



# PORTION DISTORTION STATION CARDS: POPCORN

20 Years Ago	Today
	
270 calories, 5 cups	??? calories, ??? cups

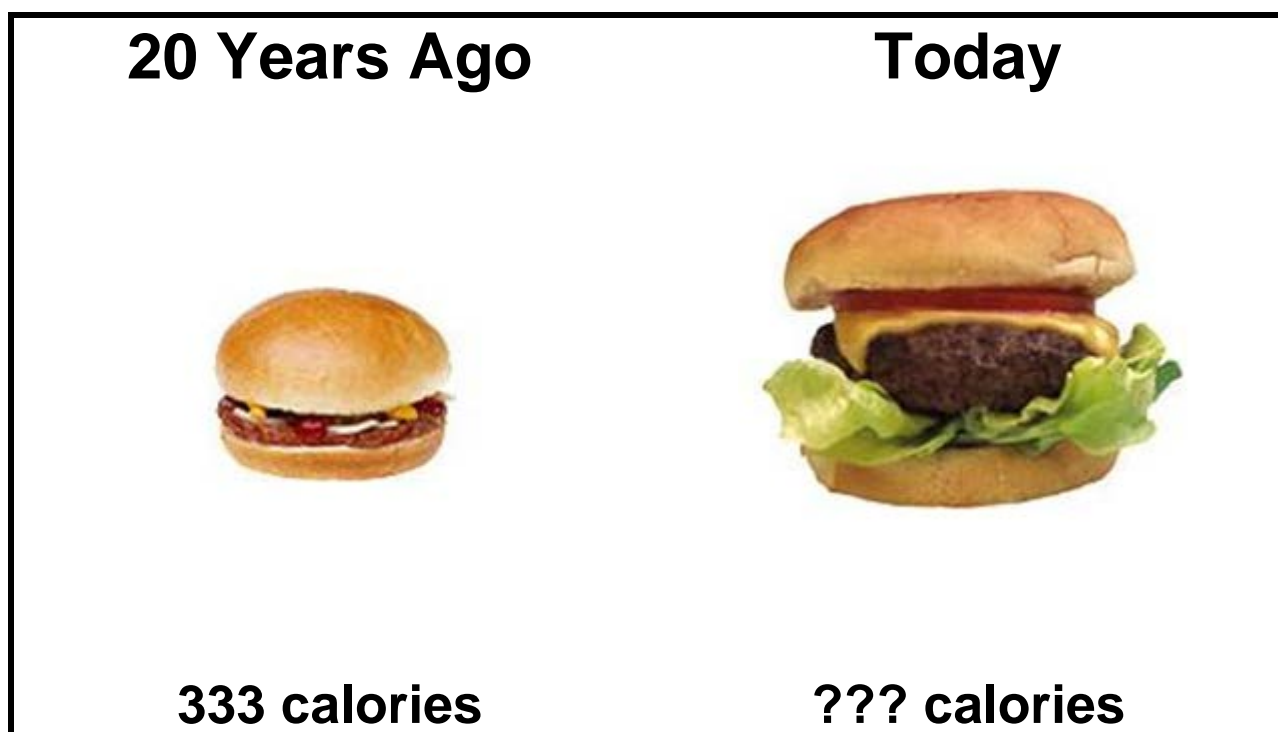
*Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.*

**How many cups are in today's container of popcorn?  
How many calories do you think it contains? What is  
the additional number of calories?**

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# PORTION DISTORTION STATION CARDS: CHEESEBURGER





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

**How many calories are in today's fast food cheeseburger? How many additional calories is this compared to the hamburger from 20 years ago?**

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# PORTION DISTORTION STATION CARDS: SPAGHETTI & MEATBALLS

20 Years Ago	Today
	
<b>500 calories, 1 cup</b>	<b>??? calories, ??? cups</b>

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

**How many cups are in today's plate of spaghetti?  
How many calories do you think it contains? What is  
the additional number of calories?**

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# PORTION DISTORTION STATION CARDS:

## SODA

20 Years Ago	Today
	
<b>85 calories, 6.5 oz.</b>	<b>??? calories, ??? oz.</b>

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



**How many cups are in today's bottle of soda? How many calories do you think it contains? What is the additional number of calories?**

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# PORTION DISTORTION STATION CARDS: FRENCH FRIES

20 Years Ago	Today
	
<b>210 calories, 2.4 oz.</b>	<b>??? calories, ??? oz.</b>

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

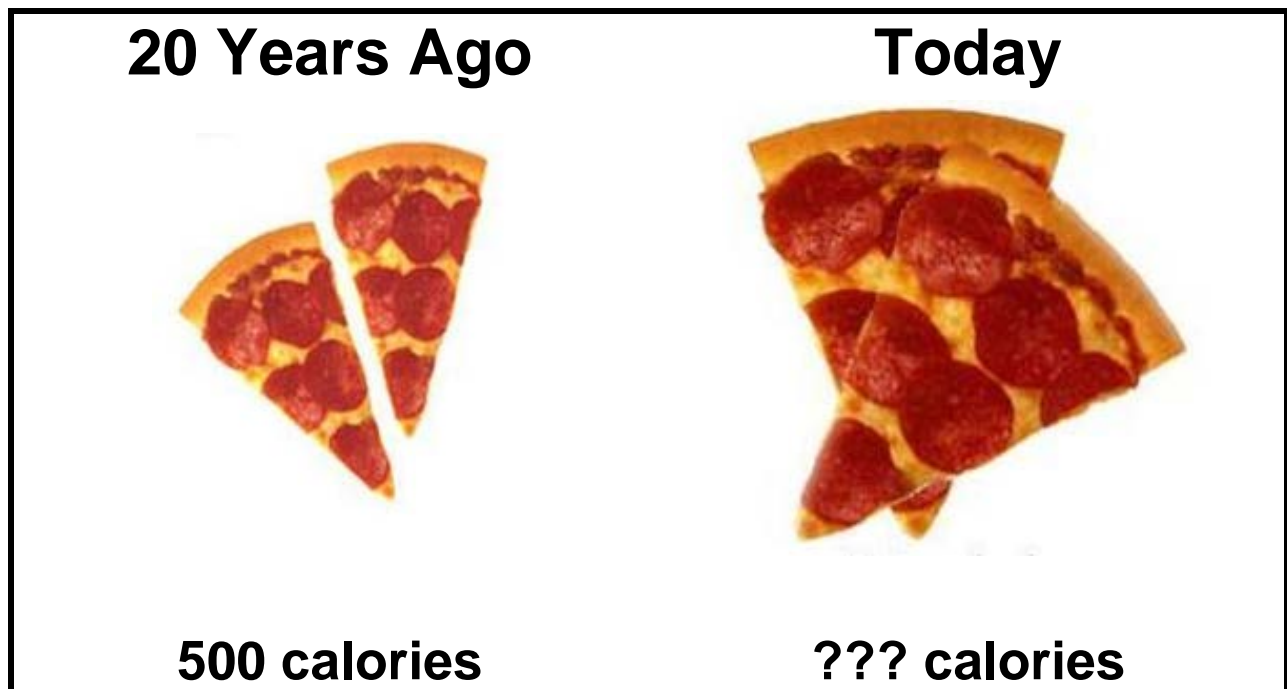
**How many cups are in today's container of fries?  
How many calories do you think it contains? What is  
the additional number of calories?**

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# PORTION DISTORTION STATION CARDS:

## PIZZA



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

**How many calories are in 2 slices of today's pizza?  
How many additional calories is this compared to the  
pizza from 20 years ago?**



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# PORTION DISTORTION STATION CARDS:

## MUFFIN

20 Years Ago	Today
	
210 calories, 1.5 oz.	??? calories, ??? oz.

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

**How big is today's muffin? How many calories do you think it contains? What is the additional number of calories?**

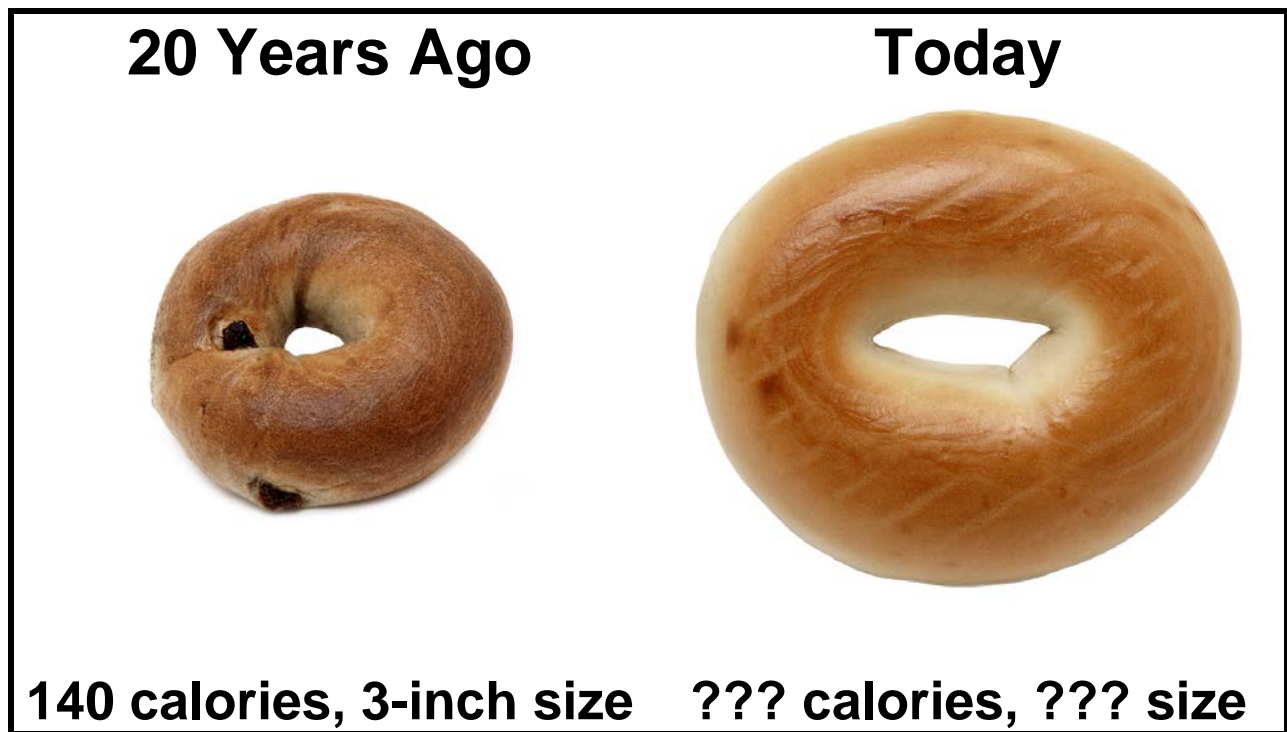
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# PORTION DISTORTION STATION CARDS:

## BAGEL



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

**How big do you think today's bagel is? How many calories do you think it contains? What is the additional number of calories?**

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