



Portion Distortion Station

Pizza

20 Years Ago	Today
2 Pepperoni Pizza slices	2 Large Pepperoni Pizza slices
	
500 calories	??? calories

Two slices of pepperoni pizza 20 years ago had 500 calories.
How many calories do you think are in today's large pizza slices?

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services



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Popcorn

20 Years Ago



270 calories, 5 cups

Today



??? calories

A box of popcorn had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?

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Cheeseburger

20 Years Ago



333 calories

Today



??? calories

A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?

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Spaghetti and Meatballs

20 Years Ago



1 cup spaghetti with
sauce and 3 small
meatballs
500 calories

Today



??? calories

A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?

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Soda

20 Years Ago	Today
	
6.5 ounces 85 calories	??? calories

A 6.5-ounce portion of soda had 85 calories. How many calories do you think are in today's portion?

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Bagel

20 years ago



140 calories, 3-inch diameter

Today



??? Calories

A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's portion?

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Coffee

20 years ago



Coffee with whole milk & sugar

45 calories, 8 oz.

Today



Coffee with steamed whole milk
& mocha syrup

??? calories

A coffee 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's coffee?

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Muffin

20 years ago



210 calories, 1.5 ounces

Today



??? Calories

A muffin 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in today's muffin?

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Chicken Stir Fry

20 years ago



435 calories, 2 cups

Today



??? Calories

Chicken stir fry 20 years ago was 2 cups and had 435 calories. How many calories do you think are in today's portion?

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French Fries

20 years ago



210 calories, 2.4 ounces

Today



??? Calories

A serving of French fries 20 years ago was 2.4 ounces and had 210 calories. How many calories do you think are in today's portion?

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