Out of Control Portions!**

Take a look at some examples of how much portions have grown over the past 20 years.







210 calories French Fries 2.4 oz.



















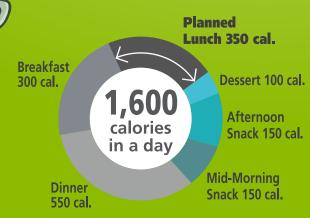






# **Beware of Monster Portion**

Some common food portion totals can equal the amount recommended for an entire day. For example, on a 1,600 calorie Daily Food Plan, a Chinese restaurant order of battered & fried chicken with rice is about 1,500 calories\*\*\* - almost the entire day's calorie allotment!









<sup>\*</sup> U.S. Department of Health & Human Services, NHLBI: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/distortion.ht http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/portion-qr

<sup>\*\*</sup> Based on a 130 lb person. http://www.myfitnesspal.com

<sup>\*\*\*</sup> Chinese restaurant food draws criticism. http://usatoday30.usatoday.com/news/health/2007-03-21-1675943176\_x.htm by Charles Dharapak, AP