

PORTION SIZES

CLASS 15



1977

2000

HISTORY OF PORTION SIZES

- Researchers from the University of North Carolina at Chapel Hill analyzed 3 government surveys taken over two decades and reviewed answers to the average portion size consumed for specific foods, such as snacks, desserts and soft drinks
 - They also looked at whether the eating was done at home or out
 - According to the study, Americans are eating per portion, on average:
 - 93 more calories from salty snacks, such as potato chips, pretzels and popcorn
 - 49 more calories from soft drinks
 - 97 more calories from hamburgers
 - 68 more calories from French fries
 - 133 more calories from Mexican food, such as burritos, tacos, enchiladas
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HISTORY OF PORTION SIZES

- Marketplace food portions have increased in size and now exceed federal standards
- Portion sizes began to grow in the 1970s, rose sharply in the 1980s, and have continued in parallel with increasing body weight
- Americans aren't aware of how much they're eating: We're getting so used to eating out and used to (restaurants') portion sizes
- We're getting a distorted view of what portion sizes are; We're not likely to make a distinction between restaurant sizes and real sizes when going home



HISTORY OF PORTION SIZES

- A “portion” is how much food you choose to eat at one time, whether in a restaurant, from a package, or in your own kitchen
- A “serving” size is the amount of food listed on a product’s Nutrition Facts
- Sometimes, the portion size and serving size match; sometimes they do not
- Keep in mind that the serving size on the Nutrition Facts is not a recommended amount of food to eat
- It is a quick way of letting you know the calories and nutrients in a certain amount of food



PORTION SIZES AND HEALTH

- Nearly 60% of the country is overweight, with the numbers growing (The Centers for Disease Control and Prevention)
- An extra 10 calories per day translates to 1 pound gained per year
- Because energy content increases with portion size, educational and other public health efforts to address obesity should focus on the need for people to consume smaller portions rather than only concentrating on food choices



STRATEGIES FOR CONTROLLING PORTIONS

- Group Activity
 - Portion Distortion Quiz 1 & Quiz 2

