

Test Your Knowledge on Portion Sizes



**Portion sizes are a problem—in our city,
our country and in our culture.**

**Over the last 20 years, our portion sizes
have increased enormously. Take a look
at some common foods—then and now.**



Taking small steps can
make a big difference.

Turkey Sandwich

20 Years Ago



320 calories

Today



??? calories

a. 510

b. 630

c. 820

Turkey Sandwich Today

820
calories

**Don't be fooled
by portion sizes.**

Turkey Sandwich

1. Choose a smaller size. Pick the 6-inch instead of the 12-inch sandwich.
2. Eat half the sandwich, and take the other half home for another meal.
3. When you order, ask for lower-calorie options—instead of mayonnaise, choose mustard or low-fat (light) mayonnaise; ask to hold the cheese; ask for whole grain sandwich bread instead of a roll or hero.

French Fries

20 Years Ago



210 calories

Today



??? calories

a. 350

b. 610

c. 800

**French
Fries
Today**

610
calories

**Don't be fooled
by portion sizes.**

French Fries

- 1. Choose a smaller size.**
- 2. Eat only half.**
- 3. Share with a friend.**

Bagel

20 Years Ago



140 calories

Today



??? calories

- a. 150 b. 250 c. 350

Bagel Today

350
calories

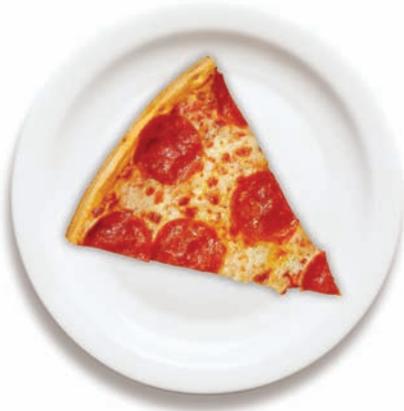
**Don't be fooled
by portion sizes.**

Bagel

1. Choose a smaller size, such as a mini-bagel.
2. Eat half the bagel, and take the other half home for another meal.
3. Choose lower-calorie spreads (low-fat cream cheese or a butter substitute), ask for a small amount of it and on the side if possible.

Pizza

20 Years Ago



500 calories

Today



??? calories

- a. 850 b. 1000 c. 1200

**Pizza
Today**
850
calories

**Don't be fooled
by portion sizes.**

Pizza

- 1. Eat only one slice.**
- 2. Choose lower-calorie toppings—instead of pepperoni, ask for spinach, mushrooms or broccoli.**
- 3. Remove some of the grease with a napkin.**
- 4. Get a salad or vegetable on the side to help fill you up.**

Soda

20 Years Ago



85 calories

Today



??? calories

- a. 200 b. 250 c. 300

**Soda
Today**

250
calories

**Don't be fooled
by portion sizes.**

Beverages (including high-calorie drinks such as regular soda, juice, sweetened tea and coffee drinks and alcohol)

- 1. Choose water.**
- 2. If you choose another beverage, get a smaller size, such as 12 OZ instead of 20 OZ or 36 OZ.**
- 3. Choose drinks with less than 30 calories per bottle** (check the Nutrition Facts on the bottle or can for calorie information).
- 4. Ask for low-fat or soy milk in coffee or tea, and no or little sugar.**

My Plate Planner

A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetable.

9-inch plate



**Remember portion sizes have grown over time.
Larger portions mean more calories consumed.
And more calories consumed often means weight gain.
Here's a way to keep them under control. We can work
together using a plate planner to help create a balanced
meal containing 1/4 protein, 1/4 starch, and 1/2 vegetables
that both you and your family can enjoy.**

**You have the power to make lasting changes
to improve your health. Start today!**



Taking small steps can
make a big difference.