

# Portion Distortion

## Do you suffer from Portion Distortion?

### To find out, take this test!

1. Do I super-size my order when I have the chance?
2. Do I pick my fast food restaurant with a "biggie" in mind?
3. Do I go with the "super-tubby" popcorn at the movies?
4. Is my motto, "more is better"?

If you answered "yes" to any of the above... you may suffer from portion distortion.

**por-tion distor'-tion, n.**, suffering from a distorted perception of what is the proper size serving of an item (especially food)...often promoted and reinforced by fast food marketing gimmicks and jumbo-sized servings at fancier eating establishments.

