When eating out
◆ Make healthy choices.
◆ Choose whole grains, fruits and vegetables.
◆ Drink water, 100 percent fruit juice or low-fat milk.
◆ Order a smaller portion or share.
  **FILL UP, NOT OUT!**

**THE SUPERSIZING OF AMERICA**

**Single hamburger**
- 280 calories
- 10 grams fat

**Double deluxe cheeseburger**
- 1,020 calories
- 65 grams fat

Bigger isn’t better
◆ Twenty years ago, a standard restaurant portion of french fries was 2 ounces and 210 calories.
◆ Today a standard restaurant portion is about 7 ounces and 610 calories.
◆ You would need to walk an additional 1 hour and 10 minutes to burn those extra calories from french fries!

**Supersizing**
It may be good for your wallet, but it’s not good for your waistline.
◆ Portions have gotten larger.
◆ Supersizing often provides enough for two people or two meals.
◆ Larger portions often mean increases in waistlines and body weight.

**Avoid portion distortion**
◆ Keep an eye on portion sizes.
◆ Use a smaller plate, bowl and glass.
◆ Read food labels. Be sure to look at the serving size and how much you’re actually eating.

**To maintain your weight, balance your calories**
◆ Eat the right amount of calories for you.
◆ Be physically active your way.

**Filled up, not out!**
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**Supersizing stuff**
- **Stuffed crust meat-lover’s pizza**
  - Medium pizza -- 2 slices
  - 1,086 calories
  - 58 grams fat

- **Thin-crust pepperoni pizza**
  - Medium pizza -- 2 slices
  - 380 calories
  - 18 grams fat

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