



U.S. Department of
Health and Human
Services



National Institutes
of Health



National Heart, Lung,
and Blood Institute

 Stay Young
at Heart **Portion Distortion**

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

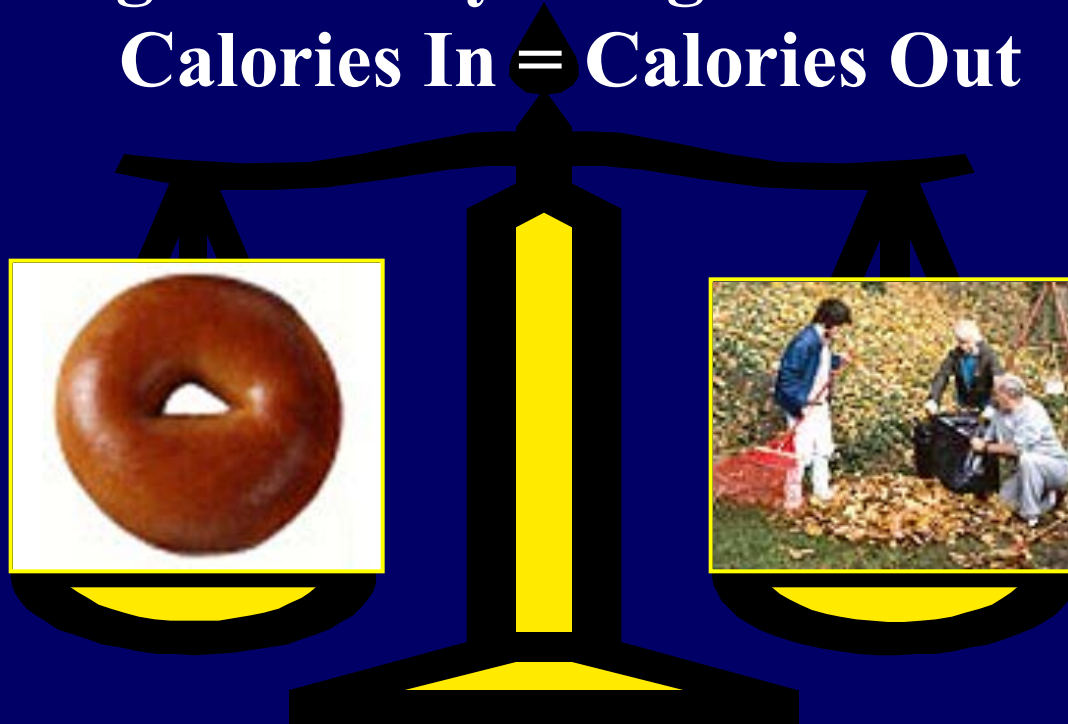


350 calories
6-inch diameter

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





Portion Distortion



Calories In = Calories Out



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



Calories In = Calories Out



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





Portion Distortion



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**



SODA

20 Years Ago



85 Calories
6.5 ounces

Today



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





Portion Distortion



Calories In = Calories Out



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

Today



320 calories



How many calories are in today's turkey sandwich?



TURKEY SANDWICH

20 Years Ago

Today



320 calories



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



Calories In = Calories Out



If you ride a bike for **1 hour and 25 minutes**,
you will burn approximately **500 calories**.*



*Based on 160-pound person





Portion Distortion



Thank you for participating in
Portion Distortion!

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

NATIONAL INSTITUTES OF HEALTH

National Heart, Lung, and Blood Institute

Home BMI Calculator Menu Planner OEI Home Page

Aim For A Healthy Weight

Information for Patients and the Public

Information for Health Professionals

The screenshot shows a website header with the NIH logo and navigation links. The main content area features a large yellow arrow pointing upwards, with the text "Aim For A Healthy Weight" and two sub-sections: "Information for Patients and the Public" with a photo of an elderly couple on bicycles, and "Information for Health Professionals" with a photo of a doctor and a patient.