Test Your Knowledge-Portions

1. <u>Serving Sizes</u>: Which shape represents a single serving of: (Choose one of the shapes from the bank for each of the food groups)

- Grains: 1 slice of bread
- Fruit: 1 Medium fresh fruit
- Vegetable: 1 cup of salad
- Dairy: ½ cup ice cream
- Protein: 3oz of meat/poultry/fish
- Fats and Oils: 1 teaspoon



2. <u>Portion Distortion</u>: compare the portion sizes of each food from 20 years ago and today. Can you guess the calorie difference? How long do you think it would take for each activity, for you to burn the extra calories?

	20 years ago	Today	Can you guess the calorie difference?
Muffin	1.5 oz 210 calories	4 oz _?_ calories	180
			290
			350
Chicken Caesar Salad	1½ cups 390 calories	3½ cups _?_ calories	400
			500
			600
A STATE	1.5" diameter	1.5" diameter3.5" diameter55 calories? calories	95
			110
Chocolate Chip Cookie	55 calories		220
Bagel	3" diameter 140 calories	6" diameter calories	110
			210
			310
	8 oz (w/ whole milk and sugar) 45 calories	16 oz Mocha Coffee (w/ whole milk and mocha syrup calories	115
			225
Coffee			305
	1 cup pasta & sauce and 3 small meatballs 500 calories	2 cups pasta & sauce and 3 large meatballs calories	325
			450
Spaghetti and Meatballs			525
beef a	6.5 oz 85 calories	20 oz <u>?</u> calories	165
			175
			185
Soda			



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