

Test Your Knowledge-Portions








1. Serving Sizes: 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. Portion Distortion: 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
 Chocolate Chip Cookie	1.5" diameter 55 calories	3.5" diameter ? calories	95 110 220
 Bagel	3" diameter 140 calories	6" diameter ? calories	110 210 310
 Coffee	8 oz (w/ whole milk and sugar) 45 calories	16 oz Mocha Coffee (w/ whole milk and mocha syrup ? calories	115 225 305
 Spaghetti and Meatballs	1 cup pasta & sauce and 3 small meatballs 500 calories	2 cups pasta & sauce and 3 large meatballs ? calories	325 450 525
 Soda	6.5 oz 85 calories	20 oz ? calories	165 175 185