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

National Heart, Lung, and Blood Institute
Obesity Education Initiative
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

How long will you have to rake leaves in order to burn the extra 210 calories?*

*Based on 130-pound person
If you rake the leaves for **50 minutes** you will burn the extra **210 calories.**

*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

How long will you have to lift weights in order to burn the extra 257 calories?*

*Based on 130-pound person
If you lift weights for 1 hour and 30 minutes, you will burn approximately 257 calories.*

*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

How long will you have to houseclean in order to burn the extra 525 calories?*

*Based on 130-pound person
Calories In = Calories Out

If you **houseclean for 2 hours and 35 minutes**, you will burn approximately **525 calories**.*

*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

How long will you have to walk leisurely in order to burn those extra 400 calories?*

*Based on 160-pound person
Calories In = Calories Out

If you walk leisurely for 1 hour and 10 minutes you will burn approximately 400 calories.*

*Based on 160-pound person
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

How long will you have to work in the garden to burn those extra calories?*

*Based on 160-pound person
If you work in the garden for 35 minutes, you will burn approximately **165 calories.***

*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

How long will you have to ride a bike in order to burn those extra calories?*

*Based on 160-pound person
If you ride a bike for **1 hour and 25 minutes**, you will burn approximately **500 calories.***

*Based on 160-pound person
Thank you for participating in Portion Distortion!

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