Portion Distortion Station

Pizza

20 Years Ago:
2 Pepperoni Pizza slices
500 calories

Today:
2 Large Pepperoni Pizza slices
??? 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**

?? caloies

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*
Portion Distortion Station

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

20 Years Ago

6.5 ounces
85 calories

Today

??? 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*
Portion Distortion Station

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
Portion Distortion Station

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_
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
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<th>Portion Distortion Station</th>
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## French Fries

<table>
<thead>
<tr>
<th>20 years ago</th>
<th>Today</th>
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<tbody>
<tr>
<td>210 calories, 2.4 ounces</td>
<td>??? Calories</td>
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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*