



U.S. Department of  
Health and Human  
Services



National Institutes  
of Health



National Heart, Lung,  
and Blood Institute

**Stay Young  
at Heart** **Portion Distortion**

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

National Heart, Lung, and Blood Institute  
Obesity Education Initiative





# Portion Distortion



## BAGEL

20 Years Ago



140 calories  
3-inch diameter

Today



How many calories  
are in this bagel?





# Portion Distortion



## BAGEL

**20 Years Ago**



**140 calories**  
**3-inch diameter**

**Today**



**350 calories**  
**6-inch diameter**

**Calorie Difference: 210 calories**

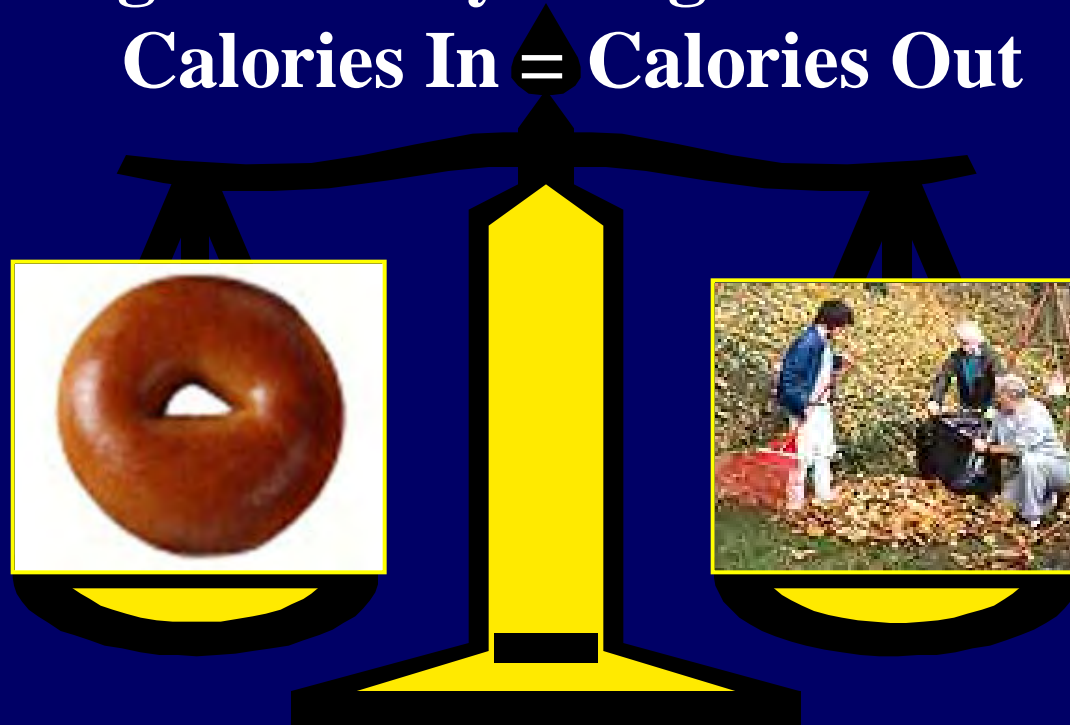




# Portion Distortion



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





# Portion Distortion



## Calories In = Calories Out



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



\*Based on 130-pound person





# Portion Distortion



## CHEESEBURGER

20 Years Ago



333 calories

Today



How many calories are in today's cheeseburger?





# Portion Distortion



## CHEESEBURGER

20 Years Ago



333 calories

Today



590 calories

**Calorie Difference: 257 calories**

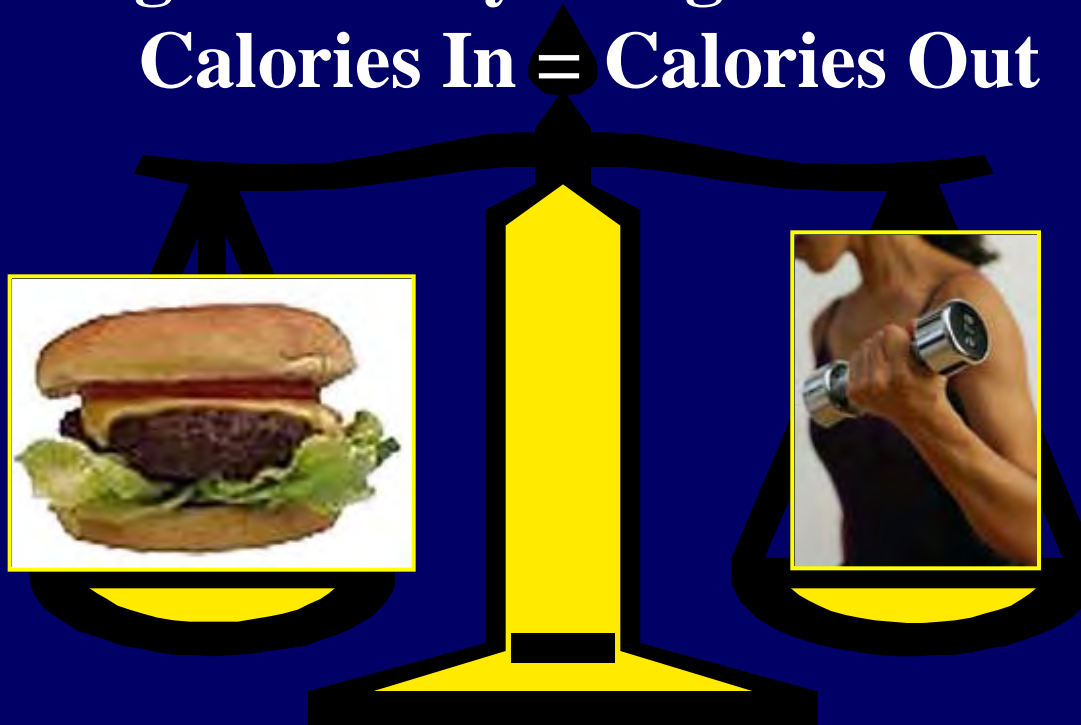




# Portion Distortion



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







# Portion Distortion



## 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





# Portion Distortion



## 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?





# Portion Distortion



## 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**





# Portion Distortion



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





# Portion Distortion



## Calories In = Calories Out



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



\*Based on 130-pound person





# Portion Distortion



## FRENCH FRIES

20 Years Ago



210 Calories  
2.4 ounces

Today



How many calories are in today's portion of fries?





# Portion Distortion



## FRENCH FRIES

20 Years Ago



210 Calories  
2.4 ounces

Today



610 Calories  
6.9 ounces

**Calorie Difference: 400 Calories**





# Portion Distortion



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







# Portion Distortion



## 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





# Portion Distortion



## SODA

20 Years Ago



85 Calories  
6.5 ounces

Today



How many calories are  
in today's portion?





# Portion Distortion



## SODA

20 Years Ago



85 Calories  
6.5 ounces

Today



250 Calories  
20 ounces

**Calorie Difference: 165 Calories**





# Portion Distortion



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





# Portion Distortion



## Calories In = Calories Out



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



\*Based on 160-pound person





# Portion Distortion



## TURKEY SANDWICH

20 Years Ago

Today



320 calories



How many calories are in today's turkey sandwich?





# Portion Distortion



## TURKEY SANDWICH

20 Years Ago

Today



320 calories



820 calories

**Calorie Difference: 500 calories**





# Portion Distortion



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







# Portion Distortion



## 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)

A screenshot of a website banner. 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, serif font. To the right of the heading is a small purple icon of a person with a heart. 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, circular arrow graphic is positioned behind the text.

