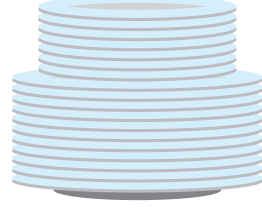


The Skinny on Portion Sizes

Bigger isn't always better, especially when it comes to portion sizes. Standard portion sizes have increased significantly over the years, making it difficult for some to keep calorie intake under control.



The Bigger Picture

Fact: Americans are gaining weight. **Check out what a difference 40 years can make.**

Brought to you by:



The health experts at NorthShore University HealthSystem explore portion sizes and provide portion control tips to help you navigate your way to better health.

BMI System

What is a BMI?

body mass index; estimates body fat based on height and weight

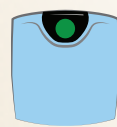
BMI Equation

$$\frac{\text{weight (lb)} \times 703}{\text{height (inch)}^2}$$

BMI Scale



≤ 18.5
Underweight



18.5 - 24.9
Healthy



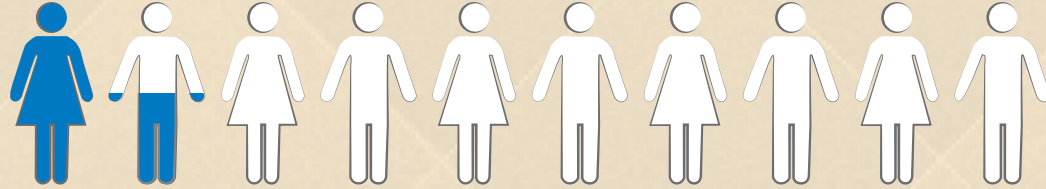
25 - 29.9
Overweight



≥ 30
Obese

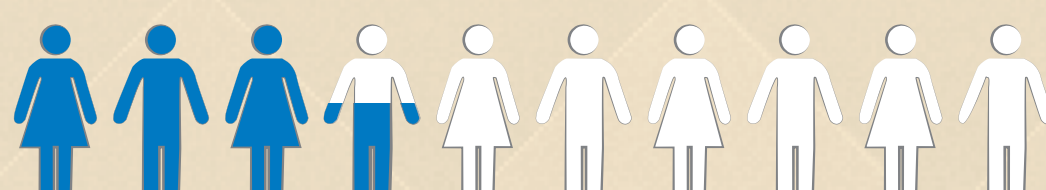
1971

15% of Americans were **obese**

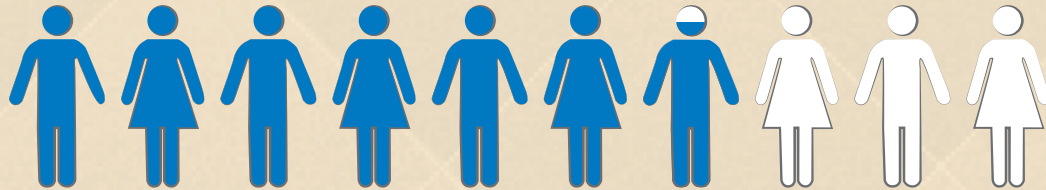


2010

36% of Americans were **obese**



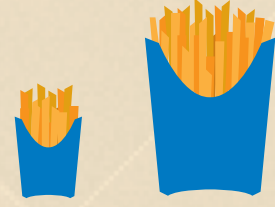
Even more shockingly, in 2010, **69%** of Americans were **overweight** or **obese**



Why has our nation gained so much weight?

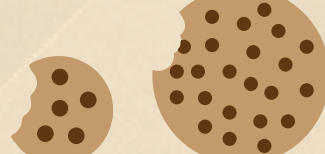
Portion Sizes: Then & Now

Compare today's typical portion sizes to those from 20 years ago.



French Fries

Then: 210 cal., 2.4 oz.
Now: 610 cal., 6.9 oz.



Chocolate Chip Cookie

Then: 55 cal., 1.5 in. diameter
Now: 275 cal., 3.5 in. diameter



Muffin

Then: 210 cal., 1.5 oz.
Now: 500 cal., 4 oz.



Bagel

Then: 140 cal., 3 in. diameter
Now: 350 cal., 6 in. diameter



Cheeseburger

Then: 333 calories
Now: 590 calories



Soda Pop

Then: 85 cal., 6.5 oz.
Now: 250 cal., 20 oz.



Turkey Sandwich

Then: 320 calories
Now: 820 calories



Spaghetti & Meatballs

Then: 500 calories
Now: 1,025 calories



Coffee

Then: 45 cal., 8 oz.
Now: 350 cal., 16 oz.

Why Does Size Matter?

The results of a recent American Journal of Clinical Nutrition study might surprise you.

Volunteers were given macaroni and cheese in either



a 2.5-cup container

or



a 5-cup container

On average, volunteers ate **30%** more when given a **5-cup container**

but reported **no increase in fullness.**

Surprisingly, most volunteers didn't even realize there was a difference in portion size.

Portion Control Tips

With larger portions becoming the norm, what can you do to prevent weight gain?



Avoid serving food family style at the dinner table.



Use small dishware at home.



At a restaurant, box up half your meal before picking up a fork.

Helpful Serving Sizes



When you don't have measuring cups on hand, just use your hand.

A Closed Fist

(roughly 1 cup)

is a serving of:

Pasta
Rice
Fruit
Veggies



Your Palm Size

(roughly 3 oz.)

is a serving of:

Meat
Fish
Poultry



An Open Handful

(roughly 1 oz.)

is a serving of:

Nuts
Raisins

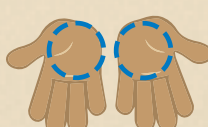


2 Open Handfuls

(roughly 1 oz.*)

is a serving of:

Chips
Popcorn
Pretzels



Your Thumb

(roughly 1 oz.)

is a serving of:

Nut butters
Cheese



Your Thumb Tip

(roughly 1 tsp.)

is a serving of:

Oils
Butter
Sugar



*Snacks like chips and popcorn weigh less than nuts and dried fruit.

Sources

northshore.org
cdc.gov
webmd.com

prevention.com
nhlbi.nih.gov
abcnews.go.com