



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?**



# Portion Distortion II Interactive Quiz



## 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**

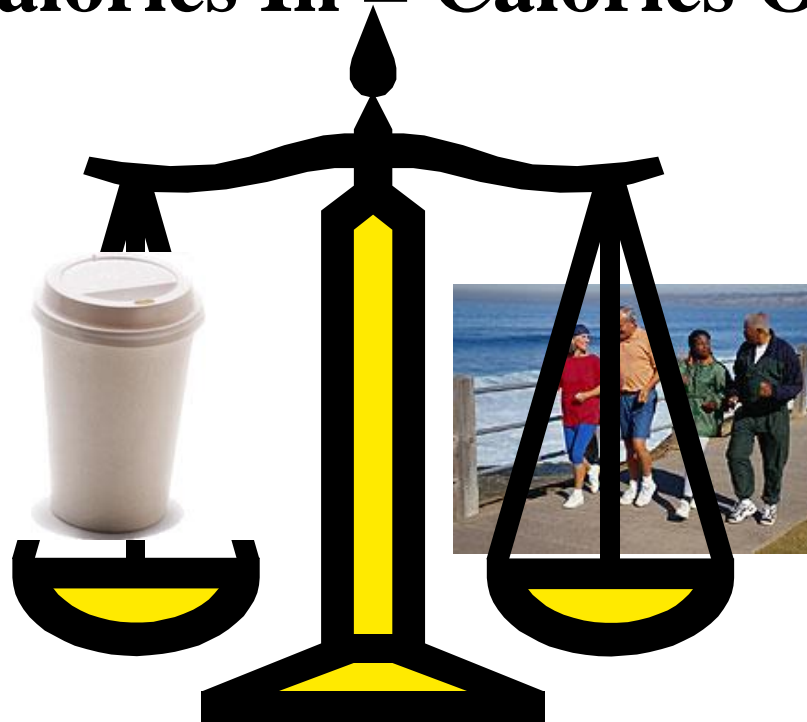
**Calorie Difference: 305 calories**



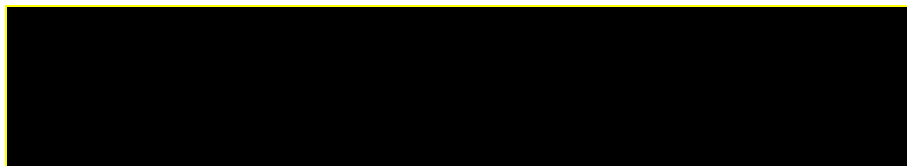
# Portion Distortion II Interactive Quiz



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



?



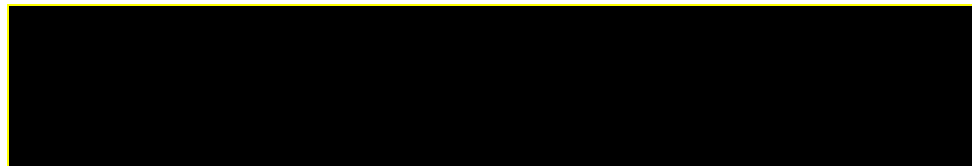
\*Based on 130-pound person



# 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?**



# Portion Distortion II Interactive Quiz



## MUFFIN

**20 Years Ago**



**210 calories**  
**1.5 ounces**

**Today**



**500 calories**  
**4 ounces**

**Calorie Difference: 290 calories**



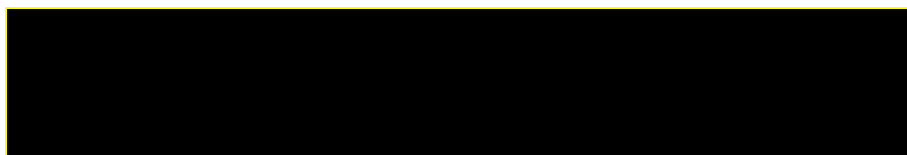
# Portion Distortion II Interactive Quiz



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



?



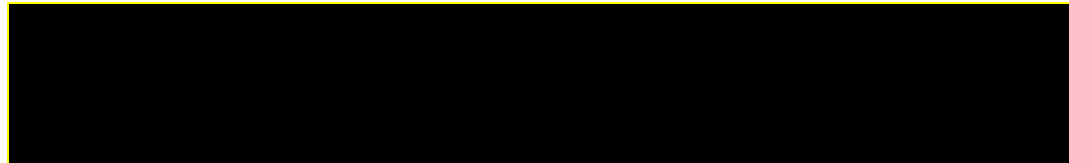
\*Based on 130-pound person







## 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**



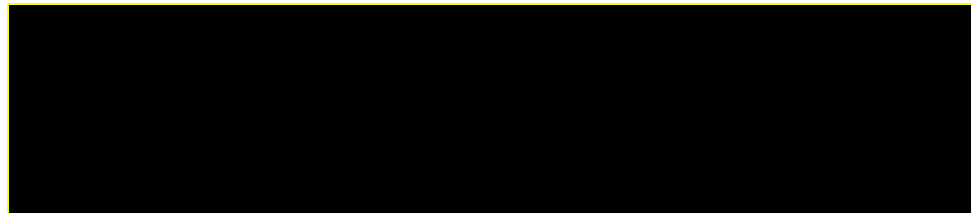
# Portion Distortion II Interactive Quiz



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



?



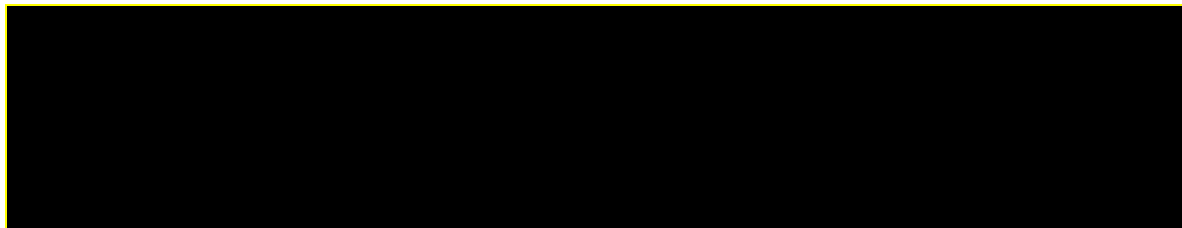
\*Based on 160-pound person



# 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**



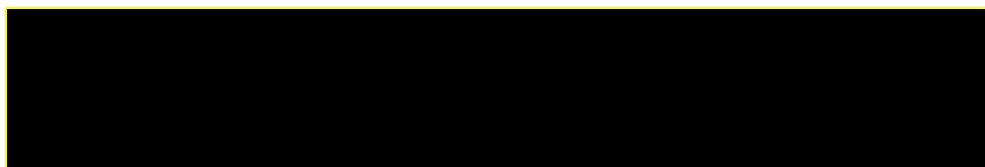
# Portion Distortion II Interactive Quiz



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



?



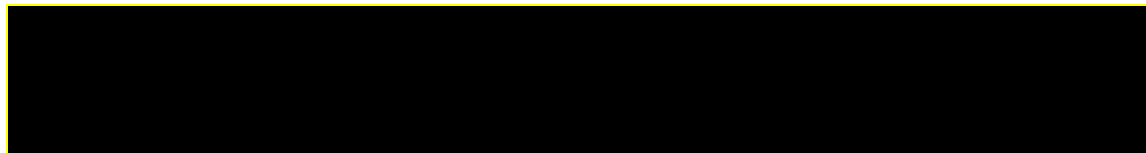
\*Based on 160-pound person







## Calories In = Calories Out



\*Based on 160-pound person





## 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**

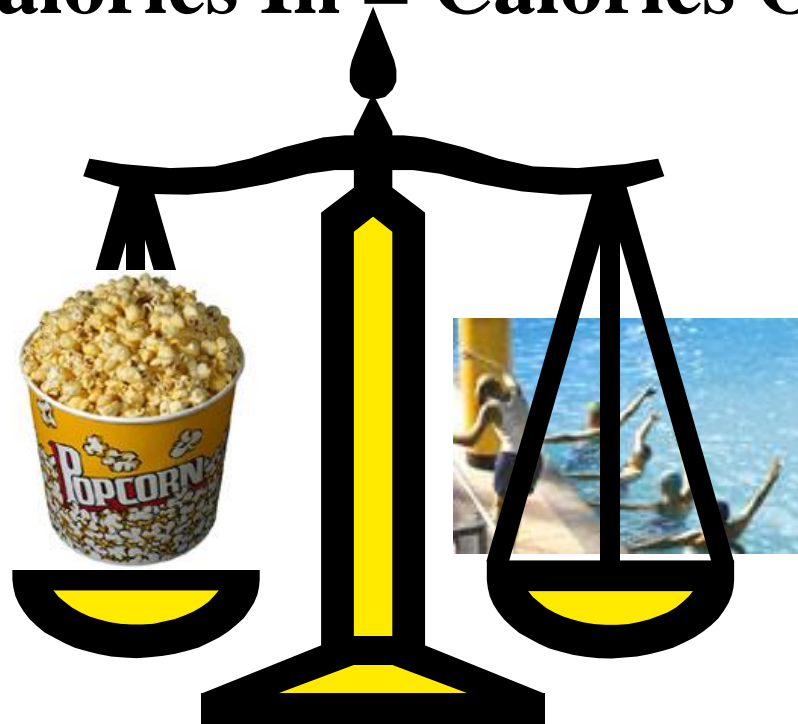
**Calorie Difference: 360 calories**



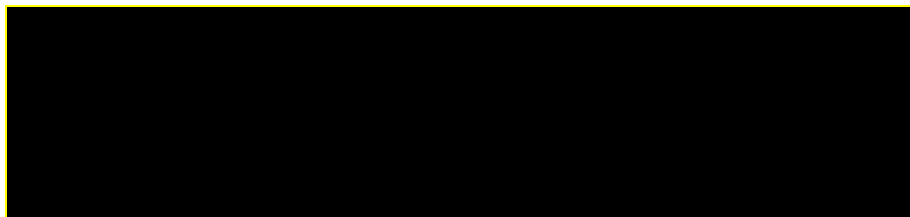
# Portion Distortion II Interactive Quiz



**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**



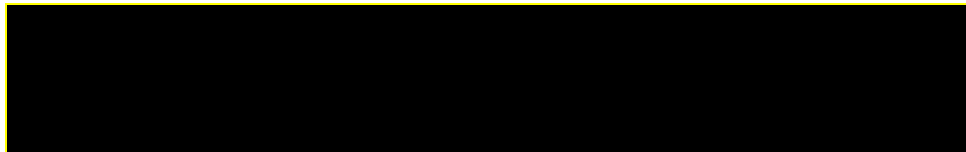
# Portion Distortion II Interactive Quiz



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



?



\*Based on 130-pound person





# Portion Distortion II Interactive Quiz



**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**

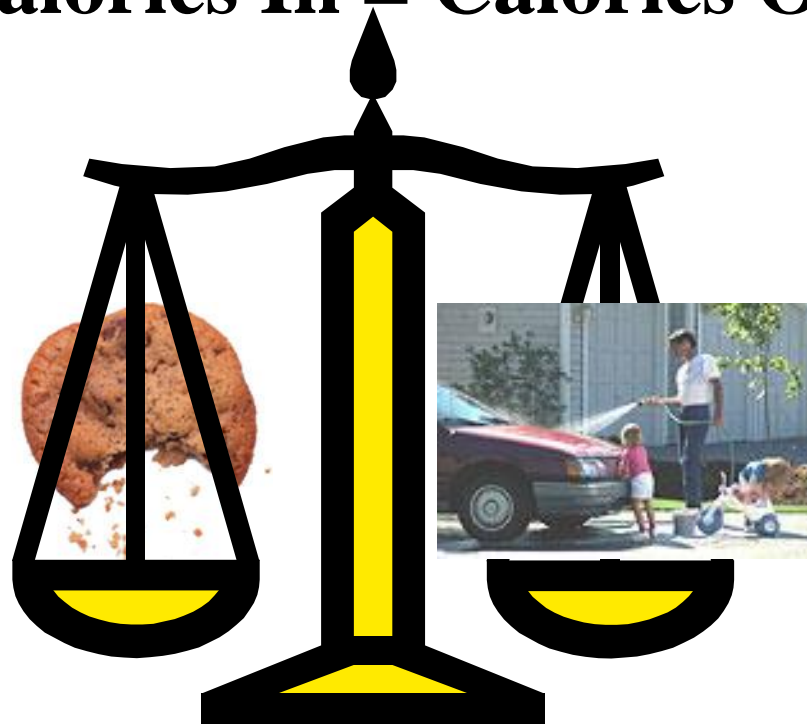
**Calorie Difference: 220 calories**



# 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 1/2 cups**

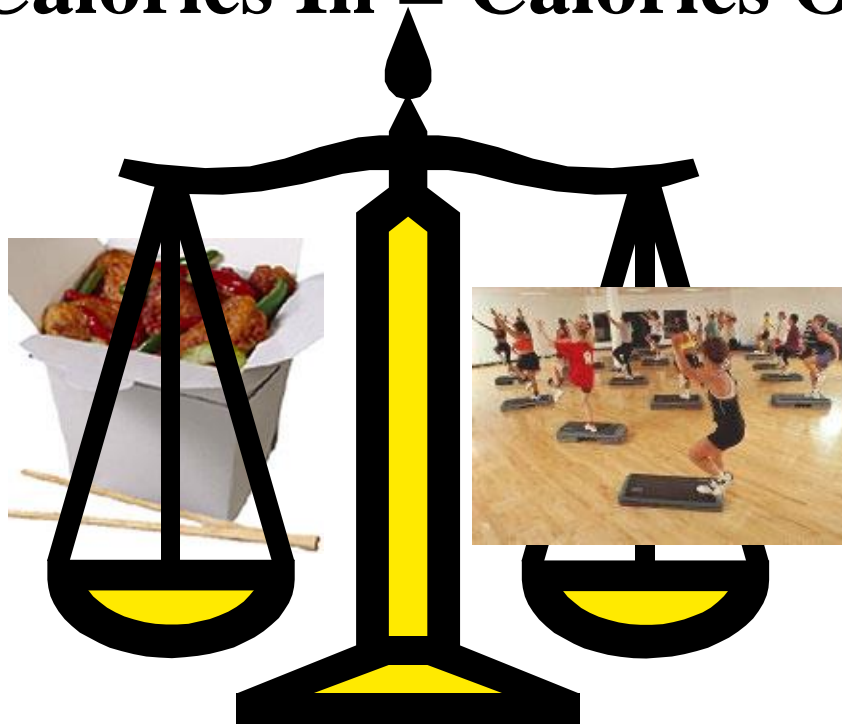
**Calorie Difference: 430 calories**



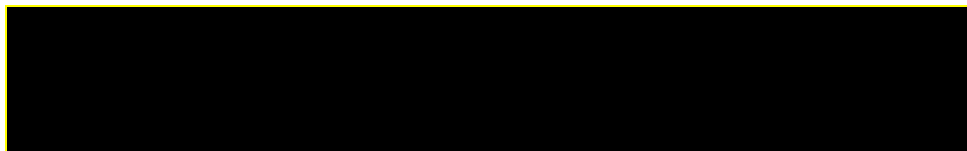
# Portion Distortion II Interactive Quiz



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



?



\*Based on 130-pound person





# Portion Distortion II Interactive Quiz



## 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](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*

