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

National Heart, Lung, and Blood Institute
Obesity Education Initiative

**COFFEE**

<table>
<thead>
<tr>
<th>20 Years Ago</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee (with whole milk and sugar)</td>
<td>Mocha Coffee (with steamed whole milk and mocha syrup)</td>
</tr>
<tr>
<td>45 calories</td>
<td>? How many calories are in today's coffee?</td>
</tr>
<tr>
<td>8 ounces</td>
<td></td>
</tr>
</tbody>
</table>
COFFEE

20 Years Ago
Coffee (with whole milk and sugar)
45 calories
8 ounces

Today
Mocha Coffee (with steamed whole milk and mocha syrup)
350 calories
16 ounces

Calorie Difference: 305 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to walk in order to burn those extra 305 calories?*

*Based on 130-pound person
If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.*

*Based on 130-pound person

20 Years Ago

210 calories
1.5 ounces

Today

How many calories are in today’s muffin?
20 Years Ago

210 calories
1.5 ounces

Today

500 calories
4 ounces

Calorie Difference: 290 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to vacuum in order to burn those extra 290 calories?*

*Based on 130-pound person
Calories In = Calories Out

If you vacuum for 1 hour and 30 minutes you will burn approximately 290 calories.*

*Based on 130-pound person

PEPPERONI PIZZA

20 Years Ago          Today

500 calories

How many calories are in two large slices of today’s pizza?
PEPPERONI PIZZA

20 Years Ago

500 calories

Today

850 calories

Calorie Difference: 350 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?*

*Based on 160-pound person
If you play golf (while walking and carrying your clubs) for 1 hour you will burn approximately 350 calories.*

*Based on 160-pound person

20 Years Ago

390 calories
1 ½ cups

How many calories are in today’s chicken Caesar salad?
CHICKEN CAESAR SALAD

20 Years Ago

390 calories
1 ½ cups

Today

790 calories
3 ½ cups

Calorie Difference: 400 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to walk the dog in order to burn those extra 400 calories?*

*Based on 160-pound person
If you walk the dog for 1 hour and 20 minutes, you will burn approximately 400 calories.*

*Based on 160-pound person

20 Years Ago
270 calories
5 cups

How many calories are in today’s large popcorn?
20 Years Ago
270 calories
5 cups

Today
630 calories
11 cups

Calorie Difference: 360 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to do water aerobics in order to burn the extra 360 calories?*

*Based on 160-pound person
Calories In = Calories Out

*Based on 160-pound person

If you do water aerobics for 1 hour and 15 minutes you will burn approximately 360 calories.*

CHEESECAKE

20 Years Ago

260 calories
3 ounces

Today

How many calories are in today’s large portion of cheesecake?
CHEESECAKE

20 Years Ago

260 calories
3 ounces

Today

640 calories
7 ounces

Calorie Difference: 380 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to play tennis in order to burn those extra 380 calories?*

*Based on 130-pound person
If you play tennis for 55 minutes you will burn approximately 380 calories.*

*Based on 130-pound person

How many calories are in today’s large cookie?
CHOCOLATE CHIP COOKIE

20 Years Ago

55 calories
1.5 inch diameter

Today

275 calories
3.5 inch diameter

Calorie Difference: 220 calories

Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out

How long will you have to wash the car to burn those extra 220 calories?*

*Based on 130-pound person
Calories In = Calories Out

If you wash the car for 1 hour and 15 minutes you will burn approximately 220 calories.*

*Based on 130-pound person

CHICKEN STIR FRY

20 Years Ago

435 calories
2 cups

Today

How many calories are in today’s chicken stir fry?
CHICKEN STIR FRY

20 Years Ago

435 calories
2 cups

Today

865 calories
4 ½ cups

Calorie Difference: 430 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How long will you have to do aerobic dance to burn those extra 430 calories?*

*Based on 130-pound person
If you do aerobic dance for 1 hour and 5 minutes you will burn approximately 430 calories.*

*Based on 130-pound person

Thank you for participating in Portion Distortion II!

For more information about Maintaining a Healthy Weight visit www.nhlbi.nih.gov