

## When eating out

- ◆ Make healthy choices.
- ◆ Choose whole grains, fruits and vegetables.
- ◆ Drink water, 100-percent fruit juice or low-fat milk.

**FILL UP, NOT OUT!**



# THE SUPERSIZING OF AMERICA

Pennywise or Pound Foolish?

## Supersizing

It may be good for your wallet but it's not good for your waistline

- ◆ Portions have gotten larger.
- ◆ Supersizing often provides enough for two people or two meals.
- ◆ Larger portions often mean increases in waistlines and body weight.



### SINGLE HAMBURGER

280 calories  
10 grams fat

### DOUBLE DELUXE CHEESEBURGER

1,020 calories  
65 grams fat



## Bigger isn't better

◆ Twenty years ago, a standard restaurant portion of French fries was 2 ounces and 210 calories.

◆ Today a standard restaurant portion is about 7 ounces and 610 calories.

◆ You would need to walk an additional 1 hour and 10 minutes to burn those extra calories from french fries!



**20 YEARS AGO**



**TODAY**

## To maintain your weight, balance your calories

- ◆ Calories in should = calories out.
- ◆ Amount of food eaten = amount of physical activity.



## Avoid portion distortion

- ◆ Keep an eye on portion sizes.
- ◆ Follow MyPyramid recommendations.



This display was developed by **Pattie Jones, Southeast Region nutrition program assistant**. Funded in part by USDA's SNAP. Running out of money for food? Contact your local Food Stamp office, or go to: [www.dss.mo.gov/fsd/fstamp](http://www.dss.mo.gov/fsd/fstamp).

For more information, call MU Extension's **Show-Me Nutrition Line** at: 1-888-515-0016.

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