



U.S. Department of
Health and Human
Services



National Institutes
of Health



National Heart, Lung,
and Blood Institute



Portion Distortion

Do You Know How Food Portions Have Changed in 20 Years?

National Heart, Lung, and Blood Institute
Obesity Education Initiative



Lifespan Cardiovascular Institute
Rhode Island Hospital • The Miriam Hospital
Newport Hospital
Delivering health with care®

The Center For Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

BAGEL

20 Years Ago



140 calories
3-inch diameter

Today



? How many calories
are in this bagel?

BAGEL

20 Years Ago



140 calories
3-inch diameter

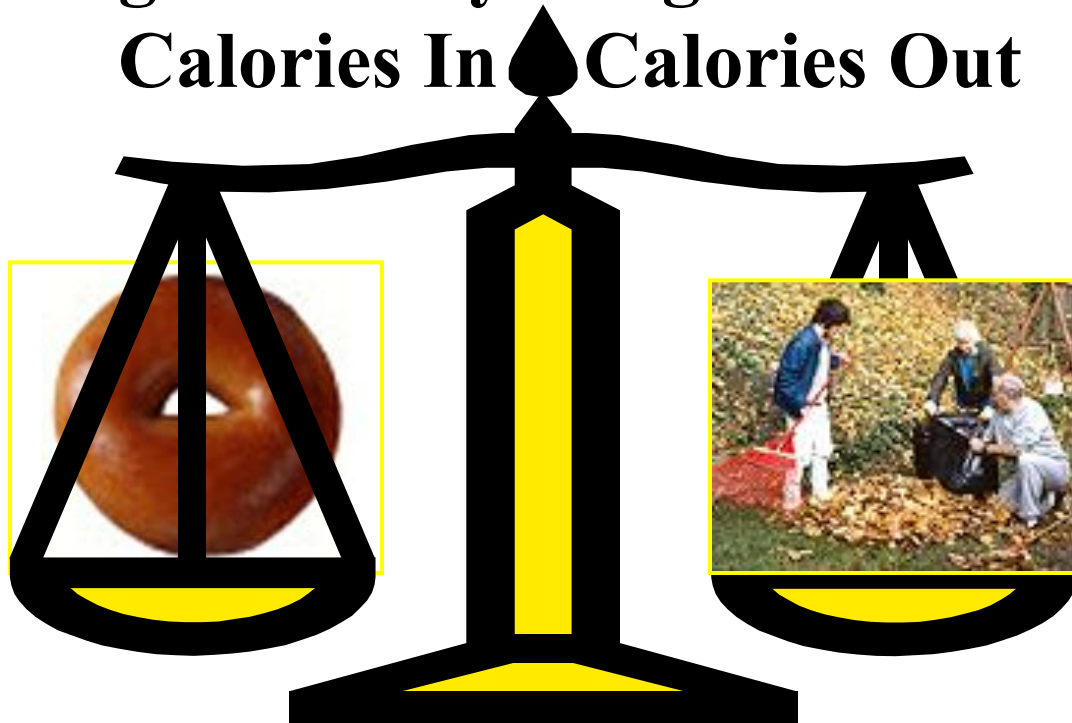
Today



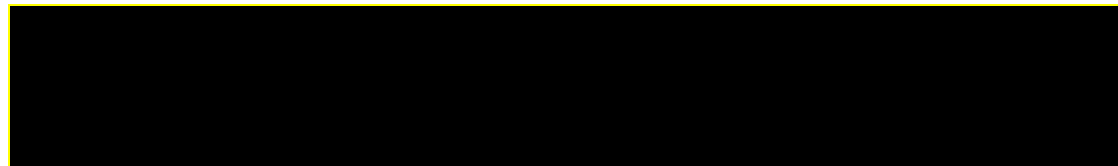
350 calories
6-inch diameter

Calorie Difference: 210 calories

Maintaining a Healthy Weight is a Balancing Act Calories In = Calories Out

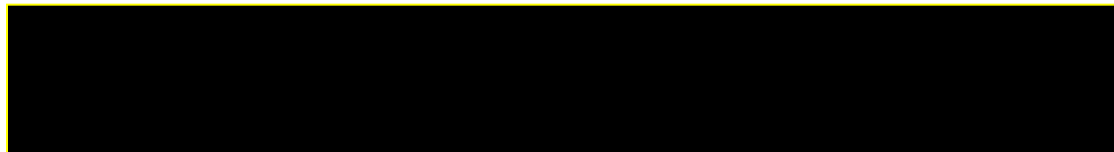


?



*Based on 130-pound person

Calories In = Calories Out



*Based on 130-pound person

CHEESEBURGER

20 Years Ago



333 calories

Today



**How many calories are
in today's cheeseburger?**

CHEESEBURGER

20 Years Ago



333 calories

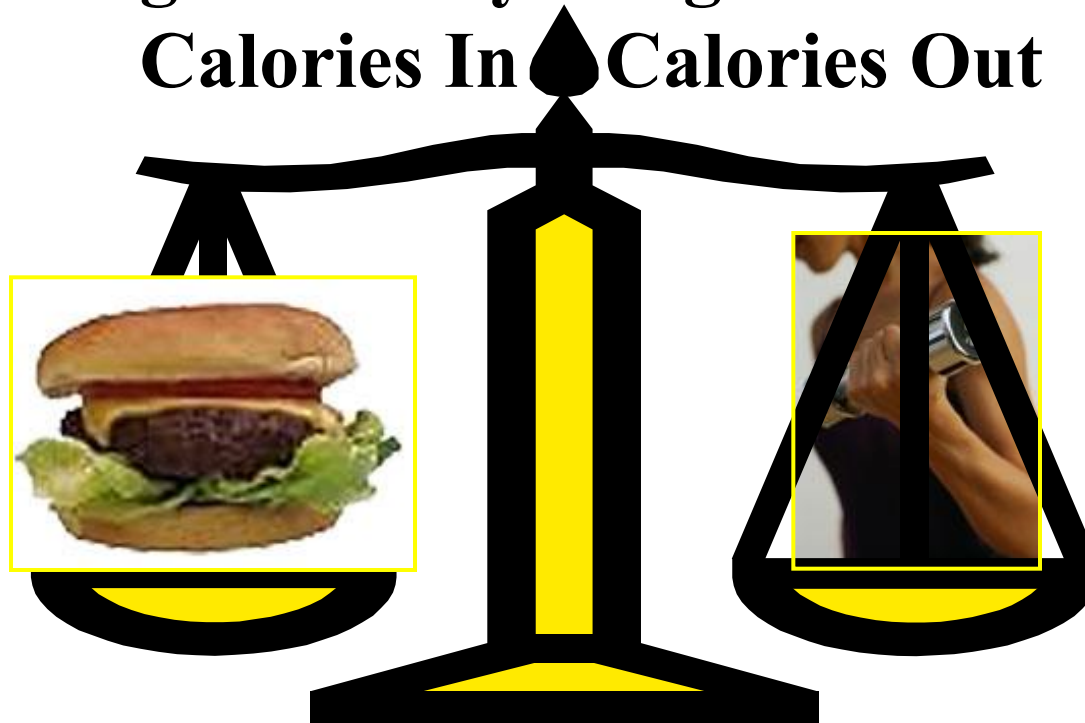
Today



590 calories

Calorie Difference: 257 calories

Maintaining a Healthy Weight is a Balancing Act Calories In = Calories Out

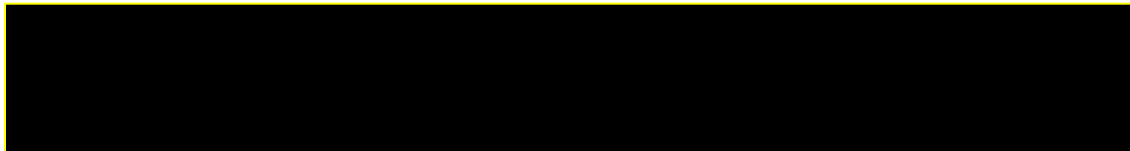


?



*Based on 130-pound person

Calories In = Calories Out



*Based on 130-pound person

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with sauce
and 3 small meatballs

?

Today



How many calories do
you think are in today's
portion of spaghetti and
meatballs?

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with sauce
and 3 small meatballs

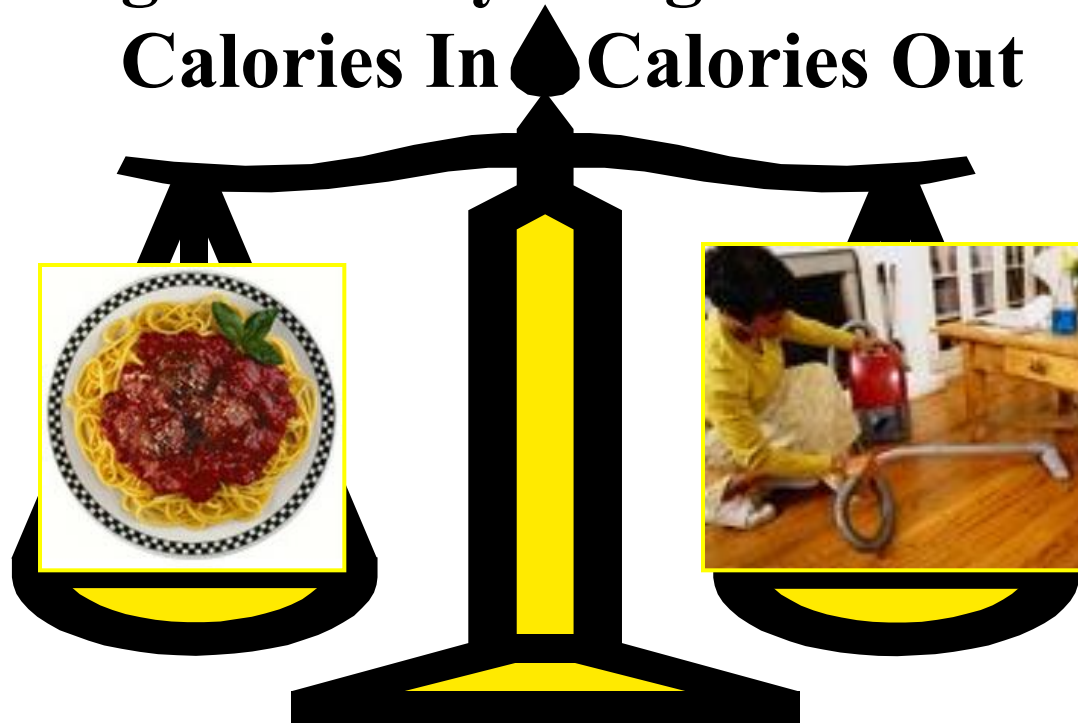
Today



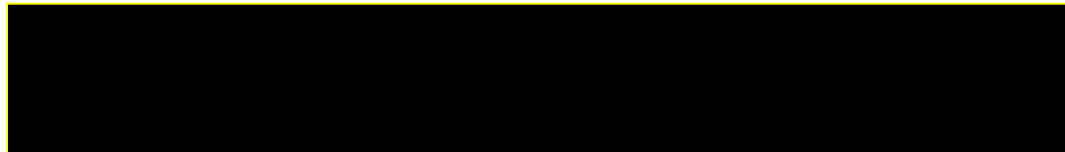
1,025 calories
2 cups of pasta with sauce
and 3 large meatballs

Calorie Difference: 525 calories

Maintaining a Healthy Weight is a Balancing Act Calories In = Calories Out



?



*Based on 130-pound person

Calories In = Calories Out



*Based on 130-pound person



FRENCH FRIES

20 Years Ago



210 Calories
2.4 ounces

?

Today



**How many calories are in
today's portion of fries?**



FRENCH FRIES

20 Years Ago



210 Calories

2.4 ounces

Today



610 Calories

6.9 ounces

Calorie Difference: 400 Calories

Maintaining a Healthy Weight is a Balancing Act Calories In Calories Out



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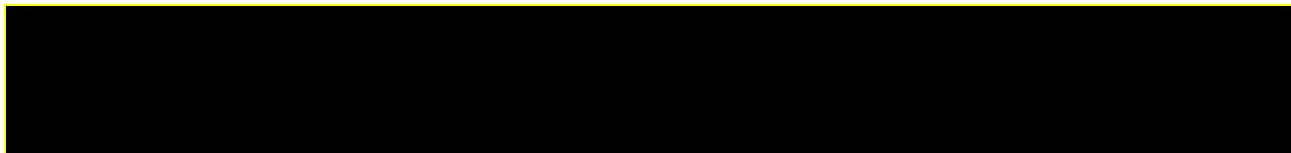
*Based on 160-pound person



Portion Distortion



Calories In = Calories Out



***Based on 160-pound person**

SODA

20 Years Ago



85 Calories
6.5 ounces

?

Today



**How many calories are
in today's portion?**

SODA

20 Years Ago



85 Calories
6.5 ounces

Today



250 Calories
20 ounces

Calorie Difference: 165 Calories

Maintaining a Healthy Weight is a Balancing Act Calories In Calories Out



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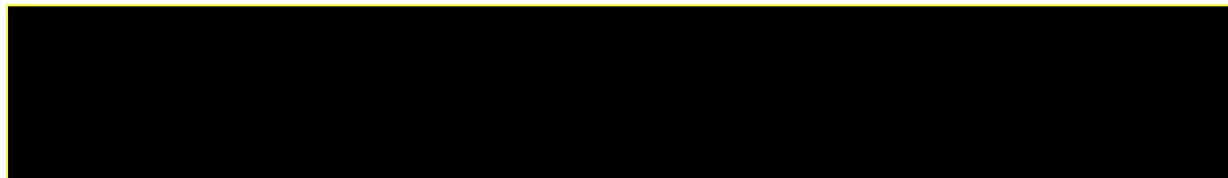
*Based on 160-pound person



Portion Distortion



Calories In = Calories Out



*Based on 160-pound person

TURKEY SANDWICH

20 Years Ago



320 calories

Today



How many calories are in today's turkey sandwich?

TURKEY SANDWICH

20 Years Ago



320 calories

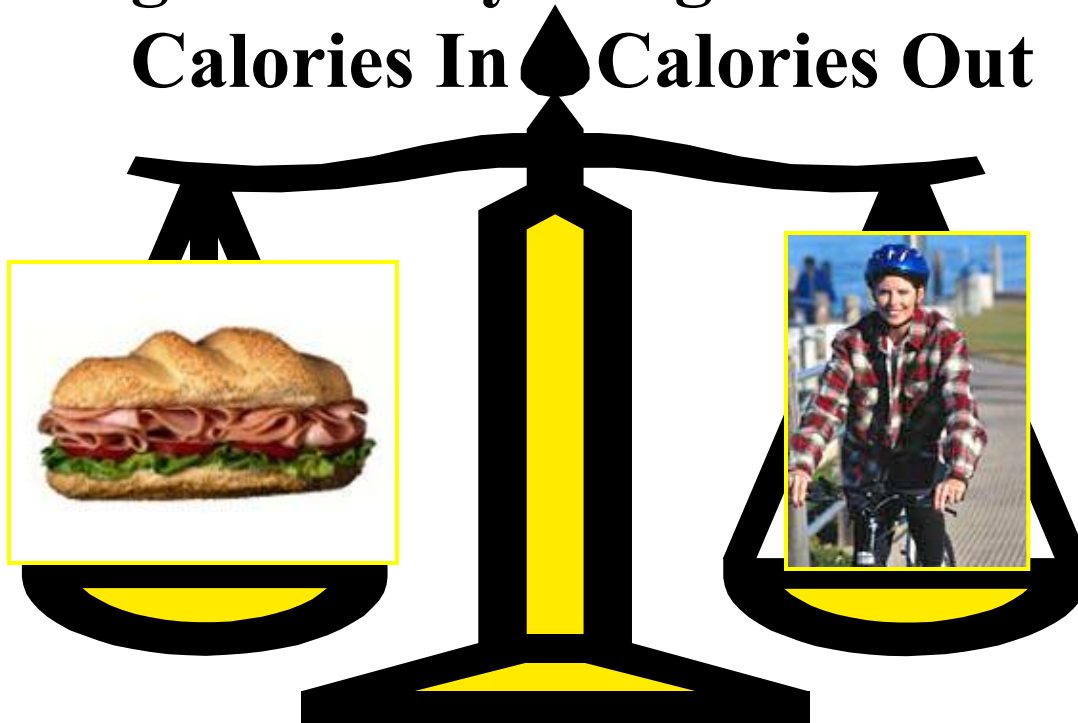
Today



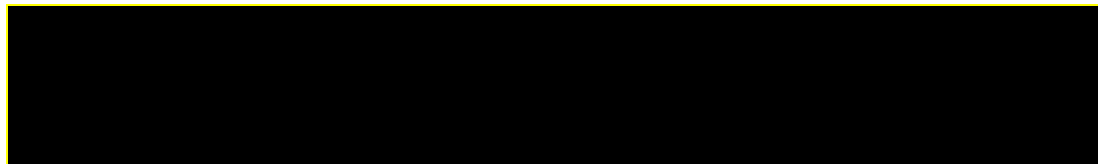
820 calories

Calorie Difference: 500 calories

Maintaining a Healthy Weight is a Balancing Act Calories In Calories Out



?



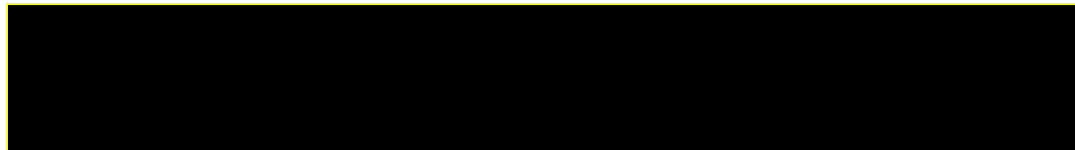
*Based on 160-pound person



Portion Distortion



Calories In = Calories Out



***Based on 160-pound person**



Portion Distortion



Thank you for participating in
Portion Distortion!

For more information about Maintaining a Healthy Weight
visit www.nhlbi.nih.gov

NATIONAL INSTITUTES OF HEALTH



National Heart, Lung, and Blood Institute

Home

➔ BMI Calculator

➔ Menu Planner

➔ OEI Home Page

Aim For A Healthy Weight



*Information for
Patients and
the Public*



*Information
for Health
Professionals*

