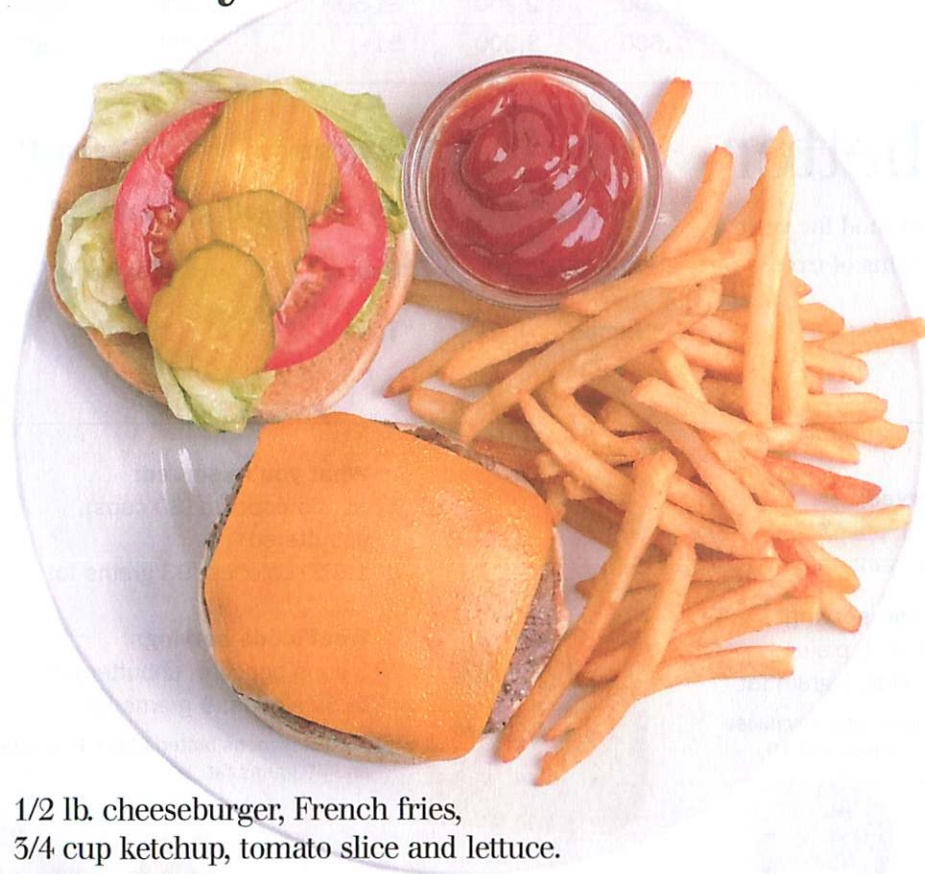


Portion Distortion

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

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

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Measure up

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



3 oz. meat =
deck of cards



1 teaspoon oil =
quarter in diameter



1 bagel or roll =
6-oz. can tuna



1 medium fresh
fruit = tennis ball



1 cup raw
vegetables =
light bulb

By the numbers

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

Children	Calories	
	Sedentary	Active
2-3 years	1,000	1,400

Women	Calories	
	Sedentary	Active
4-8 years	1,200	1,800
9-13	1,600	2,200
14-18	1,800	2,400
19-30	2,000	2,400
31-50	1,800	2,200
51+	1,600	2,200

Men	Calories	
	Sedentary	Active
4-8 years	1,400	2,000
9-13	1,800	2,600
14-18	2,200	3,200
19-30	2,400	3,000
31-50	2,400	3,000
51+	2,200	2,800

Bigger isn't better

A good deal isn't necessarily the most food for your money. These phrases indicate a surplus of excess on the menu.

"Combo"

"Supersize"

"Value meal"

"Ultimate"

"All-you-can-eat"

"Colossal"

"Kingsize"

"Deluxe"

"Supreme"

"Jumbo"

"Tub"

"Biggie"

Everyday excess



What you're served:

40 tortilla chips
400 calories, 20 grams fat

What's one serving:

10 tortilla chips
100 calories, 5 grams fat

What you're served:

24 oz. soda
310 calories, 0 grams fat

What's one serving:

12 oz. soda
155 calories, 0 grams fat



What you're served:

Large 4 oz. bagel, plain*
320 calories, 3 grams fat

What's one serving:

1.5 oz. bagel, plain*
120 calories, 1 gram fat

*2 tablespoons cream cheese
adds 100 calories and 10
grams fat

What you're served:

5 oz. chocolate chip cookie
700 calories, 20 grams fat

What's one serving:

1 oz. chocolate chip cookie
140 calories, 4 grams fat



What you're served:

Jumbo popcorn (30 cups),
unbuttered*
1,650 calories, 93 grams fat

What's one serving:

3 cups popcorn, unbuttered*
165 calories, 9 grams fat

*6 tablespoons butter adds 610 calories
and 69 grams fat

What you're served:

4 slices of 14" pepperoni pizza
(cut into 12 slices)
920 calories, 36 grams fat

What's one serving:

2 slices of 14" pepperoni pizza
(cut in 12 slices)
460 calories, 18 grams fat

