

# NUTRIGRAM

April 2006

## Portion Distortion

### What is a portion?

A "portion" is the amount of food that you choose to eat for a meal or snack. It can be big or small - you decide.

### What is a serving?

A "serving" is a measured amount of food or drink, such as one slice of bread or 1 cup of milk. Some foods that most people consume as a single serving actually contain multiple serving sizes. For example, a 20-ounce soda is actually 2 1/2 servings and a 3-ounce bag of chips is 3 servings. Nutrition recommendations use serving sizes to help people know how much of different types of foods they should eat to get the nutrients they need. The Nutrition Facts label on packaged foods also lists a serving size to make it easier to compare similar foods.

### Portion distortion

Balancing your energy is challenging today because average portion sizes have grown over the past 20 years. For example, it's difficult to find a small portion in a restaurant these days. The plate arrives and there's often enough food on it for two or even three people. These ever-larger portions are changing what we think of as a "normal" portion, and that affects how much we eat at home as well. Eating larger than necessary portions of certain foods can leave us too full to eat the nutrient rich foods that we really need, like fruits, vegetables and whole grains. Cutting back on portion size is a great way to help keep energy and nutrients in balance.

Still aren't sure how much portion sizes have changed? Check out these examples:

20 Years Ago			Today		
	Portion	Calories		Portion	Calories
Bagel	3" diameter	140	Bagel	6" diameter	350
Cheese-burger	1	333	Cheese-burger	1	590
Spaghetti w/ meatballs	1 cup sauce 3 small meatballs	500	Spaghetti w/ meatballs	2 cups sauce 3 large meatballs	1,020
Soda	6.5 ounces	85	Soda	20 ounces	250
Blueberry muffin	1.5 ounces	210	Blueberry muffin	5 ounces	500

For more on portions check out the NHLBI's Portion Distortion Web site at <http://hin.nhlbi.nih.gov/portion/index.htm>



### Monthly SUPERFOODS Promotion

**WHOLE GRAINS**  
**3 IS KEY...**

oats, bulgur wheat, quinoa, teff, barley, amaranth, farro, spelt, wheatberries, kasha, kamut - so many choices to make getting 3 whole grain servings a day simple.

Whole grains, which contain the entire grain seed, are packed with **PHYTONUTRIENTS, ANTIOXIDANTS and FIBER.** 3 or more servings a day may help reduce your risk of heart disease, certain cancers, type II diabetes and may help with weight maintenance.

**SUPERFOODS**