

PORTION DISTORTION



M E T A B O L I C
H E A L T H C E N T E R S

PORTION SIZES- THEN AND NOW

- Compared to the past, Americans now:
 - Consume more calories
 - Consume more refined and simple carbohydrates
 - Eat out more often
- **People underestimate portion sizes**



CHEESEBURGER

20 Years Ago



257 calories

Today



?

How many calories are in a cheeseburger today?

CHEESEBURGER

20 Years Ago



257 calories

Today



590 calories

Difference= 333 calories

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories

Today



?

How many calories are in spaghetti today?

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories

Today



1,025 calories

Difference= 525 calories

CHICKEN CAESAR SALAD

20 Years Ago



390 calories

Today



?

How many calories are in a salad today?

CHICKEN CAESAR SALAD

20 Years Ago



390 calories

Today



790 calories

Difference= 400 calories

COMBATING LARGE PORTIONS

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

THE PLATE TRICK

Which plate contains the most food?



KEY MESSAGES

- Portions are larger now than 20 years ago
- Restaurant portions are TOO BIG!
- Use tricks to combat large portions
- Limit your plate size