



U.S. Department of  
Health and Human  
Services



National Institutes  
of Health



National Heart, Lung,  
and Blood Institute



# Portion Distortion

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

National Heart, Lung, and Blood Institute  
Obesity Education Initiative



**Lifespan Cardiovascular Institute**

Rhode Island Hospital • The Miriam Hospital  
Newport Hospital

*Delivering health with care®*

The Center For Cardiac Fitness  
Cardiac Rehab Program  
The Miriam Hospital

## 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**

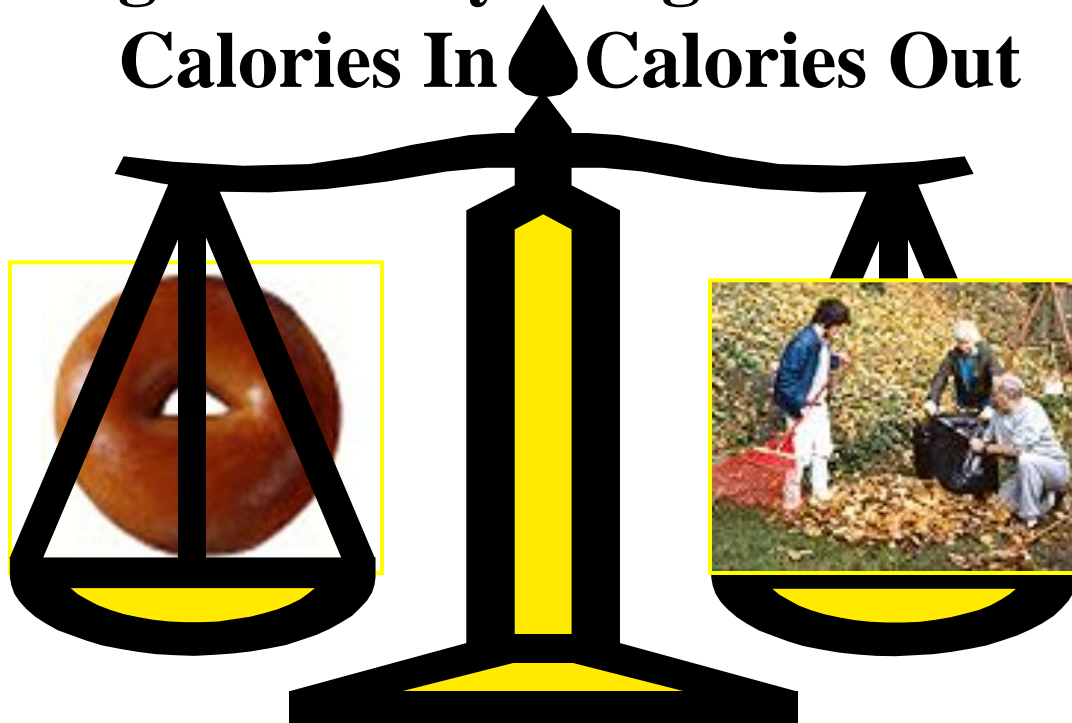
**Today**



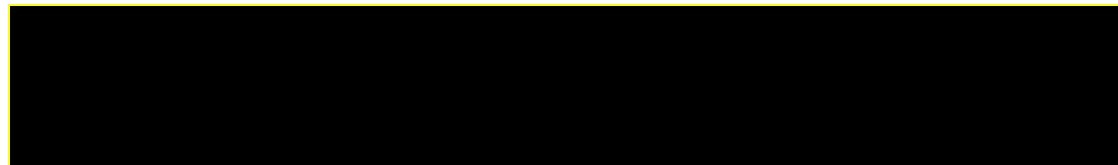
**350 calories**  
**6-inch diameter**

**Calorie Difference: 210 calories**

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



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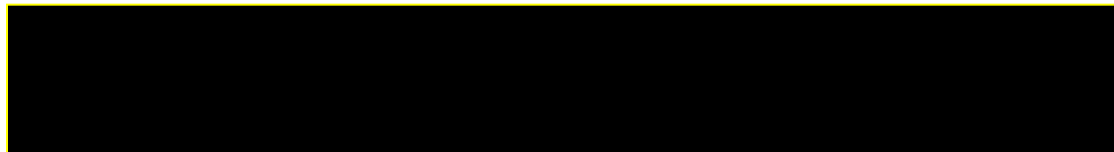
\*Based on 130-pound person



# Portion Distortion



**Calories In = Calories Out**



**\*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**

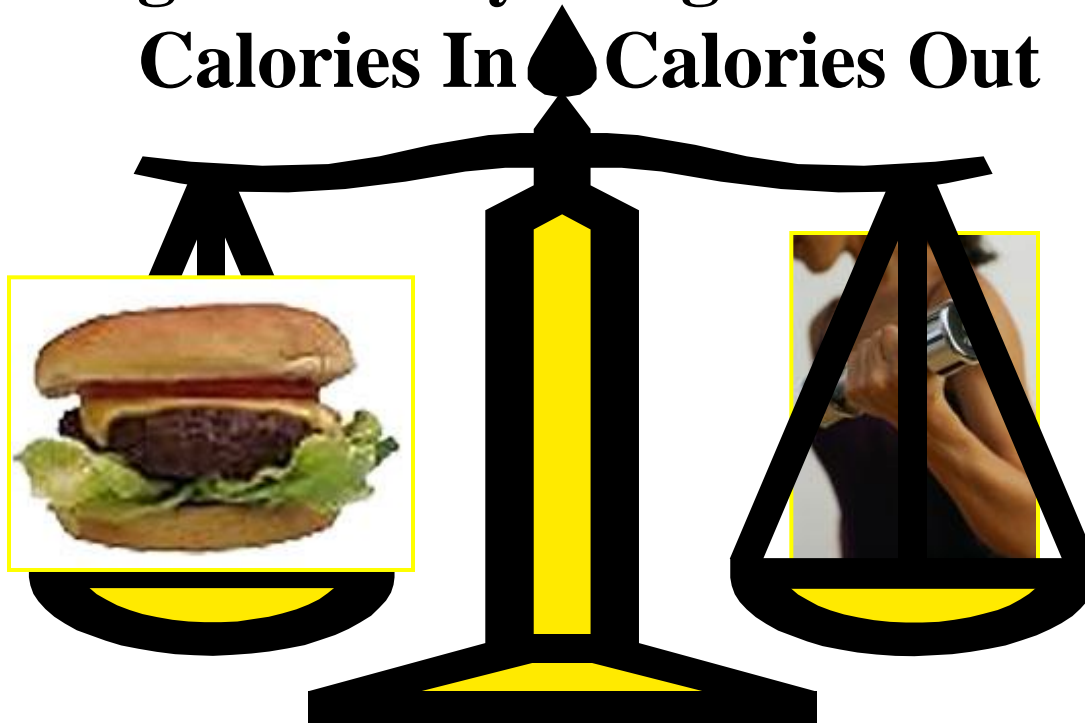
**Today**



**590 calories**

**Calorie Difference: 257 calories**

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



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\*Based on 130-pound person

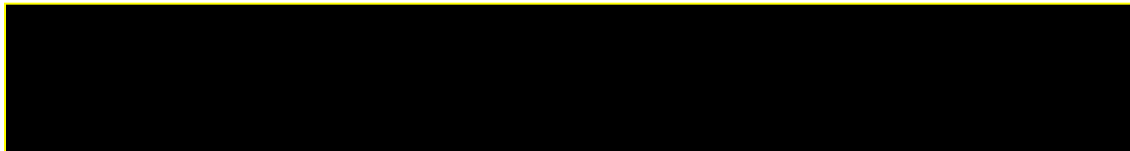




# Portion Distortion



**Calories In = Calories Out**



**\*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**

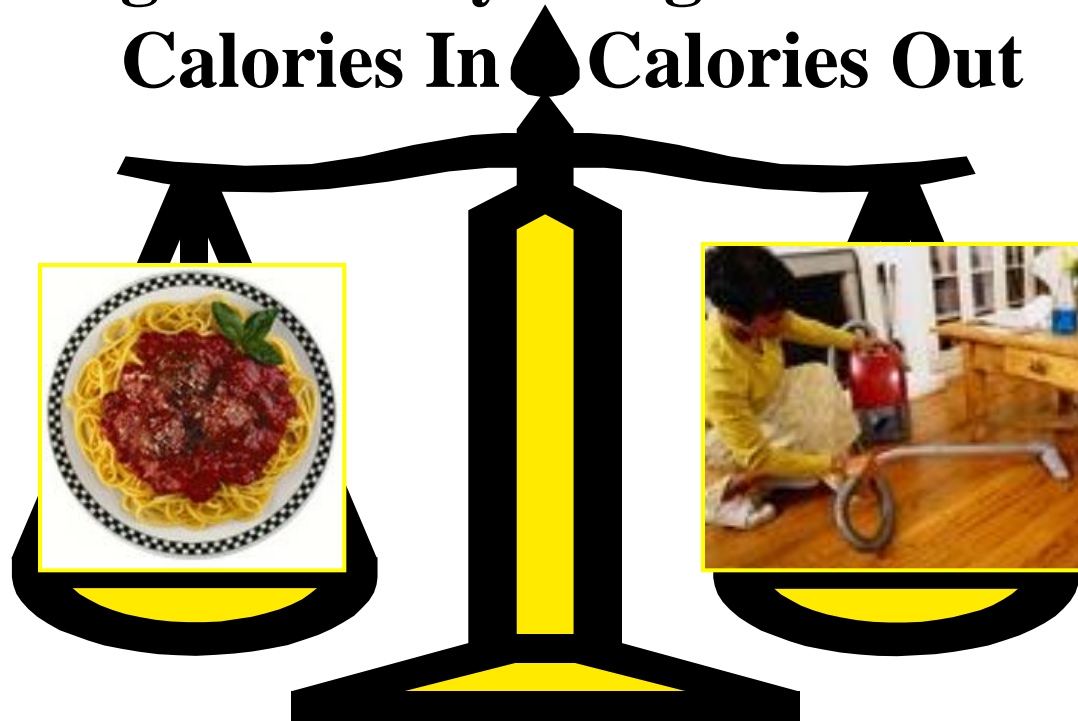


**1,025 calories**

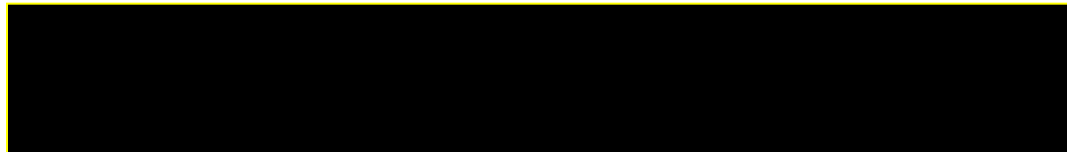
**2 cups of pasta with sauce  
and 3 large meatballs**

**Calorie Difference: 525 calories**

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



?



\*Based on 130-pound person

## Calories In = Calories Out



\*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



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\*Based on 160-pound person

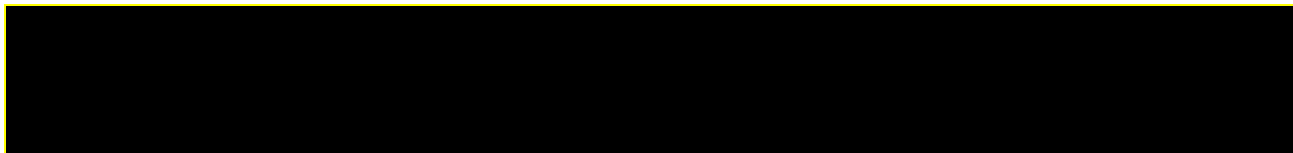




# Portion Distortion



**Calories In = Calories Out**



**\*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



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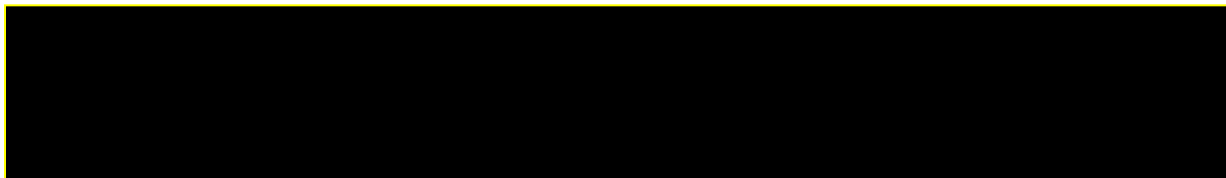
\*Based on 160-pound person



# Portion Distortion



**Calories In = Calories Out**



**\*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**

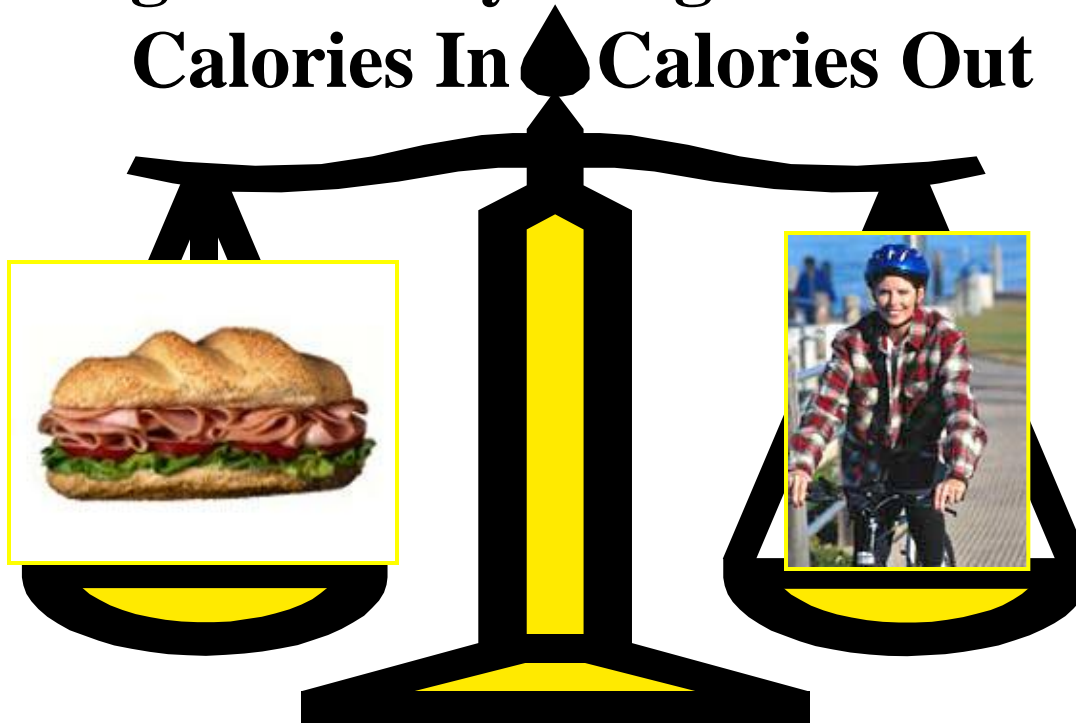
**Today**



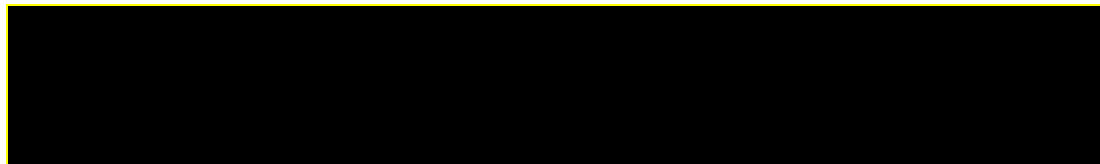
**820 calories**

**Calorie Difference: 500 calories**

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



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\*Based on 160-pound person

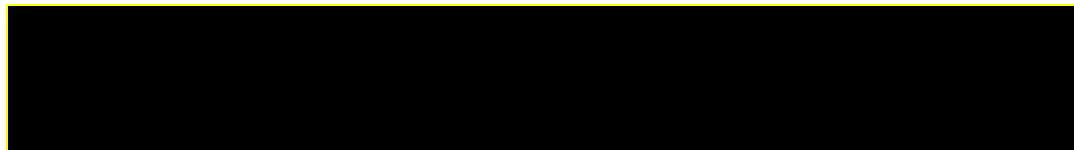




# Portion Distortion



**Calories In = Calories Out**



**\*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

Home

➤ BMI Calculator

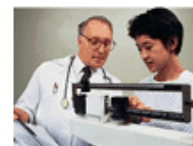
➤ Menu Planner

➤ OEI Home Page

## Aim For A Healthy Weight



*Information for  
Patients and  
the Public*



*Information  
for Health  
Professionals*

