



PORTION DISTORTION



20 YEARS AGO
3" diameter
140 calories

TODAY
6" diameter
350 calories



20 YEARS AGO
3.9 oz
333 calories

TODAY
7.3 oz
590 calories



20 YEARS AGO
2.4 oz
230 calories

TODAY
5.9 oz
510 calories



20 YEARS AGO
8 oz
97 calories

TODAY
20 oz
250 calories



20 YEARS AGO
1.5 oz
210 calories

TODAY
5 oz
500 calories

- Portion sizes have grown dramatically over the past 40 years.
- Americans eat out more than ever before.
- Adults today consume an average of 300 more calories a day than in 1985.
- A 20-ounce soda actually contains 2.5 servings, while a 3-ounce bag of chips contains 3 servings.

Source: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/distortion.htm> & www.heart.org

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • allisonknight@employeehc.com