



U.S. Department of  
Health and Human  
Services



National Institutes  
of Health



National Heart, Lung,  
and Blood Institute

# Portion Distortion II Interactive Quiz

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

National Heart, Lung, and Blood Institute  
Obesity Education Initiative



## COFFEE

**20 Years Ago**

**Coffee**  
**(with whole milk and sugar)**



**45 calories**  
**8 ounces**

**Today**

**Mocha Coffee**  
**(with steamed whole milk and mocha syrup)**



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



## COFFEE

20 Years Ago

Today

Coffee  
(with whole milk and sugar)

Mocha Coffee  
(with steamed whole milk and  
mocha syrup)



45 calories  
8 ounces

350 calories  
16 ounces

**Calorie Difference: 305 calories**



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



How long will you have to walk in order to burn those extra 305 calories?\*

\*Based on 130-pound person



## Calories In = Calories Out



If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.\*



\*Based on 130-pound person



## MUFFIN

**20 Years Ago**



**210 calories**  
**1.5 ounces**

**Today**



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



## MUFFIN

**20 Years Ago**



**210 calories**  
**1.5 ounces**

**Today**



**500 calories**  
**4 ounces**

**Calorie Difference: 290 calories**



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



How long will you have to vacuum in order to burn those extra 290 calories?\*

\*Based on 130-pound person





## Calories In = Calories Out



If you vacuum for 1 hour and 30 minutes you will burn approximately **290 calories**.\*

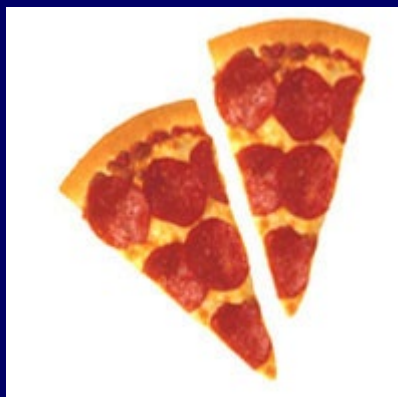


\*Based on 130-pound person



## PEPPERONI PIZZA

**20 Years Ago**



**500 calories**

**Today**

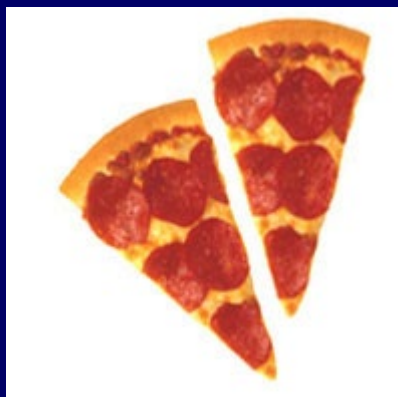


**How many calories are in two large slices of today's pizza?**



## PEPPERONI PIZZA

**20 Years Ago**



**500 calories**

**Today**

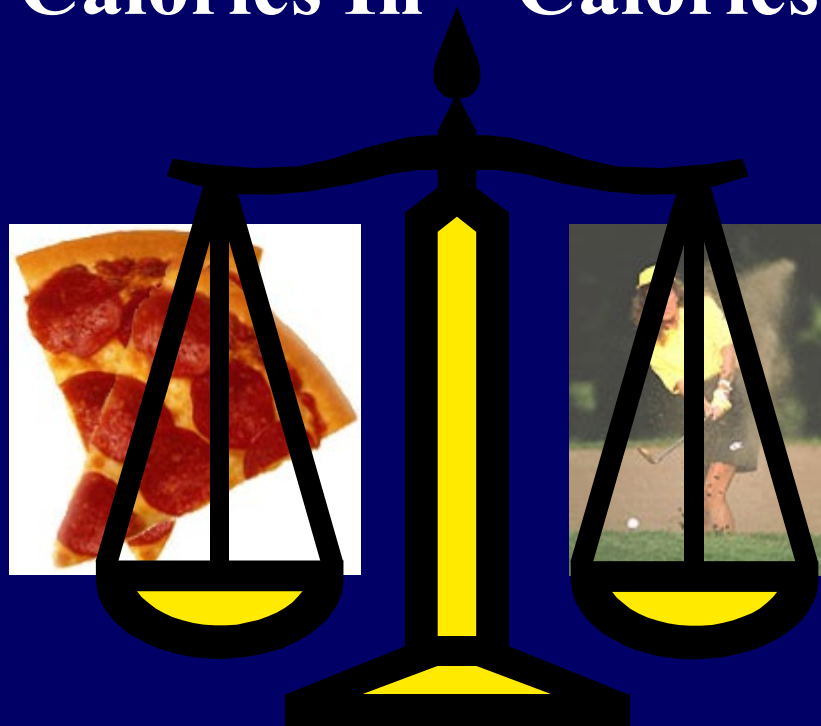


**850 calories**

**Calorie Difference: 350 calories**



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



How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?\*

\*Based on 160-pound person



## Calories In = Calories Out



If you **play golf (while walking and carrying your clubs)** for **1 hour** you will burn approximately **350 calories**.\*



\*Based on 160-pound person



## CHICKEN CAESAR SALAD

20 Years Ago



390 calories  
1 ½ cups

Today



How many calories are in today's chicken Caesar salad?



## CHICKEN CAESAR SALAD

**20 Years Ago**



**390 calories**  
**1 ½ cups**

**Today**



**790 calories**  
**3 ½ cups**

**Calorie Difference: 400 calories**



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



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

\*Based on 160-pound person





## Calories In = Calories Out



If you walk the dog for 1 hour and 20 minutes, you will burn approximately **400 calories**.\*



\*Based on 160-pound person



## POPCORN

**20 Years Ago**



**270 calories**  
**5 cups**

**Today**



**How many calories**  
**are in today's large**  
**popcorn?**



## POPCORN

**20 Years Ago**



**270 calories**  
**5 cups**

**Today**



**630 calories**  
**11 cups**

**Calorie Difference: 360 calories**



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



How long will you have to do water aerobics in order to burn the extra 360 calories?\*

\*Based on 160-pound person



## Calories In = Calories Out



If you do water aerobics for 1 hour and 15 minutes you will burn approximately 360 calories.\*



\*Based on 160-pound person



## CHEESECAKE

**20 Years Ago**



**260 calories**

**3 ounces**

**Today**



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



## CHEESECAKE

**20 Years Ago**



**260 calories**

**3 ounces**

**Today**



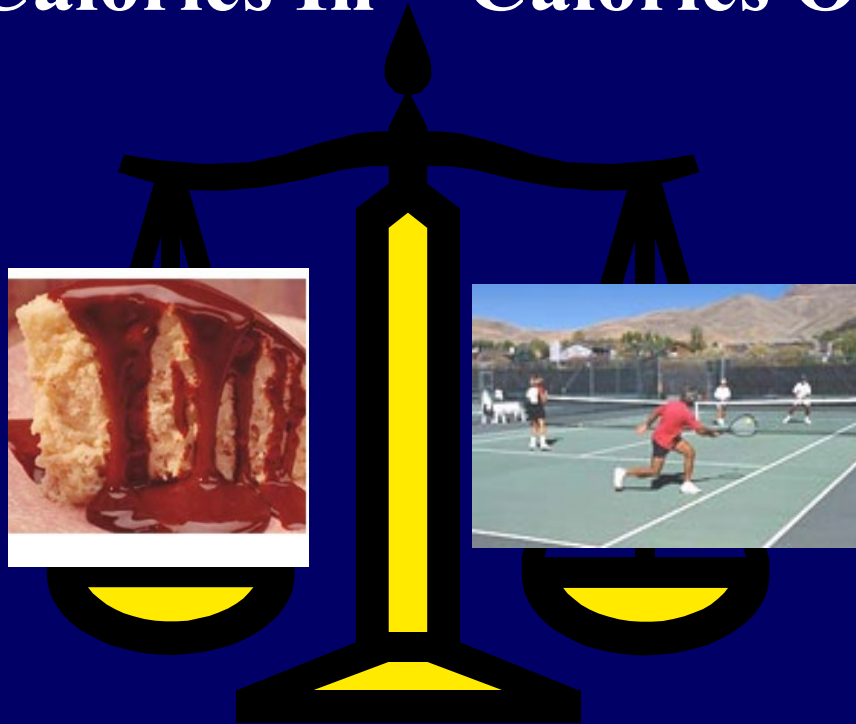
**640 calories**

**7 ounces**

**Calorie Difference: 380 calories**



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



How long will you have to play tennis in order to burn those extra 380 calories?\*

\*Based on 130-pound person





## Calories In = Calories Out



If you **play tennis for 55 minutes** you will burn approximately **380 calories**.\*



\*Based on 130-pound person



## CHOCOLATE CHIP COOKIE

**20 Years Ago**



**55 calories**  
**1.5 inch diameter**

**Today**



**How many calories are  
in today's large cookie?**



## CHOCOLATE CHIP COOKIE

**20 Years Ago**



**55 calories**  
**1.5 inch diameter**

**Today**



**275 calories**  
**3.5 inch diameter**

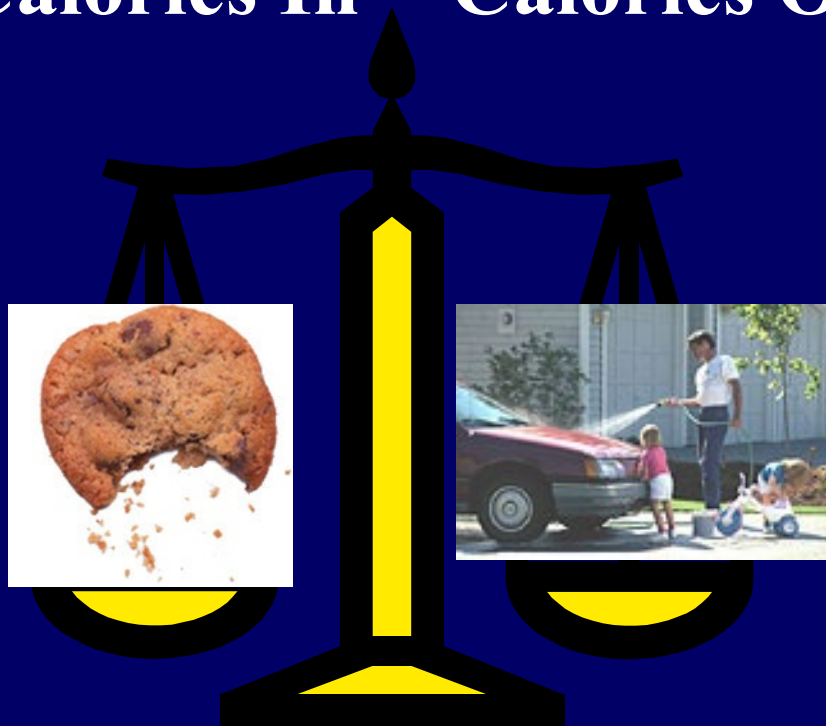
**Calorie Difference: 220 calories**



# Portion Distortion II Interactive Quiz



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



How long will you have to wash the car to burn those extra 220 calories?\*

\*Based on 130-pound person



## Calories In = Calories Out



If you wash the car for 1 hour and 15 minutes you will burn approximately **220 calories**.\*



\*Based on 130-pound person



## CHICKEN STIR FRY

20 Years Ago



435 calories  
2 cups

Today



How many calories are in  
today's chicken stir fry?



## CHICKEN STIR FRY

**20 Years Ago**



**435 calories**  
**2 cups**

**Today**

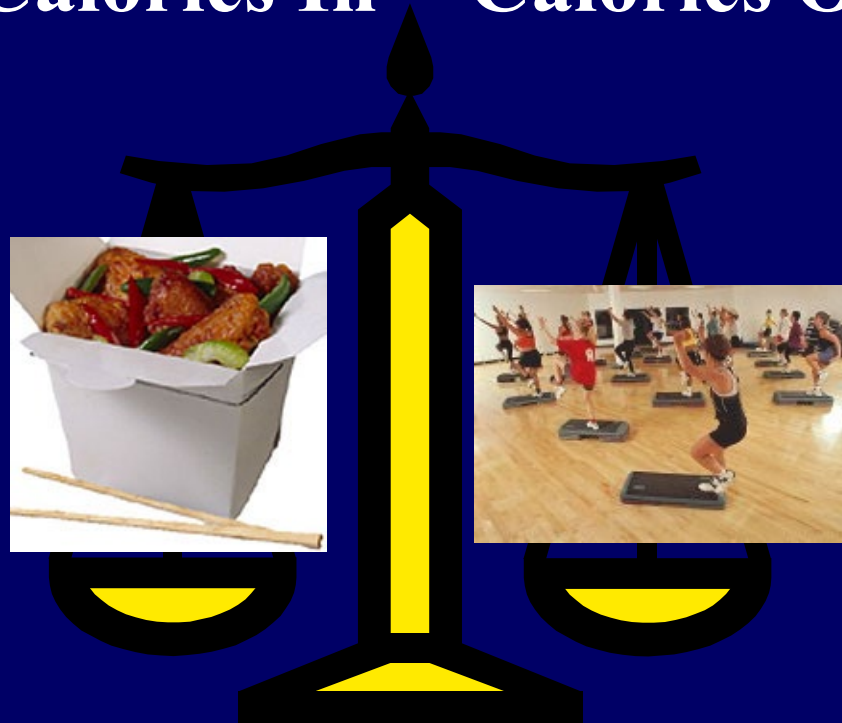


**865 calories**  
**4 ½ cups**

**Calorie Difference: 430 calories**



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



How long will you have to do aerobic dance to burn those extra 430 calories?\*

\*Based on 130-pound person





## Calories In = Calories Out



If you do aerobic dance for 1 hour and 5 minutes you will burn approximately **430 calories**.\*



\*Based on 130-pound person



# Portion Distortion II Interactive Quiz



Thank you for participating in  
**Portion Distortion II!**

For more information about Maintaining a Healthy Weight  
visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

A screenshot of the NHLBI website banner. At the top, it says "NATIONAL INSTITUTES OF HEALTH" in a purple bar. Below that is the NHLBI logo and the text "National Heart, Lung, and Blood Institute". There are four navigation links: "Home", "BMI Calculator", "Menu Planner", and "OEI Home Page". The main heading is "Aim For A Healthy Weight" in purple, with a purple icon of a person with a heart. Below the heading are two sections: "Information for Patients and the Public" with a photo of a man and a woman on bicycles, and "Information for Health Professionals" with a photo of a doctor and a woman looking at a computer monitor. A large yellow arrow graphic is in the background, pointing from the bottom left towards the top right.

