

Portion Distortion.....

How Food portions have changed in the last 20 years!!!

A new portion quiz found on the web compares today's average portions with the portions available 20 years ago, and how much physical activity you will need to do to burn up the extra calories.

- A bagel 20 years ago was 3 inches in diameter and had 140 calories. Today's bagel has 350 calories, 210 more the 20 years ago. To burn the extra calories one would have to rake leaves vigorously for 50 minutes.
- A cheeseburger had 333 calories. Today it has 590 calories. To burn the extra calories one would have to lift weights for 1 hour and 30 minutes.
- A spaghetti serving of 1 cup pasta w/ sauce and 3 small meatballs had 500 calories. Today's serving of 2 cups pasta w/ sauce and 3 large meatballs has 1,025 calories. To burn the extra calories one would have to do 2 hours and 35 minutes of energetic housework.
- A soda that was 6.5 oz. Had 85 calories Today's 20 oz. soda has 250 calories. To burn the extra calories one would have to work in the garden vigorously for 35 minutes.

Today's larger portions are considered a main contributor to the obesity problem in the United States. Carrying extra weight puts us at risk for developing many diseases, especially heart disease, stroke, diabetes, and cancer. Losing the weight helps to prevent and control these diseases.

The "Super Size", more-for-your money option is
not more for your health.

Just trimming the portion of what you eat can make the difference!