





Portion Distortion



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Portion Distortion!

Do You Know How Food Portions Have Changed in 20 Years?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion I (2003) and Portion Distortion II (2004). You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

We hope you find Portion Distortion insightful and fun. We also hope that next time you eat on the run, you will think twice about the food portions offered to you.

Portion Distortion I
Download the Portion Distortion I Slide Set

Portion Distortion II
Download the Portion Distortion II Slide Set

To learn about the difference between portions and servings, visit [Keep an Eye on Portion Size](#).

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