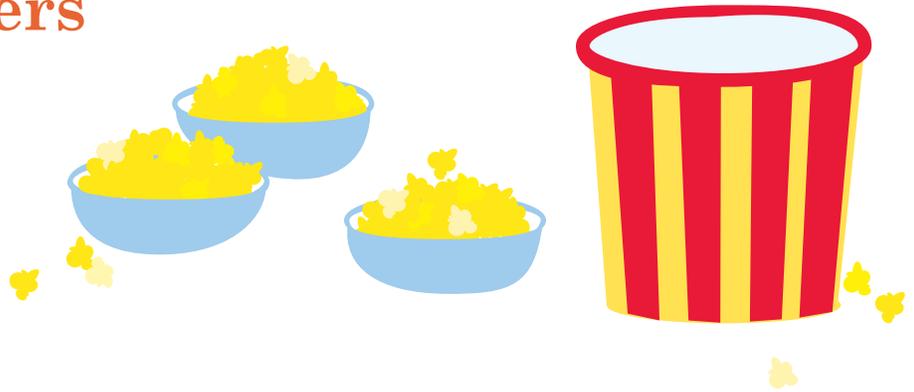


# parent tips

## Portion Size Matters

**Portion Size** – The amount of food or drink a person chooses to eat or drink at one time.



### Portion Sizes: Then and Now

Compare portion sizes from 20 years ago with today's portions. See how the extra calories can add up (lots of energy in).

### How Can You Eat Smaller Portions?

- Split a large salad or main dish with a friend.
- Eat one slice of pizza instead of two.
- Share a tub of popcorn if you buy one.

It can be hard to eat or drink a healthy portion, because:

- Many people don't know what a healthy portion is.
- Restaurants often serve large meals. Some meals have portions that are enough for two people or more.
- Food makers package foods and drinks in large sizes to sell more.

Portion sizes have grown over the years. They are much larger now than 20 years ago.

### Bagel

20 Years Ago	Today
3-inch bagel 140 calories	6-inch bagel 350 calories
<b>Today's bagel has 210 more calories.</b>	

### Pepperoni Pizza

20 Years Ago	Today
2 slices of a large pepperoni pizza 500 calories	2 slices of a large pepperoni pizza 850 calories
<b>Today's pizza has 350 more calories.</b>	

### Soda

20 Years Ago	Today
6 ½ ounces regular soda 85 calories	20 ounces regular soda 250 calories
<b>Today's soda has 165 more calories.</b>	

### Popcorn

20 Years Ago	Today
Box of popcorn 270 calories	Tub of popcorn 630 calories
<b>Today's popcorn has 360 more calories.</b>	

**We Can!** is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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