

# Test Your Knowledge on Portion Sizes



\_\_\_\_\_ calories? \_\_\_\_\_

**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. 820

b. 510

c. 630

# 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. 610

b. 590

c. 650

**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. 350

b. 250

c. 150

**Bagel  
Today**

**350  
calories**

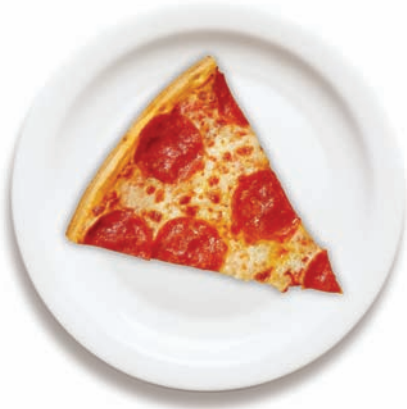
**Don't be fooled  
by portion sizes.**

**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), and ask for a small amount of it.**

# Pizza

**20 Years Ago**



**500 calories**

**Today**



**??? calories**

a. 1200

b. 850

c. 1000

**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. 250      b. 300      c. 200

**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



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 as we just saw, portion sizes have grown over time. Larger portions mean more calories consumed. And more calories consumed often mean 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.