

Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take this Portion Distortion Quiz to see whether you know how today's portions compare to the portions available 20 years ago. The answers are on the back, along with the amount of physical activity required to burn off the extra calories provided by today's portions.

1. A **bagel** 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
 - a. 150 calories
 - b. 250 calories
 - c. 350 calories



2. A **cheeseburger** 20 years ago had 330 calories. How many calories do you think are in today's cheeseburger?
 - a. 590 calories
 - b. 620 calories
 - c. 700 calories
3. A 6.5-ounce serving of **soda** had 85 calories 20 years ago. How many calories do you think are in today's serving?
 - a. 200 calories
 - b. 250 calories
 - c. 300 calories
4. A small portion of **French fries** (2.4 ounces) 20 years ago had 210 calories. How many calories do you think are in today's portion size?
 - a. 590 calories
 - b. 610 calories
 - c. 650 calories
5. A portion of **spaghetti and meatballs** 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
 - a. 600 calories
 - b. 800 calories
 - c. 1,025 calories

6. A cup of **coffee** with whole milk and sugar 20 years ago was 8 fluid ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
- a. 100 calories
 - b. 350 calories
 - c. 450 calories
7. A **muffin** 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
- a. 320 calories
 - b. 400 calories
 - c. 500 calories
8. Two slices of **pepperoni pizza** 20 years ago had 500 calories. How many calories do you think are in today's pizza slices?
- a. 850 calories
 - b. 1,000 calories
 - c. 1,200 calories
9. A **chicken Caesar salad** (1½ cups) had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?
- a. 520 calories
 - b. 650 calories
 - c. 790 calories
10. A (3-cup) box of "buttered" **popcorn** had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?
- a. 520 calories
 - b. 630 calories
 - c. 820 calories

Thank you for taking the Portion Distortion Quiz. We hope it was fun and insightful. Check out more on portion distortion at <http://hp2010.nhlbin.net/portion/>.

We also hope that the next time you eat out, you will think twice about the food portions offered to you.

1. **c. 350 calories** for a 6-inch bagel. If you rake leaves for 50 minutes, you'll burn the extra 210 calories.*

2. **a. 590 calories.** You'll need to lift weights for 1 hour and 30 minutes to burn the extra approximately 257 calories.*

3. **b. 250 calories** for a 20-ounce soda. If you work in the garden for 35 minutes, you will burn the extra 165 calories.**

4. **b. 610 calories** for a large (6.9-ounce) portion of French fries. If you walk leisurely for 1 hour and 10 minutes, you will burn the extra 400 calories.**

5. **c. 1,025 calories** for a portion consisting of 2 cups of pasta with sauce and three large meatballs. If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.*

6. **b. 350 calories** for a 16-fluid-ounce cup of coffee with whole milk and mocha syrup. If you walk for approximately 1 hour and 20 minutes, you will burn the extra 305 calories.*

7. **c. 500 calories** for a 5-ounce muffin. If you vacuum for approximately 1 hour and 30 minutes, you will burn the extra 310 calories.*

8. **a. 850 calories** for two slices of pizza. If you play golf (while walking and carrying your clubs) for 1 hour, you will burn the extra 350 calories.**

9. **c. 790 calories** for a 3-cup portion. If you walk the dog for 1 hour and 20 minutes, you will burn the extra 400 calories.**

10. **b. 630 calories** for a (7-cup) tub of "buttered" popcorn. If you do water aerobics for 1 hour and 15 minutes, you will burn the extra 360 calories.**

* Based on a 130-pound person.

** Based on a 160-pound person.

Answers



U.S. Department of Health and Human Services
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