
















# Portion Distortion

Compare serving sizes from 20 years ago to today!

	20 Years Ago	Today	How long to burn the extra calories?
1	 <p><b>Cheeseburger</b> 333 calories</p>	 <p><b>Calories?</b> <input type="checkbox"/> 590 <input type="checkbox"/> 620 <input type="checkbox"/> 700</p>	 <p><b>Weightlifting</b> <input type="checkbox"/> 30 minutes <input type="checkbox"/> 1 hour <input type="checkbox"/> 1 hour 30 minutes</p>
2	 <p><b>Pepperoni Pizza</b> 500 calories</p>	 <p><b>Calories?</b> <input type="checkbox"/> 600 <input type="checkbox"/> 850 <input type="checkbox"/> 1,025</p>	 <p><b>Playing Golf (no cart)</b> <input type="checkbox"/> 30 minutes <input type="checkbox"/> 50 minutes <input type="checkbox"/> 1 hour</p>
3	 <p><b>6.5 oz Pop</b> 85 calories</p>	 <p><b>Calories?</b> <input type="checkbox"/> 200 <input type="checkbox"/> 250 <input type="checkbox"/> 300</p>	 <p><b>Dancing</b> <input type="checkbox"/> 35 minutes <input type="checkbox"/> 45 minutes <input type="checkbox"/> 1 hour</p>
4	 <p><b>French Fries (2.4 oz)</b> 210 calories</p>	 <p><b>Calories?</b> <input type="checkbox"/> 560 <input type="checkbox"/> 590 <input type="checkbox"/> 610</p>	 <p><b>Walking</b> <input type="checkbox"/> 1 hour 10 minutes <input type="checkbox"/> 2 hours 20 minutes <input type="checkbox"/> 3 hours</p>
5	 <p><b>Popcorn (5 cups)</b> 270 calories</p>	 <p><b>Calories?</b> <input type="checkbox"/> 420 <input type="checkbox"/> 550 <input type="checkbox"/> 630</p>	 <p><b>Playing Tennis</b> <input type="checkbox"/> 40 minutes <input type="checkbox"/> 50 minutes <input type="checkbox"/> 1 hour</p>

## Snacking Tips To avoid the portion distortion trap:

- Go for a single scoop of ice cream rather than a double or triple
- Avoid "super-sizing"...choose the small pop and fries instead
- Eat snacks like chips in a small bowl...not right out of the bag
- Share that dessert with a friend (it's more fun that way!)



*Answers:*  
 1. Cheeseburger - 590 calories - It takes 1 hour 30 minutes to burn off the extra 257 calories.  
 2. Pepperoni Pizza - 850 calories - It takes 1 hour of playing golf to burn off the extra 350 calories.  
 3. Pop - 250 calories for 20 oz. - It takes 35 minutes of dancing to burn off the extra 165 calories.  
 4. Fries - 610 calories for 6.9 oz. - It takes 1 hour 10 minutes of walking to burn off the extra 400 calories.  
 5. Popcorn - 630 calories for 5 cups - It takes 50 minutes of playing tennis to burn off the extra 360 calories.  
 The National Institutes of Health. (n.d.). Portion distortion. Retrieved January 26, 2005, from <http://nih.nih.gov/portion>.



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