



HOPE HERALD

Capital Area Food Bank of Texas
www.austinfoodbank.org

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Portion Sizes are BIGGER!

Obesity is now the #1 health threat in the US due to its impact on chronic diseases. There are many causes. So, let's talk about one of the main causes associated with **OBESITY IN AMERICA.**

Food portion sizes have increased both inside and outside the home. When eating out, twenty years ago, a typical cheese-burger had 330 calories-today, it has 590. Back then, the french fries you ordered on the side were a 2.4 ounce handful totaling 210 calories; today the standard order is 6.9 ounces, and totaling 610 calories.

In addition, researchers have found that serving sizes of other common foods have **greatly exceeded what they used to be.** Here are some examples:

- **Pasta portions are 5 times bigger**
- **Steaks are 2 times bigger**
- **Muffin portions are 3 times bigger**
- **Bagels are 2 times bigger**

Food companies now use larger sizes as selling points (supersized drinks, sandwiches, etc.). Restaurants are using larger dinner plates, bakers are selling larger muffin tins and fast-food companies are using larger drink and french fry containers.

Most of us are still programmed to “clean our plates”, as instructed by our parents or relatives.

Solutions:

- **At home, consider switching to smaller plates and bowls (your eyes will tell you that you are full sooner!)**
- **Serve foods on individual plates, rather than family style (to minimize the temptation for extra helpings)**
- **When eating out, if there are two sizes, choose the smaller size**
- **When eating out, try splitting a large entrée or take home a “to go box”**
- **Or, ask for a take-home container before you start eating and wrap up your meal for later as soon as it's served**

This hamburger club sandwich with french fries is an example of portions that are too large.



