Portion Distortion

What you’re served

1/2 lb. cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

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

1 bagel or roll = 6-oz. can tuna
1 medium fresh fruit = tennis ball
3 oz. meat = deck of cards
1 cup raw vegetables = light bulb
1 teaspoon oil = quarter in diameter

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

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<th>Gender</th>
<th>4-8 years</th>
<th>9-13</th>
<th>14-18</th>
<th>19-30</th>
<th>31-50</th>
<th>51+</th>
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<td>1,600</td>
<td>1,800</td>
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</tr>
</tbody>
</table>

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:
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:
4 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), un buttered*
1,650 calories, 93 grams fat

What’s one serving:
3 cups popcorn, un buttered*
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

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