

Café Portion Distortion

Welcome to Café Portion Distortion

What is a PORTION? It's the amount of food that you eat for a meal or snack. It can be big or small—you decide. A SERVING is a measured amount of food or drink, such as a slice of bread or a cup (eight ounces) of milk. Many foods that come labeled as a SINGLE PORTION actually contain MULTIPLE SERVINGS. Average portion sizes have grown so much over the past 20 years that sometimes there's enough food for two or even three people on a plate. Are you eating more than you realize?



One Cheeseburger?

Portion sizes offered by fast food chains are two to five times larger than when first introduced. One of the first hamburgers, in 1955, weighed around 1.6 oz.; now, one of the larger hamburger patties weighs 8 oz., an increase of 500 percent.*

How much time to burn off just the EXTRA calories?

Lift weights for 1 hour and 30 minutes - to burn approximately 257 calories.**



🕒 = 10 minutes (depending on your personal physical statistics and level of effort**)

Today's Out of Control Portions!

Take a look at some examples of how much portions have grown over the past 20 years.



Beware of Monster Portions!

Some common food portion totals can equal the amount recommended for an entire day. For example, on a 1,600 calorie Daily Food Plan, a Chinese restaurant order of battered & fried chicken with rice is about 1,500 calories*** - almost the entire day's calorie allotment!

