

# THE IMPORTANCE OF PORTIONS: Size matters

If it seems like food portions are bigger today than they were years ago, it's not your imagination. Health experts say that food sizes — and obesity rates — have grown in the last 20 years. Focusing on healthy foods is important. But portion sizes are also an important factor to think about when you eat. Whether it's a cookie or a plate of spaghetti, how much you eat is just as important as what you eat. After all, the total calories you consume each day can mean the difference between gaining weight and losing it.

## ***Reality check: Portions are bigger today***

Take a look at these food comparisons, and find out what you need to do to burn off those extra calories.



### ***Bagel***

*20 years ago:* 140 calories, 3-inch diameter

*Today:* 350 calories, 6-inch diameter

*Calorie difference:* 210 calories

You have to rake leaves for 50 minutes to burn the extra 210 calories. (Based on 130-pound person)



### ***Cheeseburger***

*20 years ago:* 330 calories

*Today:* 590 calories

*Calorie difference:* 260 calories

You have to lift weights for 1.5 hours to burn the extra 260 calories. (Based on 130-pound person)

### ***Soda***

*20 years ago:* 85 calories, 6.5 ounces

*Today:* 250 calories, 20 ounces

*Calorie difference:* 165 calories

You have to work in the garden for 35 minutes to burn 165 calories. (Based on 160-pound person)



*Source: National Heart, Lung, and Blood Institute Obesity Education Initiative*