Supersizing of America

How have portions changed?

20 YEARS AGO | TODAY

**Twelve 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!

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

<table>
<thead>
<tr>
<th>20 YEARS AGO</th>
<th>TODAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single hamburger</td>
<td>Double deluxe cheeseburger</td>
</tr>
<tr>
<td>280 calories</td>
<td>1,020 calories</td>
</tr>
<tr>
<td>10 grams fat</td>
<td>65 grams fat</td>
</tr>
<tr>
<td>22-ounce soda pop</td>
<td>44-ounce soda pop</td>
</tr>
<tr>
<td>206 calories</td>
<td>412 calories</td>
</tr>
<tr>
<td>14 teaspoons sugar</td>
<td>28 teaspoons sugar</td>
</tr>
<tr>
<td>Thin-crust pepperoni pizza</td>
<td>Stuffed crust meat-lover’s pizza</td>
</tr>
<tr>
<td>(2 slices)</td>
<td>(2 slices)</td>
</tr>
<tr>
<td>380 calories</td>
<td>1,086 calories</td>
</tr>
<tr>
<td>18 grams fat</td>
<td>58 grams fat</td>
</tr>
</tbody>
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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.