

Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided below.

1. A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
 - a. 150 calories
 - b. 250 calories
 - c. 350 calories
2. A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
 - a. 590 calories
 - b. 620 calories
 - c. 700 calories
3. A 6.5-ounce portion of soda had 85 calories 20 years ago. How many calories do you think are in today's portion?
 - a. 200 calories
 - b. 250 calories
 - c. 300 calories
4. 2.4 ounces of french fries of 20 years ago had 210 calories. How many calories do you think are in today's portion?
 - a. 590 calories
 - b. 610 calories
 - c. 650 calories
5. A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
 - a. 600 calories
 - b. 800 calories
 - c. 1,025 calories
6. A cup of coffee with milk and sugar 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
 - a. 100 calories
 - b. 350 calories
 - c. 450 calories

7. A muffin 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?

- a. 320 calories
- b. 400 calories
- c. 500 calories

8. Two slices of pepperoni pizza 20 years ago had 500 calories. How many calories do you think are in today's large pizza slices?

- a. 850 calories
- b. 1,000 calories
- c. 1,200 calories

9. A chicken Caesar salad had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?

- a. 520 calories
- b. 650 calories
- c. 790 calories

10. A box of popcorn had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?

- a. 520 calories
- b. 630 calories
- c. 820 calories

Thank you for taking the Portion Distortion quiz. We hope it was fun and insightful. We also hope that next time you eat out, you will think twice about the food portions offered to you.