Portion Distortion

What you’re served

1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What’s one serving

1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.
- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.
- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.
- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.