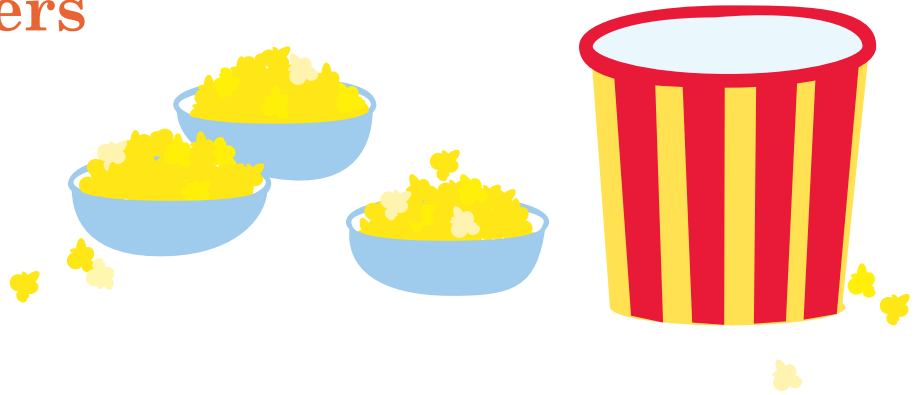


parent tips

Portion Size Matters

Portion Size – The amount of food or drink a person chooses to eat or drink at one time.



Portion Sizes: Then and Now

Compare portion sizes from 20 years ago with today's portions. See how the extra calories can add up (lots of energy in).

How Can You Eat Smaller Portions?

- Split a large salad or main dish with a friend.
- Eat one slice of pizza instead of two.
- Share a tub of popcorn if you buy one.

It can be hard to eat or drink a healthy portion, because:

- Many people don't know what a healthy portion is.
- Restaurants often serve large meals. Some meals have portions that are enough for two people or more.
- Food makers package foods and drinks in large sizes to sell more.

Portion sizes have grown over the years. They are much larger now than 20 years ago.

Bagel

| 20 Years Ago | Today |
|---|------------------------------|
| 3-inch bagel 140 calories | 6-inch bagel 350 calories |
| Today's bagel has 210 more calories. | |

Pepperoni Pizza

| 20 Years Ago | Today |
|---|---|
| 2 slices of a large pepperoni pizza 500 calories | 2 slices of a large pepperoni pizza 850 calories |
| Today's pizza has 350 more calories. | |

Soda

| 20 Years Ago | Today |
|--|--|
| 6 ½ ounces regular soda 85 calories | 20 ounces regular soda 250 calories |
| Today's soda has 165 more calories. | |

Popcorn

| 20 Years Ago | Today |
|---|--------------------------------|
| Box of popcorn 270 calories | Tub of popcorn 630 calories |
| Today's popcorn has 360 more calories. | |

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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