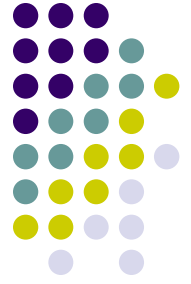
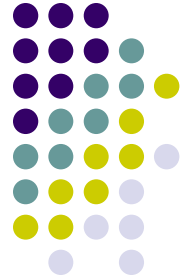


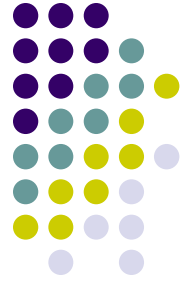
Food for Thought Did You Know?



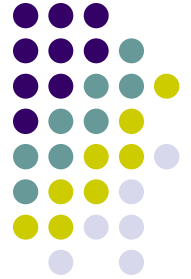
Americans average nine food encounters each day, from drinking coffee to eating lunch and dinner.



When it costs just a few cents more to “UP-SIZE”, the average person will go for it.



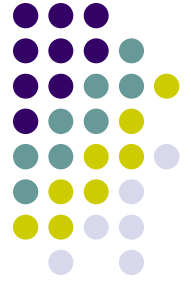
When you “UP-SIZE” you
add an additional 600 to
1000 more calories to your
daily intake.



Food for Thought Did You Know?

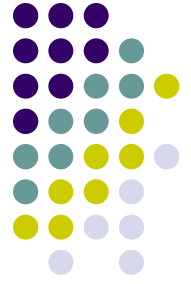


Many items sold as single portions actually provide 2 or more servings.

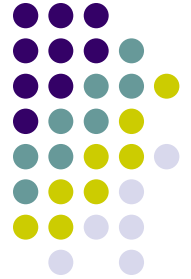


A **portion** is the amount of food you choose to eat.

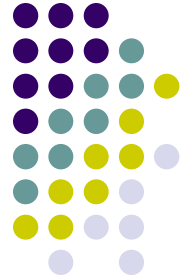
There is no standard portion size.



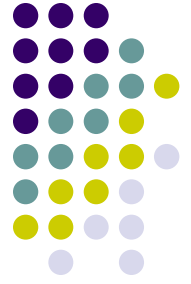
A **serving** is a standard amount to determine how much to eat based on daily calorie intake.



Food for Thought Did You Know?



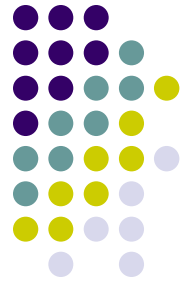
Our portions have gotten
larger over the past
twenty years.



Often the food we eat and
drink today represents
multiple servings.

A few examples include -

Turkey Sandwich



20 years ago
320 calories



today
820 calories

Bagels



20 years ago

140 calories

3 inches

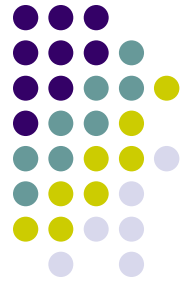


today

350 calories

6 inches

Cheese Burger

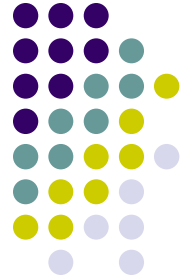


20 years ago
333 calories



today
590 calories

Soda Pop



20 years ago

85 calories

6.5 ounces

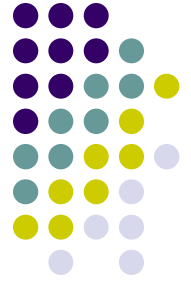


today

250 calories

20 ounces

Fries



20 years ago

210 calories

2.4 ounces

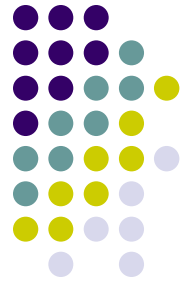


today

610 calories

6.9 ounces

Coffee vs. Mocha



20 years ago

45 calories

8 ounces



today

350 calories

16 ounces

Pizza



20 years ago
500 calories



today
850 calories

Chicken Caesar Salad



20 years ago

390 calories

1 ½ cups

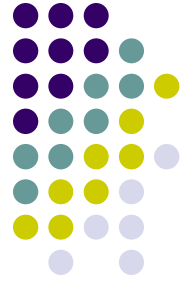


today

790 calories

3 ½ cups

Popcorn



20 years ago

270 calories

5 cups

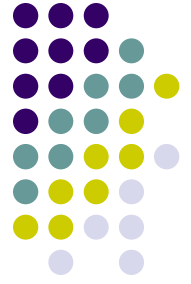


today

630 calories

11 cups

Cookie



20 years ago

55 calories

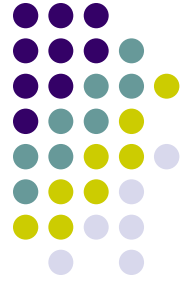
1.5 inches



today

275 calories

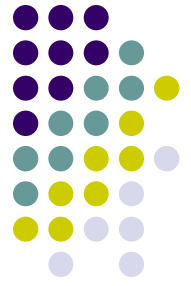
3.5 inches



Portion Distortion

With bigger portions our perception has changed on how much food we expect for a good value when eating out

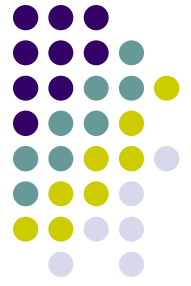
What we expect

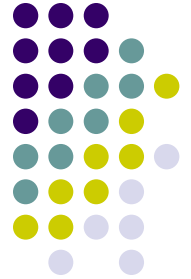


What we should eat



Portion Distortion



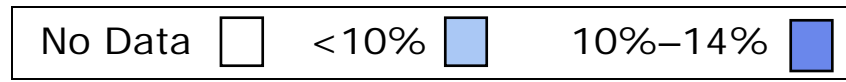
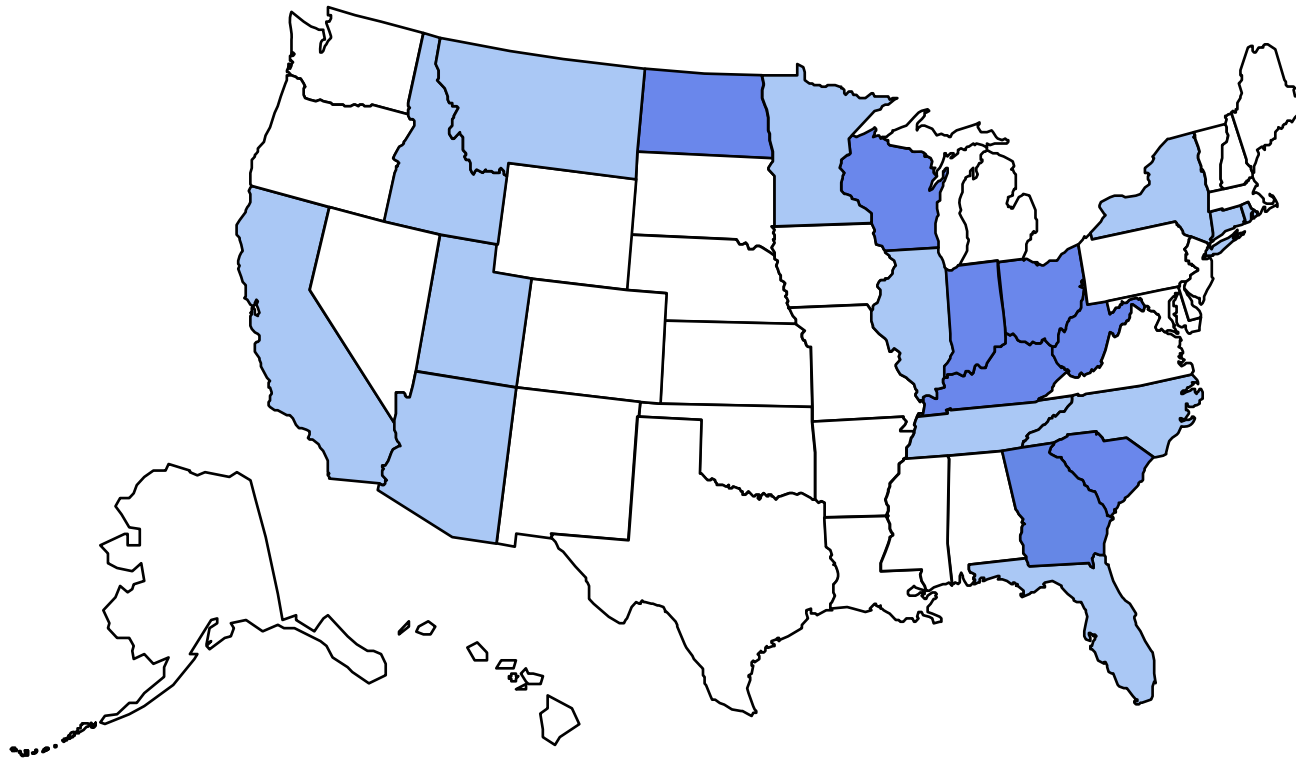
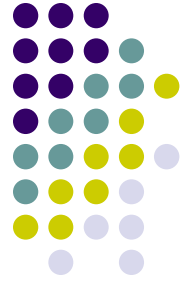


As our portions have gotten larger over the past twenty years so have residents in the United States

Obesity Trends* Among U.S. Adults

1985

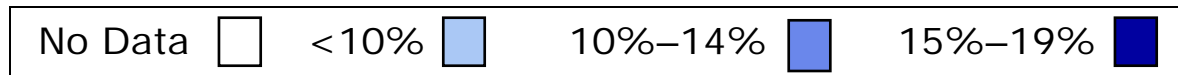
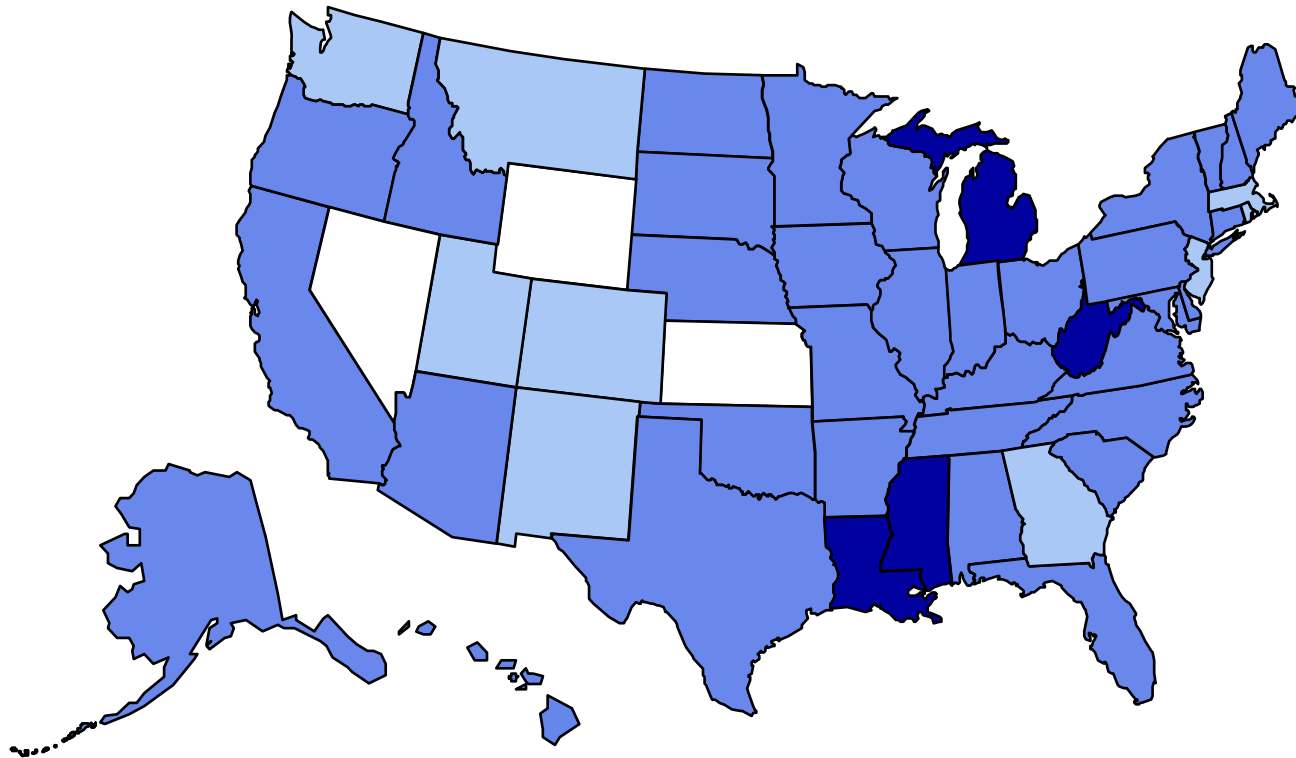
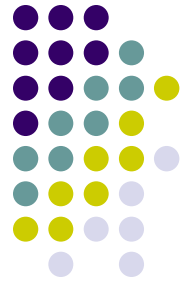
(*BMI ≥ 30 , or about 30 lbs overweight for 5' 4" woman)



Obesity Trends* Among U.S. Adults

1991

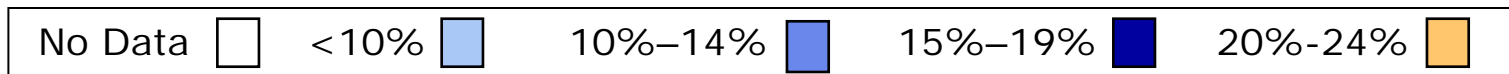
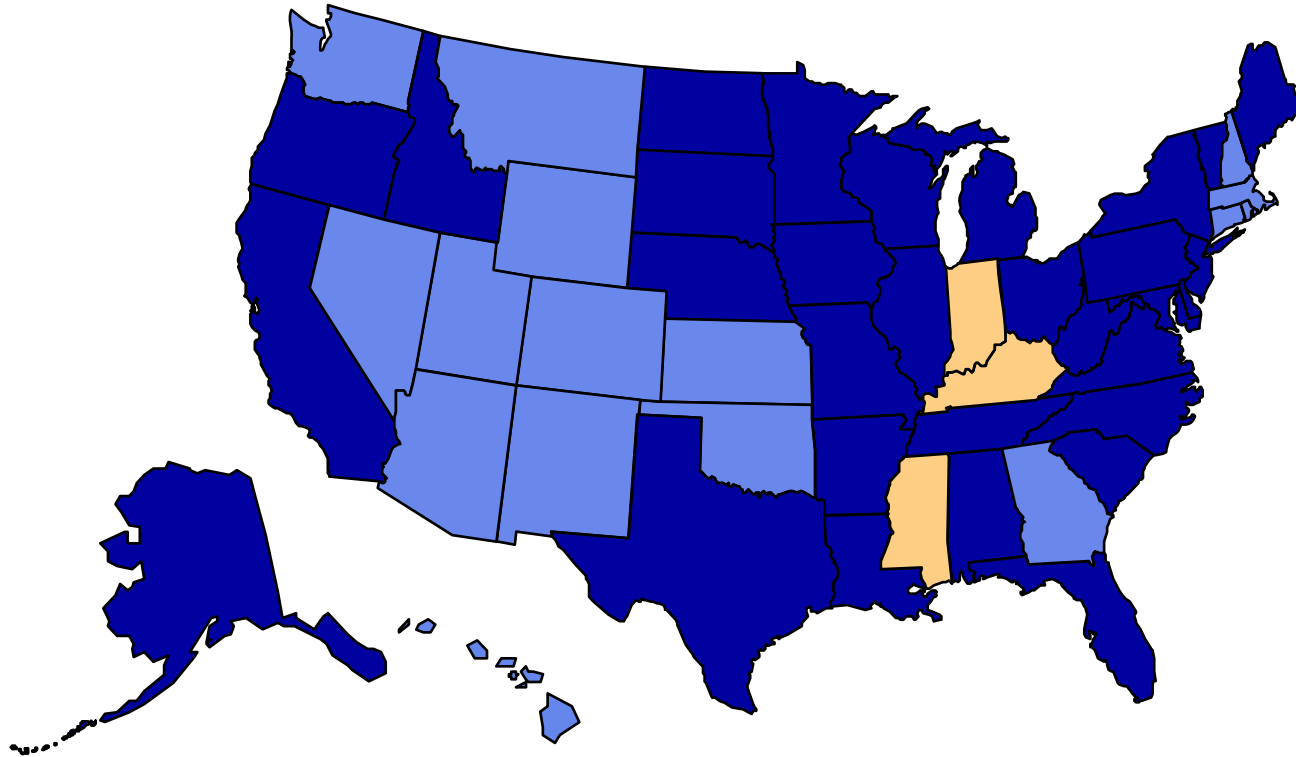
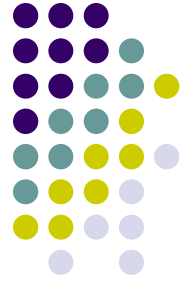
(*BMI ≥ 30 , or about 30 lbs overweight for 5' 4" woman)



Obesity Trends* Among U.S. Adults

1997

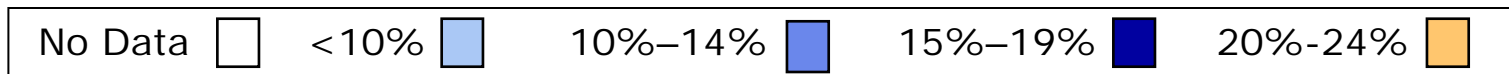
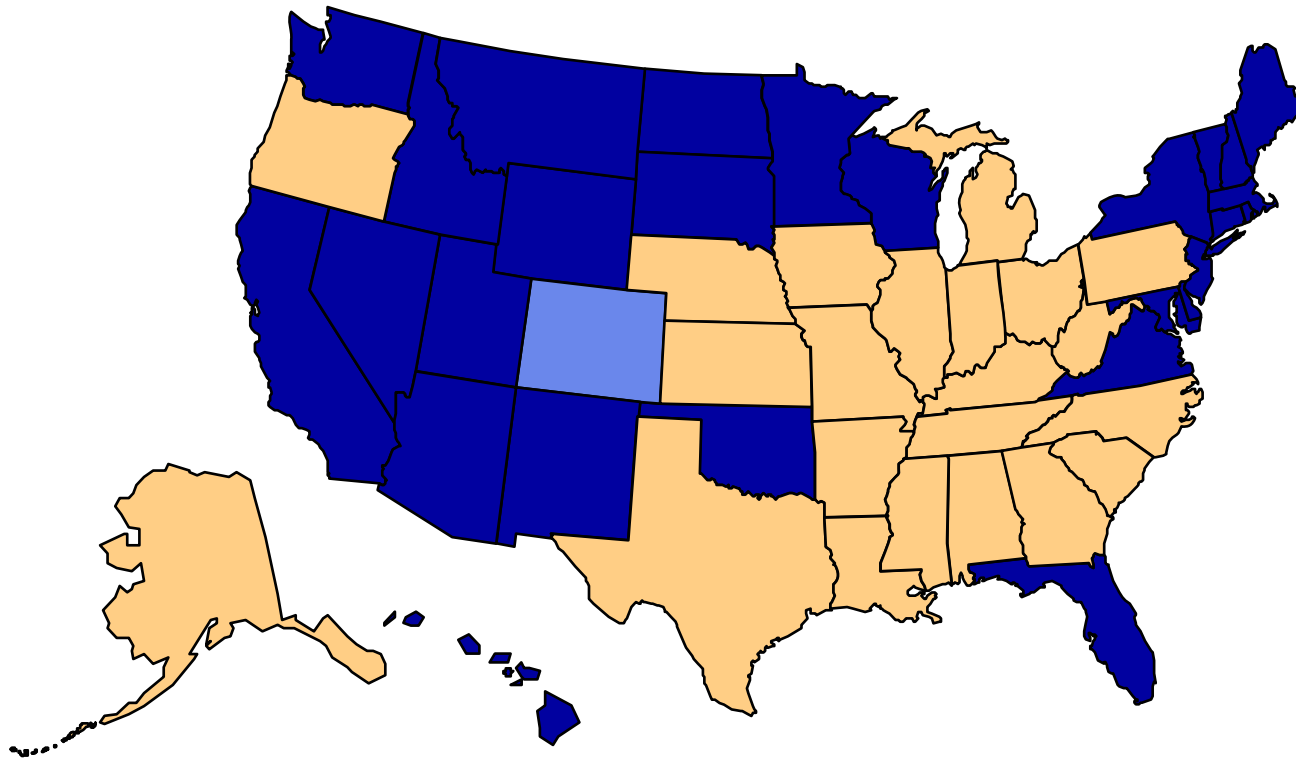
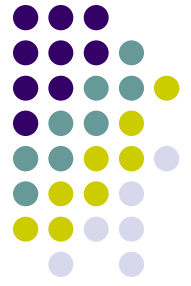
(*BMI ≥ 30 , or about 30 lbs overweight for 5' 4" woman)



Obesity Trends* Among U.S. Adults

2000

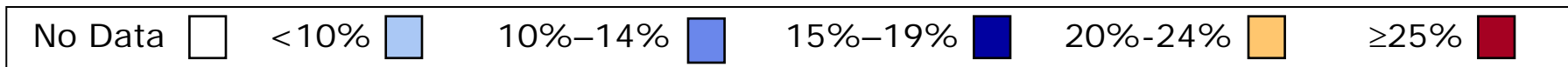
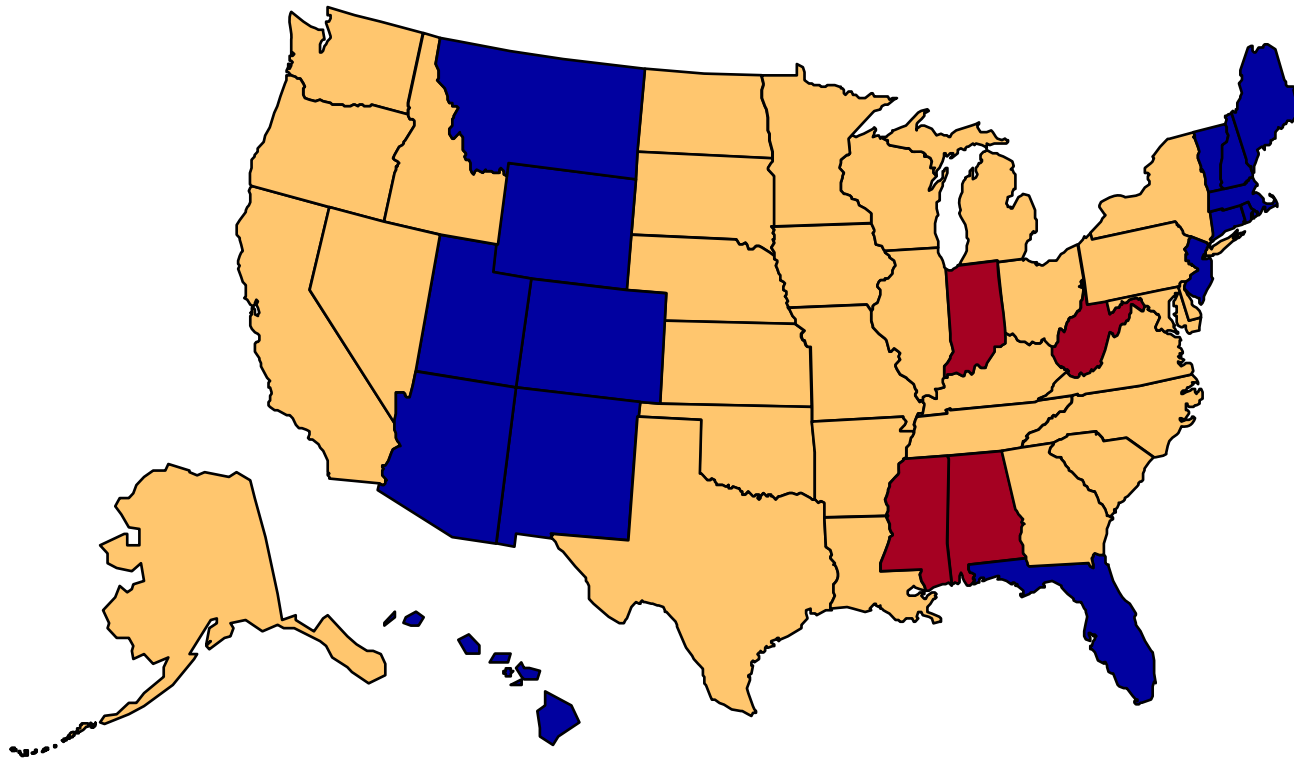
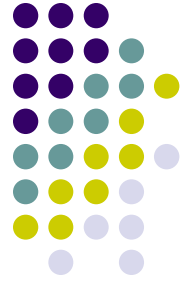
(*BMI ≥ 30 , or about 30 lbs overweight for 5' 4" woman)



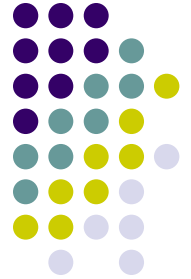
Obesity* Trends Among U.S. Adults

2003

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)

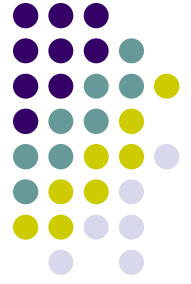


Source: Behavioral Risk Factor Surveillance System, CDC



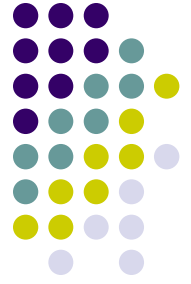
Tips to help you choose sensible portions

Tips to help you choose sensible portions



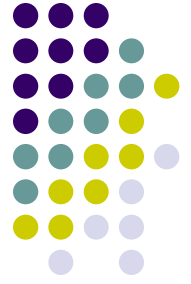
Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages as well.

Tips to help you choose sensible portions



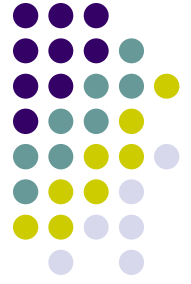
Consider sharing entrees with
someone else when large
portions are served.

Tips to help you choose sensible portions



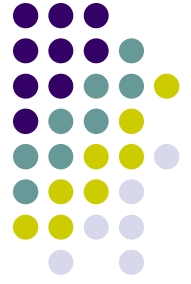
Resist the “clean your plate” urge. When you’ve eaten enough, leave the rest. If you can chill the extra food take it home.

Tips to help you choose sensible portions



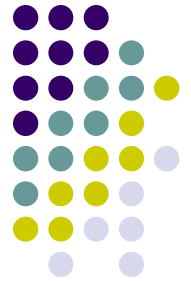
Order an item from the menu
instead of the “all-you-can-eat”
buffet.

Tips to help you choose sensible portions



Put sensible portions on your plate at the beginning of the meal, and don't take "seconds."

Food for Thought



Using any or all of these
tips can help you
**PRACTICE PORTION
CONTROL.**