parent tips



Portion Size Matters

Portion Size – The amount of food or drink a person chooses to eat or drink at one time.







Portion Sizes: Then and Now

Compare portion sizes from 20 years ago with today's portions. See how the extra calories can add up (lots of energy in).

How Can You Eat Smaller Portions?

- Split a large salad or main dish with a friend.
- Eat one slice of pizza instead of two.
- Share a tub of popcorn if you buy one.

Bagel

20 Years Ago	Today
3-inch bagel	6-inch bagel
140 calories	350 calories

Today's bagel has 210 more calories.

It can be hard to eat or drink a healthy portion, because:

- Many people don't know what a healthy portion is.
- Restaurants often serve large meals.
 Some meals have portions that are enough for two people or more.
- Food makers package foods and drinks in large sizes to sell more.

Portion sizes have grown over the years. They are much larger now than 20 years ago.

Pepperoni Pizza

20 Years Ago	Today
2 slices of a large	2 slices of a large
pepperoni pizza	pepperoni pizza
500 calories	850 calories

Today's pizza has 350 more calories.

Soda

20 Years Ago	Today
6 ½ ounces regular soda	20 ounces regular soda
85 calories	250 calories

Today's soda has 165 more calories.

Popcorn

20 Years Ago	Today	
Box of popcorn 270 calories	Tub of popcorn 630 calories	
Today's popcorn has 360 more calories.		

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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