

# Avoiding Portion Distortion

Portion sizes (and Americans) have gotten much larger over the past 20 years. This is not a coincidence. Larger portion sizes mean more calories, and more calorie intake means more weight gain. Just 100 extra calories per day leads to a weight gain of 10 pounds over the course of the year.

20 Years Ago

Today

Difference

20 Years Ago

Today

Difference



333 Calories



590 Calories

**257  
More  
Calories**



85 Calories



250 Calories

**165  
More  
Calories**



500 Calories



850 Calories

**350  
More  
Calories**



210 Calories



500 Calories

**290  
More  
Calories**



500 Calories



1,025 Calories

**525  
More  
Calories**



270 Calories



630 Calories

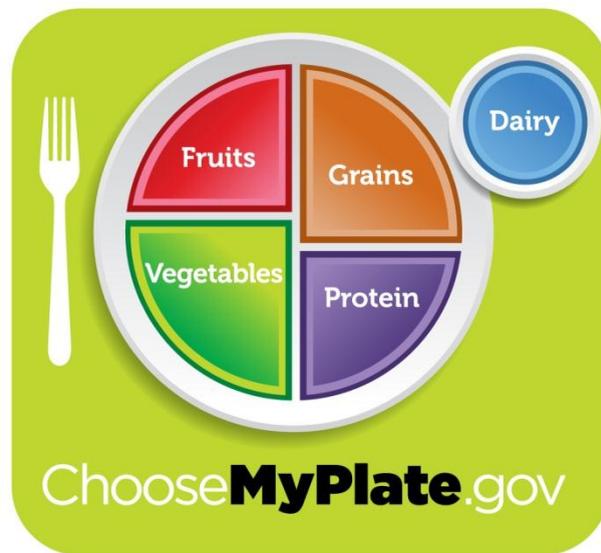
**360  
More  
Calories**

# Avoiding Portion Distortion

To avoid portion distortion, it's important for you to understand what foods you need on a daily basis.

The USDA offers many resources to help you determine your body's essential needs. The plate to the right illustrates how your daily intake of food should look like.

For more information, visit [choosemyplate.gov](http://choosemyplate.gov).



**Fruits:** Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**Vegetables:** Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

**Protein:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat.

THINK PREVENTION!



**Prevention is always better than treatment!  
Understanding portion distortion is a  
proactive strategy to live longer and stay well.**