



U.S. Department of
Health and Human
Services



National Institutes
of Health



National Heart, Lung,
and Blood Institute

Portion Distortion II Interactive Quiz

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

National Heart, Lung, and Blood Institute
Obesity Education Initiative





COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)



How many calories
are in today's coffee?



Portion Distortion II Interactive Quiz



COFFEE

20 Years Ago

Today

Coffee
(with whole milk and sugar)

Mocha Coffee
(with steamed whole milk and
mocha syrup)



45 calories
8 ounces

350 calories
16 ounces

Calorie Difference: 305 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.*



*Based on 130-pound person



Portion Distortion II Interactive Quiz



MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



How many calories are
in today's muffin?



Portion Distortion II Interactive Quiz



MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



500 calories
4 ounces

Calorie Difference: 290 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



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



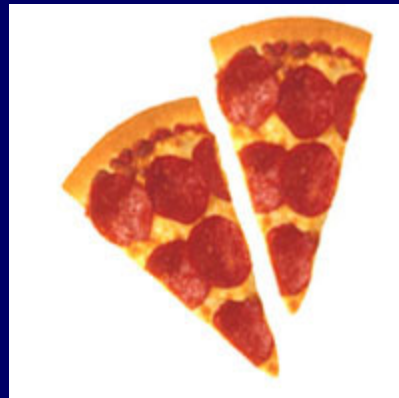
*Based on 130-pound person





PEPPERONI PIZZA

20 Years Ago



500 calories

Today



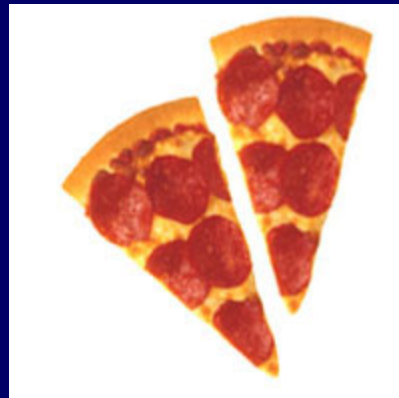
How many calories are in two large slices of today's pizza?





PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

Calorie Difference: 350 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



If you **play golf (while walking and carrying your clubs) for 1 hour** you will burn approximately **350 calories**.*



*Based on 160-pound person





CHICKEN CAESAR SALAD

20 Years Ago



390 calories
1 1/2 cups

Today



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



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



If you walk the dog for 1 hour and 20 minutes, you will burn approximately **400 calories**.*



*Based on 160-pound person



Portion Distortion II Interactive Quiz



POPCORN

20 Years Ago



270 calories
5 cups

Today



How many calories
are in today's large
popcorn?



Portion Distortion II Interactive Quiz



POPCORN

20 Years Ago



270 calories
5 cups

Today



630 calories
11 cups

Calorie Difference: 360 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



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



*Based on 160-pound person





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



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



If you **play tennis for 55 minutes** you will burn approximately **380 calories**.*



*Based on 130-pound person





CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



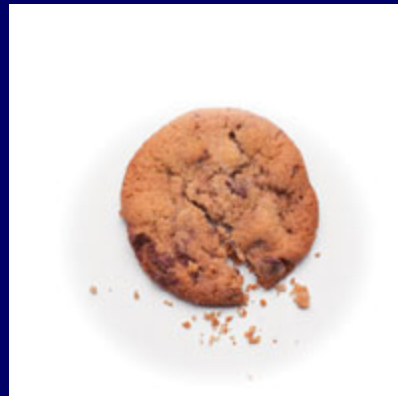
How many calories are
in today's large cookie?





CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



275 calories
3.5 inch diameter

Calorie Difference: 220 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



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 1/2 cups

Calorie Difference: 430 calories



Portion Distortion II Interactive Quiz



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



Portion Distortion II Interactive Quiz



Calories In = Calories Out



If you **do aerobic dance for 1 hour and 5 minutes** you will burn approximately **430 calories.***



*Based on 130-pound person



Portion Distortion II Interactive Quiz






Thank you for participating in
Portion Distortion II!

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

NATIONAL INSTITUTES OF HEALTH

National Heart, Lung, and Blood Institute

 Home  BMI Calculator  Menu Planner  OEI Home Page

Aim For A Healthy Weight

 *Information for Patients and the Public*

 *Information for Health Professionals*

