

Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided at the end of the quiz.

1. A **bagel** 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
 - a. 150 calories
 - b. 250 calories
 - c. 350 calories
2. A **cheeseburger** 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
 - a. 590 calories
 - b. 620 calories
 - c. 700 calories
3. A 6.5-ounce portion of **soda** had 85 calories 20 years ago. How many calories do you think are in today's portion?
 - a. 200 calories
 - b. 250 calories
 - c. 300 calories
4. 2.4 ounces of **French fries** of 20 years ago had 210 calories. How many calories do you think are in today's portion?
 - a. 590 calories
 - b. 610 calories
 - c. 650 calories
5. A portion of **spaghetti and meatballs** 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
 - a. 600 calories
 - b. 800 calories
 - c. 1,025 calories

6. A cup of **coffee** with milk and sugar 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
- a. 100 calories
 - b. 350 calories
 - c. 450 calories
7. A **muffin** 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
- a. 320 calories
 - b. 400 calories
 - c. 500 calories
8. Two slices of **pepperoni pizza** 20 years ago had 500 calories. How many calories do you think are in today's large pizza slices?
- a. 850 calories
 - b. 1,000 calories
 - c. 1,200 calories
9. A **chicken Caesar salad** had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?
- a. 520 calories
 - b. 650 calories
 - c. 790 calories
10. A box of **popcorn** had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?
- a. 520 calories
 - b. 630 calories
 - c. 820 calories

Thank you for taking the Portion Distortion Quiz. We hope it was fun and insightful. Check out more on portion distortion at <http://hp2010.nhlbin.net/portion/>. We also hope that next time you eat out, you will think twice about the food portions offered to you.

Answers

1. c. 350 calories for a 6 inch bagel. If you rake leaves for 50 minutes you'll burn the extra 210 calories.*
2. a. 590 calories. You'll need to lift weights for 1 hour and 30 minutes, to burn the extra approximately 257 calories.*
3. b. 250 calories for a 20-ounce soda. If you work in the garden for 35 minutes you will burn the extra 165 calories.**
4. b. 610 calories for a 6.9-ounce portion of French fries. If you walk leisurely for 1 hour and 10 minutes, you will burn the extra 400 calories.**
5. c. 1,025 calories for a portion consisting of 2 cups of pasta with sauce and 3 large meatballs. If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.*
6. b. 350 calories for a 16-ounce cup of coffee. If you walk approximately 1 hour and 20 minutes, you will burn the extra 305 calories*
7. c. 500 calories for a 5-ounce muffin. If you vacuum for approximately 1 hour and 30 minutes you will burn the extra 310 calories*
8. a. 850 calories for 2 large slices of pizza. If you play golf (while walking and carrying your clubs) for 1 hour, you will burn the extra 350 calories**
9. c. 790 calories for a 3 cup portion. If you walk the dog for 1 hour and 20 minutes, you will burn the extra 400 calories.**
10. b. 630 calories for a tub of popcorn. If you do water aerobics for 1 hour and 15 minutes, you will burn the extra 360 calories.**

* Based on a 130-pound person

** Based on a 160-pound person

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