

Health In Progress

Lesson 13

Portion Sizes



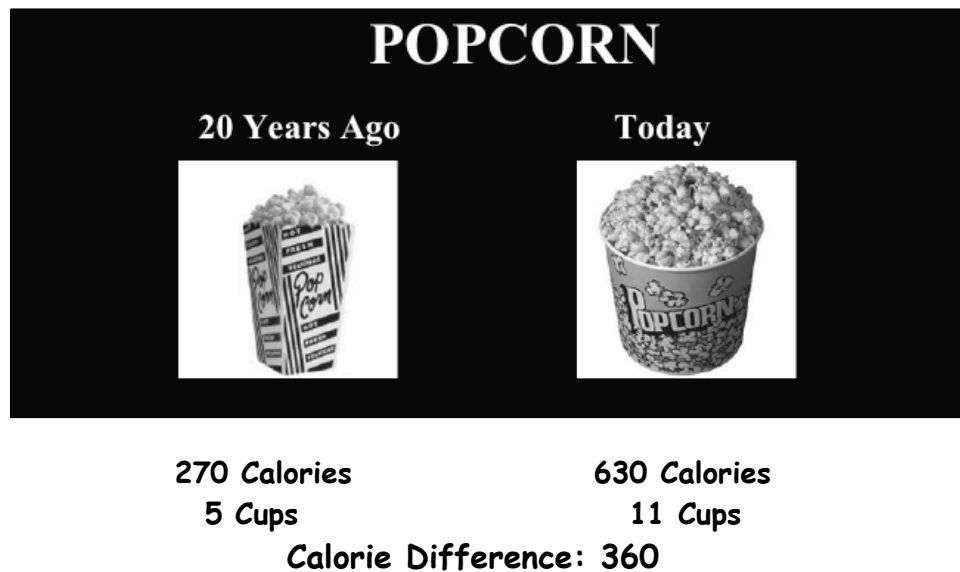
QUESTION 13:

True or False

Portion sizes have decreased for foods we purchase in the last 20 years.

ANSWER: False

1. It is startling to see how much **portion sizes have increased** for foods we purchase compared to just a few decades ago. Look at how the size of the average serving of popcorn has changed!



To see more examples of how portion sizes have changed, visit the **Portion Distortion tutorial on the National Institutes of Health website at <http://hp2010.nhlbi.nih.net/portion/>**. In addition to showing increased portion sizes for many foods, this quiz converts the increased calories in the current food portion to activity equivalents. For example, a 160 pound adult would have to do water aerobics for 1 hour and fifteen minutes to burn off the extra 360 calories in the present day serving of popcorn!

2. Another finding in studies shows that **adults and children as young as 5-years will eat more when they are served larger portion sizes.**

(Birch, LL and Davison, K: Family environmental factors influencing the developing behavioral controls of food intake and childhood overweight. Ped Clin N Am 48: 901, 2001)