Portion Distortion
What you’re served

22-oz. chicken burrito with rice, black beans, lettuce, salsa, cheese and sour cream, with 4 ounces tortilla chips and 1/4 cup salsa
1,560 calories, 60 grams fat, 3,725 milligrams sodium

What’s one serving

Half the burrito with 1 ounce tortilla chips and 1/2 cup salsa
660 calories, 25 grams fat, 1,870 milligrams sodium

WORDS TO WATCH:
- Combo
- Ultimate
- Kingsize
- Jumbo
- Supersize
- All-you-can-eat
- Deluxe
- Tub
- Value meal
- Colossal
- Supreme
- Biggie
Measure up

How much do you eat? Here's a handy way to measure portion sizes:

- ½ cup cooked vegetables or fruit, rice, or pasta = computer mouse
- 1 oz. cheese = 4 dice
- 1 slice bread = CD
- 3 ounces meat = deck of cards
- 1 teaspoon oil = quarter
- 6-oz. bagel or roll = 6-oz. can tuna

Build a healthier burrito meal

- Use plenty of lettuce, which has virtually no calories and neither fat nor sodium.
- Use a whole-wheat tortilla if available.
- Skip the tortilla entirely and have the ingredients in a bowl. A 12-inch flour tortilla adds 290 calories, 9 grams fat and 670 milligrams sodium.
- Load up on any vegetables.
- Ask for less cheese. Skip the sour cream.
- Limit the number of chips you eat.
- Switch from guacamole to tomato salsa for dipping your chips.

By the numbers

Estimated daily calorie recommendations by the U.S. Department of Agriculture:

<table>
<thead>
<tr>
<th></th>
<th>Calorie Range</th>
<th>Calorie Range</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td></td>
<td>Sedentary</td>
<td>Active</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1,200</td>
<td>1,800</td>
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<tr>
<td>9-13 years</td>
<td>1,600</td>
<td>2,200</td>
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<tr>
<td>14-18 years</td>
<td>1,800</td>
<td>2,400</td>
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<tr>
<td>19-30 years</td>
<td>2,000</td>
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<td>31-50 years</td>
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<td>2,200</td>
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<tr>
<td>51+</td>
<td>1,600</td>
<td>2,000</td>
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</tbody>
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Everyday excess

What you're served: Extra-large French fries 625 calories, 33 grams fat, 735 milligrams sodium

What's one serving: Small French fries 230 calories, 12 grams fat, 270 milligrams sodium

What you're served: ½-lb. cheeseburger, 940 calories, 59 grams fat, 1,490 milligrams sodium

What's one serving: ¾-lb. cheeseburger, 640 calories, 35 grams fat, 1,165 milligrams sodium

What you're served: Extra-large (4-oz.) blueberry muffin 500 calories, 19 grams fat, 510 milligrams sodium

What's one serving: Regular (2-oz.) blueberry muffin 340 calories, 12 grams fat, 255 milligrams sodium

What you're served: 12-inch sub with cold cuts and cheese 755 calories, 26 grams fat, 2,825 milligrams sodium

What's one serving: 6-inch sub with cold cuts and cheese 380 calories, 13 grams fat, 1,410 milligrams sodium

What you're served: 20-oz. cappuccino with skim milk 130 calories, 0 grams fat, 180 milligrams sodium

What's one serving: 6-oz. cappuccino with skim milk 40 calories, 0 grams fat, 55 milligrams sodium

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