

FitFUTURE

Strategies for
Better Living.

PORTION DISTORTION

THEN
333 Calories



NOW
590 Calories



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Food portions over the years have increased tremendously. Eating sensible amounts of foods is not easy with a food environment that promotes overeating. For example, restaurants offer “all you can eat” buffets and serve large amounts of food on platters rather than dinner plates.

Portions and Servings: What’s the Difference?

A **portion** is the amount of food that you choose to eat for a meal or snack. A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings. For example, look at the nutrition facts on the food label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it!

Comparison of Portions and Calories: 20 Years Ago to Present Day

	20 Years Ago		Present Day	
	Portion	Calories	Portion	Calories
Bagel	3" diameter	140	6" diameter	350
Cheeseburger	1 burger	333	1 burger	590
Spaghetti with meatballs	1 cup sauce 3 small meatballs	500	2 cup sauce 3 large meatballs	1,020
Soda	6.5 ounces	82	20 ounces	250
Blueberry Muffin	1.5 ounces	210	5 ounces	500

Tips to Curb Portion Distortion:

- 1 If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.
- 2 Turn off the television when eating. Distracted eating leads to overeating.
- 3 To minimize the temptation of second and third helpings, offer one serving of meat and grain per person at the meal and only allow seconds on fruits and vegetables.
- 4 When eating at a restaurant, ask the wait person for a “to-go” box and wrap up half your meal as soon as it’s brought to the table.
- 5 Store tempting, high-calorie foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front, at eye level.
- 6 While buying in bulk can save you money, it may add extra inches to your waistline if you are not careful about dividing the food into reasonable, one serving containers.

LEARN MORE

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size

