



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

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)



350 calories
16 ounces

Calorie Difference: 305 calories



Portion Distortion II Interactive Quiz



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



?



*Based on 130-pound person



Portion Distortion II Interactive Quiz



Calories In = Calories Out



*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



Portion Distortion II Interactive Quiz



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



?



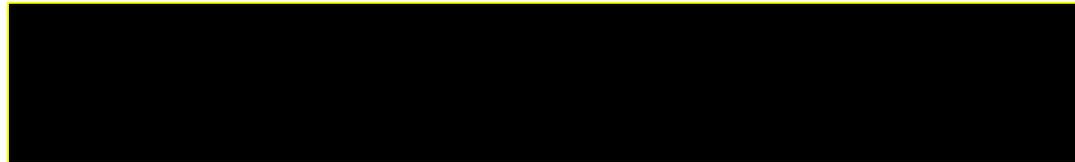
*Based on 130-pound person



Portion Distortion II Interactive Quiz



Calories In = Calories Out



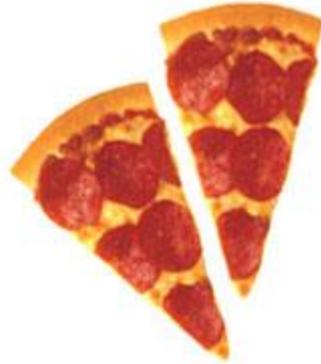
*Based on 130-pound person





PEPPERONI PIZZA

20 Years Ago



500 calories

Today



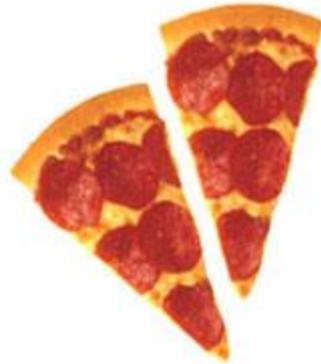
How many calories are in two large slices of today's pizza?





PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

Calorie Difference: 350 calories



Portion Distortion II Interactive Quiz



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



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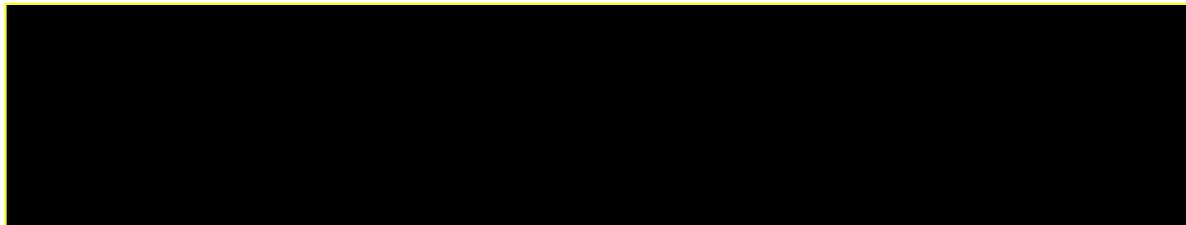
*Based on 160-pound person



Portion Distortion II Interactive Quiz



Calories In = Calories Out



*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



Portion Distortion II Interactive Quiz



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



?



*Based on 160-pound person





Calories In = Calories Out



*Based on 160-pound person



Portion Distortion II Interactive Quiz



POPCORN

20 Years Ago



270 calories
5 cups

Today



How many calories
are in today's large
popcorn?



Portion Distortion II Interactive Quiz



POPCORN

20 Years Ago



270 calories
5 cups

Today



630 calories
11 cups

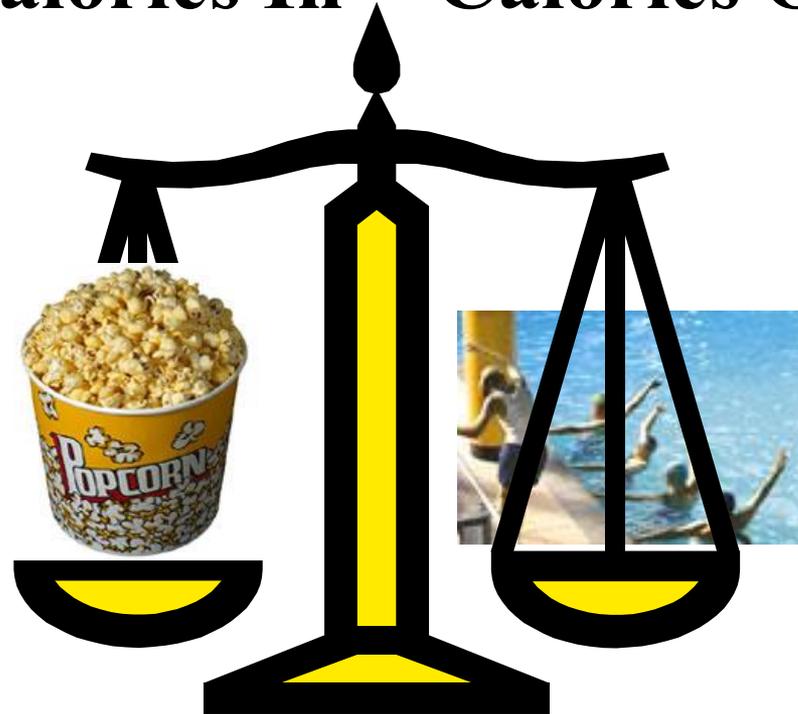
Calorie Difference: 360 calories



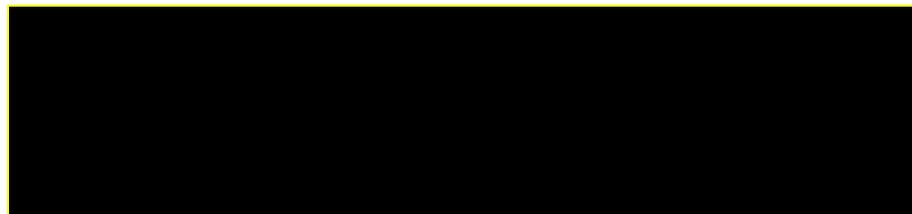
Portion Distortion II Interactive Quiz



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



?



*Based on 160-pound person





Calories In = Calories Out



*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



Portion Distortion II Interactive Quiz



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



*Based on 130-pound person





Calories In = Calories Out



***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



?



*Based on 130-pound person



Portion Distortion II Interactive Quiz



Calories In = Calories Out



*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

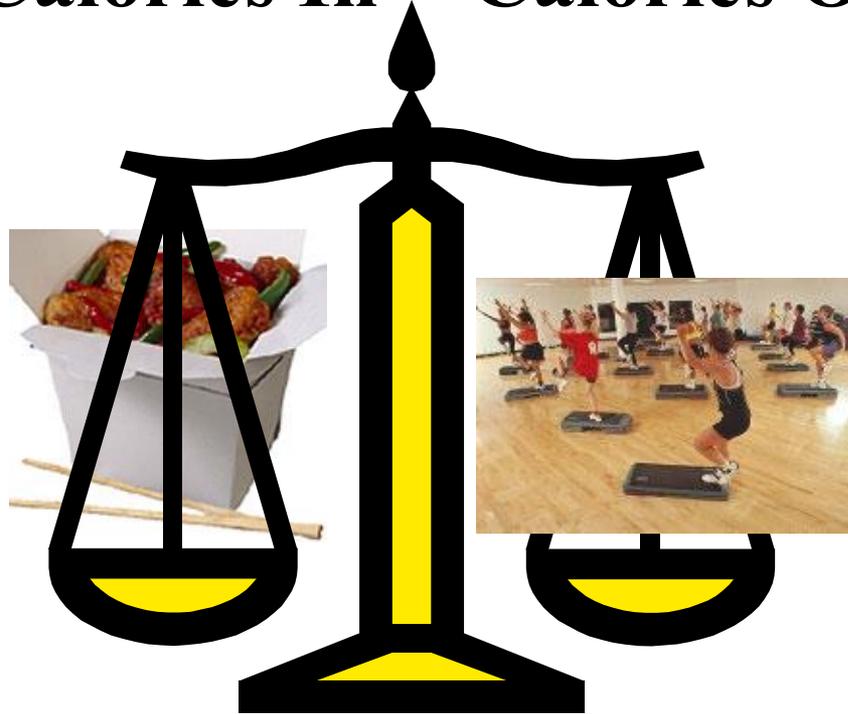
Calorie Difference: 430 calories



Portion Distortion II Interactive Quiz



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



?



*Based on 130-pound person





Calories In = Calories Out



*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

NATIONAL INSTITUTES OF HEALTH



National Heart, Lung, and Blood Institute

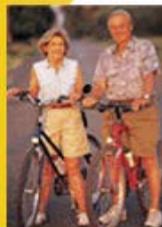
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Aim For A Healthy Weight



*Information for
Patients and
the Public*



*Information
for Health
Professionals*

