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.
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

???

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
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

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

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.
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.