



U.S. Department of  
Health and Human  
Services



# Portion Distortion

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

National Heart, Lung, and Blood Institute  
Obesity Education Initiative



National Heart, Lung,  
and Blood Institute



## 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

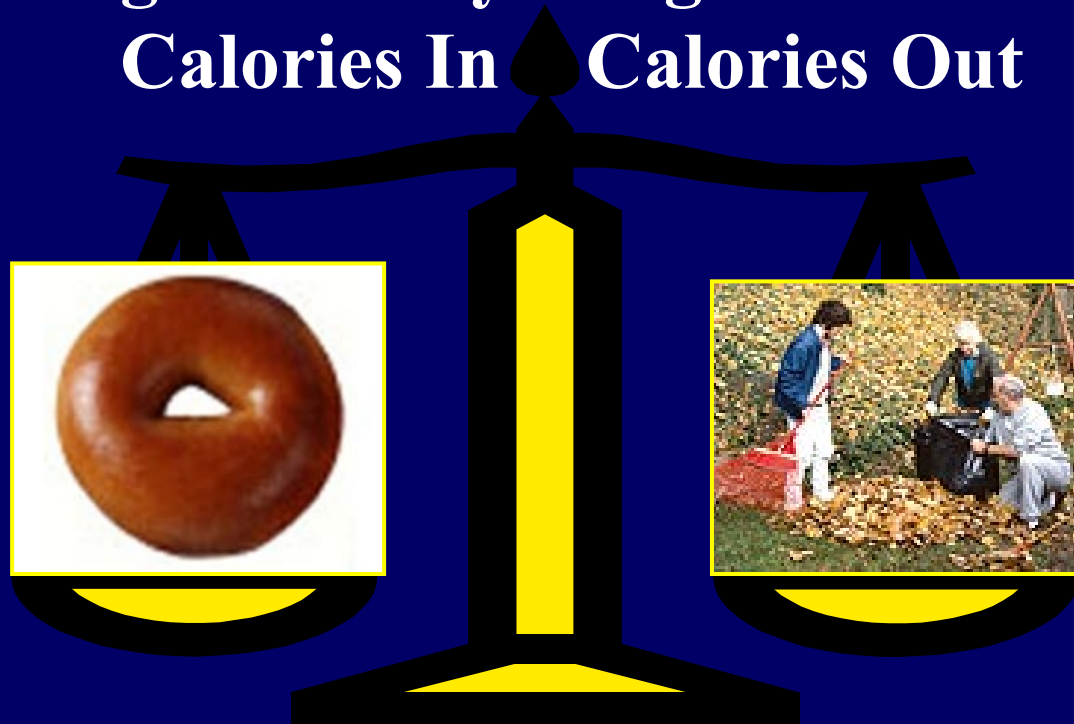


350 calories  
6-inch diameter

**Calorie Difference: 210 calories**



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



How long will you have to rake leaves in order to burn the extra 210 calories?\*

\*Based on 130-pound person



## Calories In = Calories Out



If you rake the leaves for **50 minutes** you will burn the extra **210 calories**.\*



\*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



How long will you have to lift weights  
in order to burn the extra 257 calories?\*

\*Based on 130-pound person





## Calories In = Calories Out



If you **lift weights for 1 hour and 30 minutes**, you will burn approximately **257 calories**.\*



\*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



How long will you have to houseclean in order to burn the extra 525 calories?\*

\*Based on 130-pound person



## Calories In = Calories Out



If you **houseclean for 2 hours and 35 minutes**, you will burn approximately **525 calories**.\*



\*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



How long will you have to walk leisurely in order to burn those extra 400 calories?\*



\*Based on 160-pound person





## Calories In = Calories Out



If you walk leisurely for 1 hour and 10 minutes you will burn approximately **400 calories**.\*



\*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

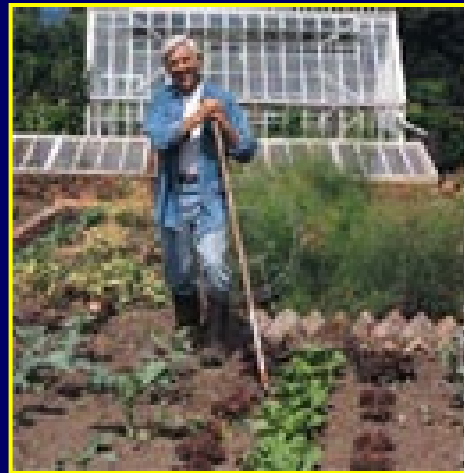


How long will you have to work in the garden to burn those extra calories?\*

\*Based on 160-pound person



## Calories In = Calories Out



If you work in the garden for 35 minutes,  
you will burn approximately **165 calories**.\*



\*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

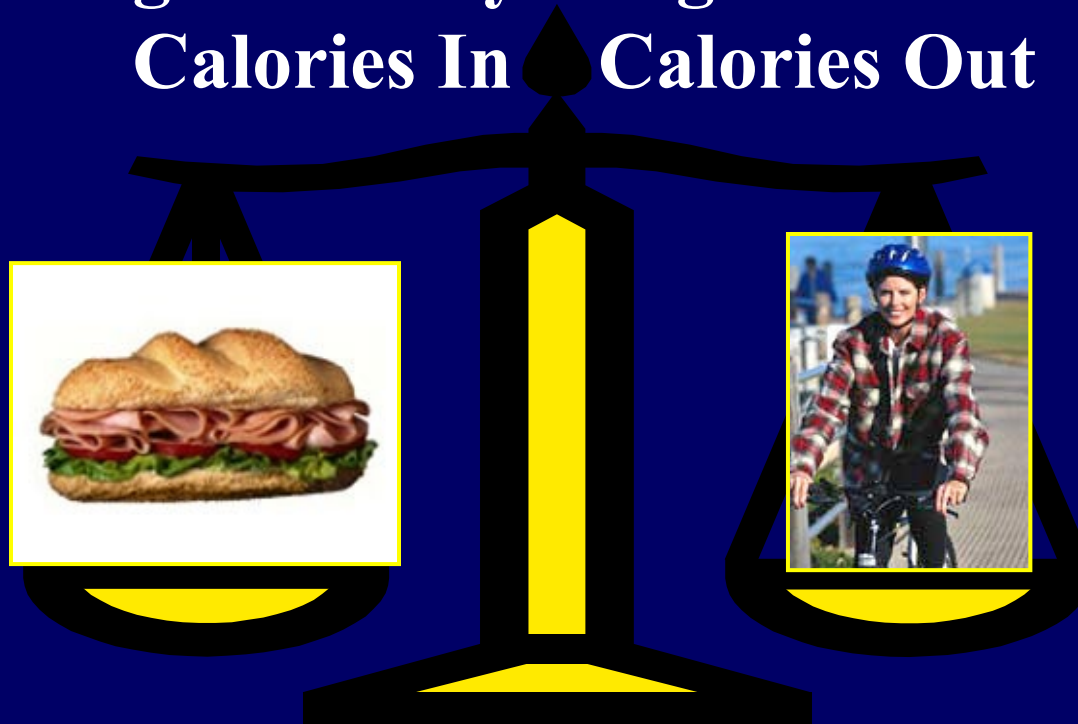


820 calories

Calorie Difference: 500 calories



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



How long will you have to ride a bike in order to burn those extra calories?\*

\*Based on 160-pound person





## Calories In = Calories Out



If you ride a bike for **1 hour and 25 minutes**, you will burn approximately **500 calories**.\*



\*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)

The screenshot shows the top portion of the NHLBI website. At the top, it says "NATIONAL INSTITUTES OF HEALTH" and "National Heart, Lung, and Blood Institute". Below this are navigation links: "Home", "BMI Calculator", "Menu Planner", and "OEI Home Page". The main heading is "Aim For A Healthy Weight" in a large purple font, with a small icon of a person with a heart inside a purple square to the right. Below the heading, there are two sections: one with a photo of an elderly couple on bicycles and the text "Information for Patients and the Public", and another with a photo of a doctor and a patient looking at a screen and the text "Information for Health Professionals". A large yellow arrow graphic is overlaid on the page, pointing upwards and to the right.

