



U.S. Department of  
Health and Human  
Services



National Institutes  
of Health



National Heart, Lung,  
and Blood Institute

# Portion Distortion II Interactive Quiz

## Do You Know How Food Portions Have Changed in 20 Years?

National Heart, Lung, and Blood Institute  
Obesity Education Initiative





## COFFEE

**20 Years Ago**

**Coffee**  
**(with whole milk and sugar)**



**45 calories**  
**8 ounces**

**Today**

**Mocha Coffee**  
**(with steamed whole milk and mocha syrup)**



**How many calories**  
**are in today's coffee?**





## COFFEE

20 Years Ago

Today

Coffee  
(with whole milk and sugar)

Mocha Coffee  
(with steamed whole milk and  
mocha syrup)



45 calories  
8 ounces

350 calories  
16 ounces

**Calorie Difference: 305 calories**



# Portion Distortion II Interactive Quiz



## Maintaining a Healthy Weight is a Balancing Act Calories In = Calories Out



How long will you have to walk in order to burn those extra 305 calories?\*

\*Based on 130-pound person



# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.\*



\*Based on 130-pound person





## MUFFIN

20 Years Ago



210 calories  
1.5 ounces

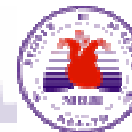
Today



How many calories are  
in today's muffin?



# Portion Distortion II Interactive Quiz



## MUFFIN

20 Years Ago



210 calories  
1.5 ounces

Today



500 calories  
4 ounces

**Calorie Difference: 290 calories**



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to vacuum in order to burn those extra 290 calories?\*

\*Based on 130-pound person





# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you **vacuum for 1 hour and 30 minutes** you will burn approximately **290 calories**.\*



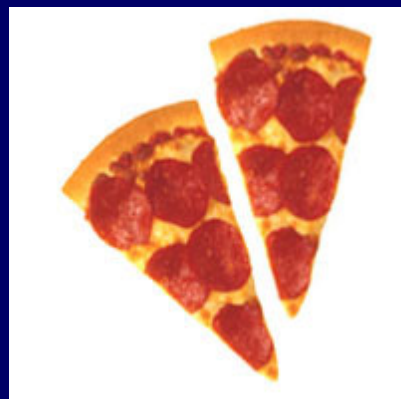
\*Based on 130-pound person





## PEPPERONI PIZZA

20 Years Ago



500 calories

Today



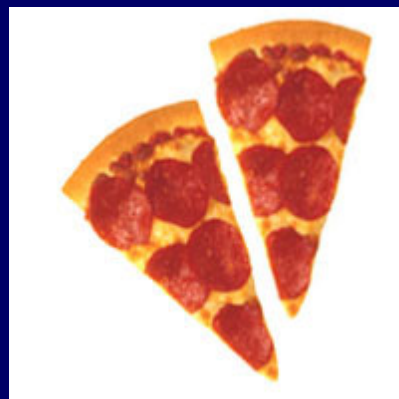
How many calories are in two large slices of today's pizza?





## PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

**Calorie Difference: 350 calories**



# Portion Distortion II Interactive Quiz



## Maintaining a Healthy Weight is a Balancing Act Calories In = Calories Out



How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?\*

\*Based on 160-pound person



# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you **play golf (while walking and carrying your clubs) for 1 hour** you will burn approximately **350 calories.\***



\*Based on 160-pound person





## CHICKEN CAESAR SALAD

20 Years Ago



390 calories  
1 1/2 cups

Today



How many calories are in today's chicken Caesar salad?





## CHICKEN CAESAR SALAD

20 Years Ago



**390 calories**  
**1 ½ cups**

Today



**790 calories**  
**3 ½ cups**

**Calorie Difference: 400 calories**



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to walk the dog in order to burn those extra 400 calories?\*

\*Based on 160-pound person





# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you walk the dog for 1 hour and 20 minutes, you will burn approximately **400 calories**.\*



\*Based on 160-pound person





## POPCORN

20 Years Ago



270 calories  
5 cups

Today



How many calories  
are in today's large  
popcorn?



# Portion Distortion II Interactive Quiz



## POPCORN

20 Years Ago



270 calories  
5 cups

Today



630 calories  
11 cups

**Calorie Difference: 360 calories**



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to do water aerobics in order to burn the extra 360 calories?\*

\*Based on 160-pound person





## Calories In = Calories Out



If you **do water aerobics for 1 hour and 15 minutes** you will burn approximately **360 calories**.\*



\*Based on 160-pound person





## CHEESECAKE

20 Years Ago



260 calories

3 ounces

Today



How many calories are in today's large portion of cheesecake?





## CHEESECAKE

20 Years Ago



260 calories

3 ounces

Today



640 calories

7 ounces

**Calorie Difference: 380 calories**



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to play tennis in order to burn those extra 380 calories?\*

\*Based on 130-pound person





# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you play tennis for **55 minutes** you will burn approximately **380 calories**.\*



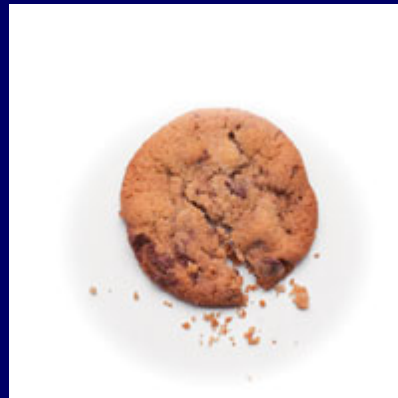
\*Based on 130-pound person





## CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories  
1.5 inch diameter

Today



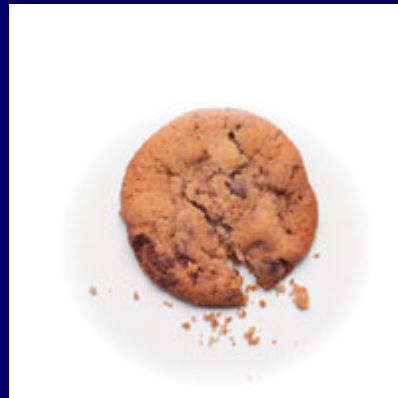
How many calories are  
in today's large cookie?





## CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories  
1.5 inch diameter

Today



275 calories  
3.5 inch diameter

Calorie Difference: 220 calories



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to wash the car to burn those extra 220 calories?\*

\*Based on 130-pound person



# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you wash the car for 1 hour and 15 minutes you will burn approximately **220 calories**.\*



\*Based on 130-pound person





## CHICKEN STIR FRY

20 Years Ago



435 calories  
2 cups

Today



How many calories are in  
today's chicken stir fry?





## CHICKEN STIR FRY

20 Years Ago



435 calories  
2 cups

Today



865 calories  
4 1/2 cups

**Calorie Difference: 430 calories**



# Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to do aerobic dance to burn those extra 430 calories?\*

\*Based on 130-pound person





# Portion Distortion II Interactive Quiz



## Calories In = Calories Out



If you **do aerobic dance for 1 hour and 5 minutes** you will burn approximately **430 calories**.\*



\*Based on 130-pound person



# Portion Distortion II Interactive Quiz



Thank you for participating in  
**Portion Distortion II!**

For more information about Maintaining a Healthy Weight  
visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

A screenshot of the NHLBI website banner. At the top, it says "NATIONAL INSTITUTES OF HEALTH" and "National Heart, Lung, and Blood Institute". Below this are navigation links: "Home", "BMI Calculator", "Menu Planner", and "OEI Home Page". The main heading is "Aim For A Healthy Weight" in a large purple font, with a small icon of a person with a heart. Below the heading, there are two sections: "Information for Patients and the Public" with a photo of an elderly couple on bicycles, and "Information for Health Professionals" with a photo of a doctor and a patient looking at a screen. A large yellow arrow graphic is in the background, pointing upwards.

