

# Portion Distortion Station

**Pizza**

<b>20 Years Ago</b>	<b>Today</b>
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*



# Portion Distortion Station

## 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?

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



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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?

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



# Portion Distortion Station

## 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?

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



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**Soda**

<b>20 Years Ago</b>	<b>Today</b>
	
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?

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



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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?

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



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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?

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



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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?

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



# Portion Distortion Station

## 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?

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



# Portion Distortion Station

## 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?

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



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