

# Supersizing of America

## How have portions changed?

**Twenty years ago**, a portion of french fries was 2 ounces and 210 calories.

**Today**, french fries are about 7 ounces and 610 calories.

You would need to walk an additional one hour and 10 minutes to burn those extra 400 calories from french fries you ordered today!

**20 YEARS AGO**

210 calories  
2 ounces



**TODAY**

610 calories  
7 ounces



## Supersizing – what’s the big deal?

It may be good for your wallet, but supersizing is not good for your waistline:

- Portions have gotten larger
- Portions often are enough for two or more people
- Larger portions often mean bigger waistlines and extra weight to carry around
- 100 extra calories each day means a 10-pound weight gain in one year

## Want to see if you can recognize what a recommended serving size is?

Here are some ways to “eyeball” food portion amounts.

- 1 cup cereal, milk, fruit or vegetables = baseball or woman’s fist
- ½ cup = ½ baseball
- 3 ounces cooked meat = deck of cards
- 1 teaspoon = 1 thumb tip
- 1 tablespoon = 3 thumb tips



## Do you get caught in portion size pitfalls?

These may cause you to eat more than you realize.

- Do you eat in front of the TV?
- Do you serve food in bowls on the table instead of on individual plates?
- Do you eat the entire portion at restaurants?
- Do you have a candy dish sitting out at home?
- Do you eat directly from large packages (like the bag of chips or package of cookies)?



## What can I do to avoid large portions?

- Choose water or low-fat milk when eating out.
- Share a large portion with someone or take some of the food home to eat later.
- Instead of snacking from a larger bag, take out a small amount and put in a bowl or plate to avoid eating a whole bag of chips or cookies at one time.
- At home, serve the food from the stove instead of the table. Keeping food off the table may avoid seconds.
- Keep candy and goodies out of sight. Out of sight, out of mind can prevent unplanned snacking.

## Portion sizes over the years

### 20 YEARS AGO



Single hamburger

**280**  
calories

**10**  
grams fat

### TODAY



Double deluxe  
cheeseburger

**1,020**  
calories

**65**  
grams fat

22-ounce soda pop



**206**  
calories

**14**  
teaspoons sugar

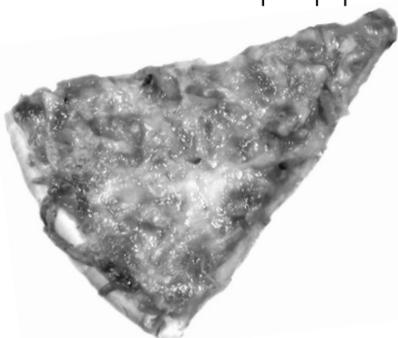
44-ounce soda pop



**412**  
calories

**28**  
teaspoons sugar

Thin-crust pepperoni pizza  
(2 slices)



**380**  
calories

**18**  
grams fat

Stuffed crust meat-lover's pizza  
(2 slices)



**1,086**  
calories

**58**  
grams fat