

Watch Your Portions

Portion Distortion

What you're served

What's one serving



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

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Measure up

How much do you eat? Here is a handy way to measure portion sizes:



By the numbers

Estimated daily calorie recommendations by the U.S. Department of Agriculture:

| Children | Calories | | Calories | | |
|-----------|-----------|--------|-----------|-----------|--------|
| | Sedentary | Active | Women | Sedentary | Active |
| 2-3 years | 1,000 | 1,400 | 4-8 years | 1,200 | 1,800 |
| | | | 9-13 | 1,600 | 2,200 |
| | | | 14-18 | 1,800 | 2,400 |
| | | | 19-30 | 2,000 | 2,400 |
| | | | 31-50 | 1,800 | 2,200 |
| | | | 51+ | 1,600 | 2,200 |
| | | | 4-8 years | 1,400 | 2,000 |
| | | | 9-13 | 1,800 | 2,600 |
| | | | 14-18 | 2,200 | 3,200 |
| | | | 19-30 | 2,400 | 3,000 |
| | | | 31-50 | 2,400 | 3,000 |
| | | | 51+ | 2,200 | 2,800 |

Bigger isn't better

A good deal isn't necessarily the most food for your money. These phrases indicate a surplus of excess on the menu.

| "Combo" | "Supersize" | "Value meal" |
|------------|-------------------|--------------|
| "Ultimate" | "All-you-can-eat" | "Colossal" |
| "Kingsize" | "Deluxe" | "Supreme" |
| "Jumbo" | "Tub" | "Biggie" |

Everyday excess



What you're served:
40 tortilla chips
400 calories, 20 grams fat

What's one serving:
10 tortilla chips
100 calories, 5 grams fat

What you're served:
24 oz. soda
310 calories, 0 grams fat

What's one serving:
12 oz. soda
155 calories, 0 grams fat



What you're served:
5 oz. chocolate chip cookie
700 calories, 20 grams fat

What's one serving:
1 oz. chocolate chip cookie
140 calories, 4 grams fat



What you're served:
Large 4 oz. bagel, plain*
320 calories, 3 grams fat

What's one serving:
1.5 oz. bagel, plain*
120 calories, 1 gram fat

*2 tablespoons cream cheese adds 100 calories and 10 grams fat



What you're served:
Jumbo popcorn (30 cups), unbuttered*
1,650 calories, 93 grams fat

What's one serving:
3 cups popcorn, unbuttered*
165 calories, 9 grams fat

*6 tablespoons butter adds 610 calories and 69 grams fat



What you're served:
4 slices of 14" pepperoni pizza (out into 12 slices)
920 calories, 36 grams fat

What's one serving:
2 slices of 14" pepperoni pizza (out in 12 slices)
460 calories, 18 grams fat

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What you're served

What's one serving



22-oz. chicken burrito with rice, black beans, lettuce, salsa, cheese and sour cream, with 4 ounces tortilla chips and $\frac{1}{4}$ cup salsa.
1,560 calories, 60 grams fat, 3,725 milligrams sodium



Half the burrito with 1 ounce tortilla chips and $\frac{1}{2}$ cup salsa.
660 calories, 25 grams fat, 1,870 milligrams sodium

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WORDS TO WATCH:

- Combo
- Ultimate
- Kingsize

- Jumbo
- Supersize
- All-you-can-eat

- Deluxe
- Tub
- Value meal

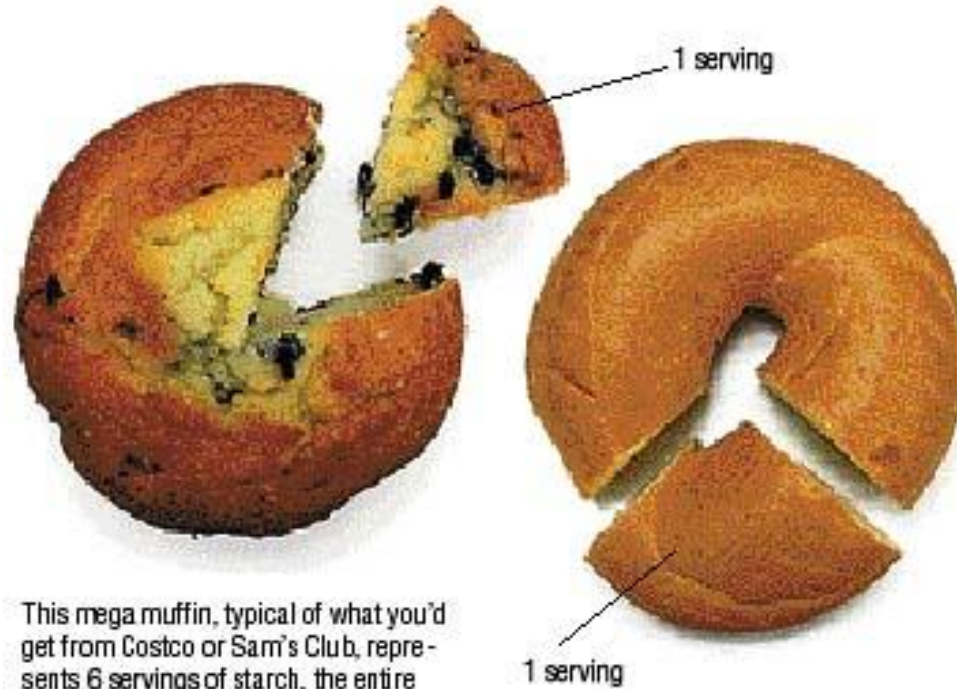
- Colossal
- Supreme
- Biggie

Carbo confusion

Breads, grains and cereals form the base of the pyramid, which means you get to eat the most of them. But a serving doesn't mean one whole piece of any starch.

1 serving = 1 piece of bread, 1/2 cup cooked rice or pasta, 3-4 small crackers, etc.

Servings per day: 6 for an average woman to 11 for teen boys and active men



This mega muffin, typical of what you'd get from Costco or Sam's Club, represents 6 servings of starch, the entire recommended amount for a day for most women and older adults.

The wedge shows how much is considered a single serving.

This muffin also carries with it 700 calories and 30 grams of fat. An average woman who ate two of these in a day would cover most of her calorie needs and double her fat allowance.

One bonus: A blueberry muffin of this size provides a quarter-serving of fruit.

A large bagel — this one is the standard bakery version from Safeway — provides about 4 servings of starch.

A whole-wheat bagel is a good basic choice, if you watch your portion size. A whole-wheat bagel is 280 calories; 1.5 grams of fat.

An egg bagel is 320 calories; 2.5 grams of fat.