

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



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.



SINGLE HAMBURGER

280 calories
10 grams fat

DOUBLE DELUXE CHEESEBURGER

1,020 calories
65 grams fat



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



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!



20 YEARS AGO



TODAY

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.



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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fstamp.

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