



U.S. Department of  
Health and Human  
Services



# Portion Distortion

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



National Institutes  
of Health

National Heart, Lung, and Blood Institute  
Obesity Education Initiative



National Heart, Lung,  
and Blood Institute



## 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

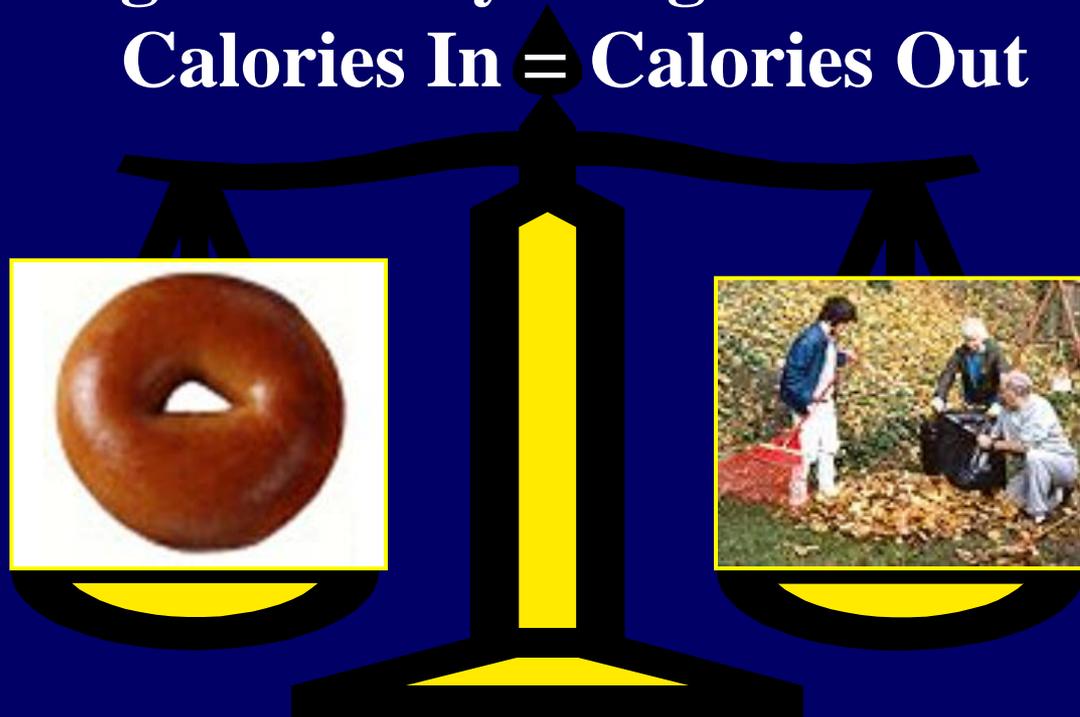


350 calories  
6-inch diameter

**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



## 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



## 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



## 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



320 calories

Today



How many calories are in today's turkey sandwich?



## TURKEY SANDWICH

20 Years Ago



320 calories

Today



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](http://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*

