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

National Heart, Lung, and Blood Institute
Obesity Education Initiative
BAGEL

20 Years Ago
140 calories
3-inch diameter

Today

How many calories are in this bagel?
BAGEL

20 Years Ago

140 calories
3-inch diameter

Today

350 calories
6-inch diameter

Calorie Difference: 210 calories
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
Calories In = Calories Out

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

*Based on 130-pound person
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?
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
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
If you **houseclean** for 2 hours and 35 minutes, you will burn approximately **525 calories.**

*Based on 130-pound person*
FRENCH FRIES

20 Years Ago

210 Calories
2.4 ounces

Today

How many calories are in today’s portion of fries?
FRENCH FRIES

20 Years Ago

210 Calories
2.4 ounces

Today

610 Calories
6.9 ounces

Calorie Difference: 400 Calories
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
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
TURKEY SANDWICH

20 Years Ago

320 calories

Today

How many calories are in today’s turkey sandwich?
TURKEY SANDWICH

20 Years Ago

320 calories

Today

820 calories

Calorie Difference: 500 calories
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
If you ride a bike for 1 hour and 25 minutes, you will burn approximately 500 calories.*

*Based on 160-pound person