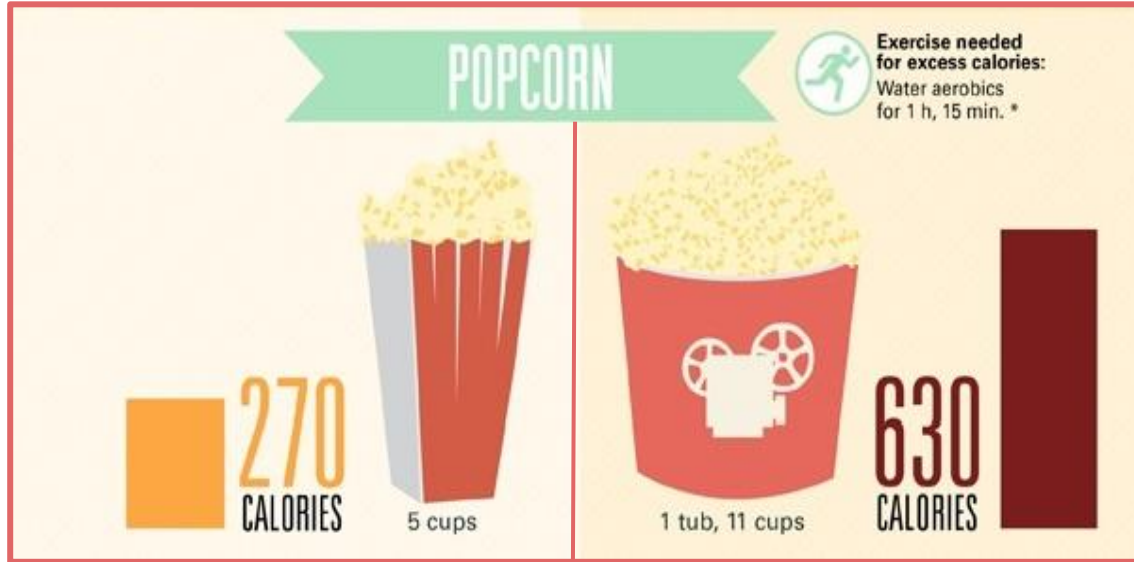


## **Portion Distortion:**

an upward shift in the size and  
calorie count of  
a serving of food.

Portion sizes have  
***more than tripled***  
in the past 20 years.

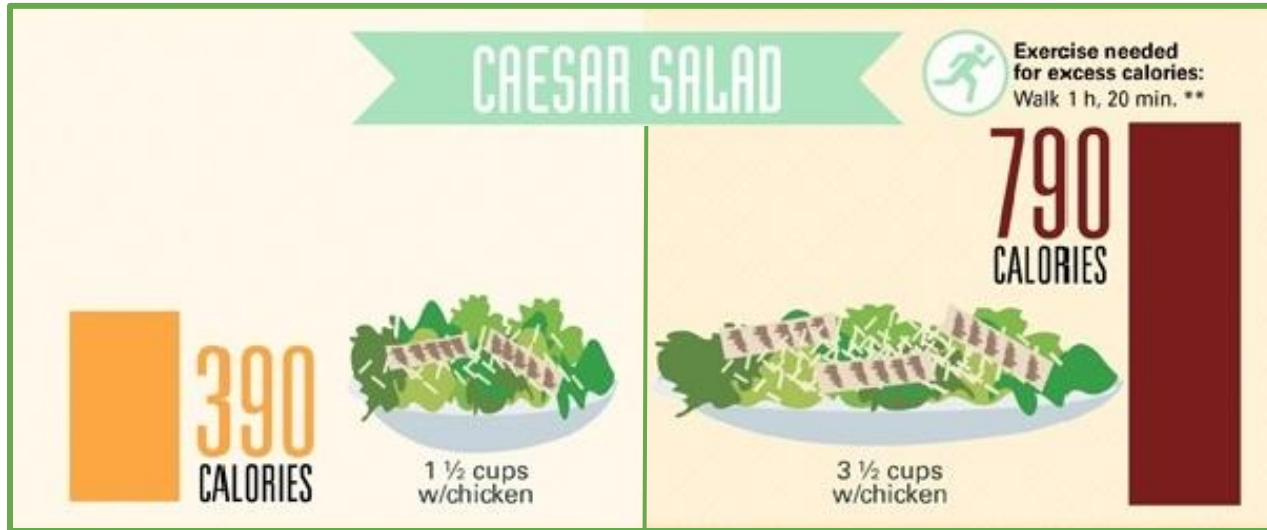
# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

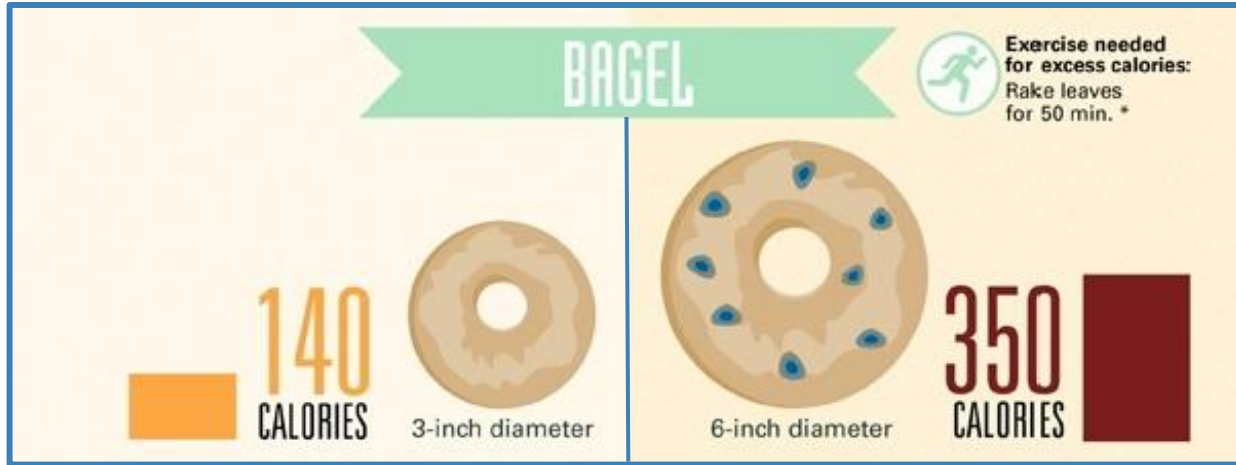
# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

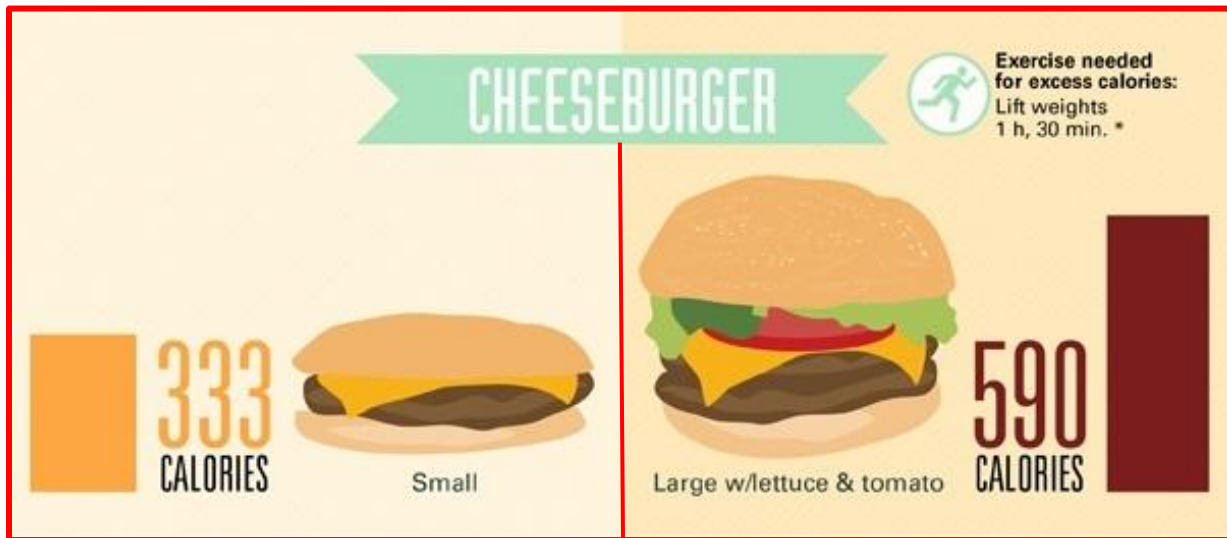
# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

# 20 Years Ago vs. Today

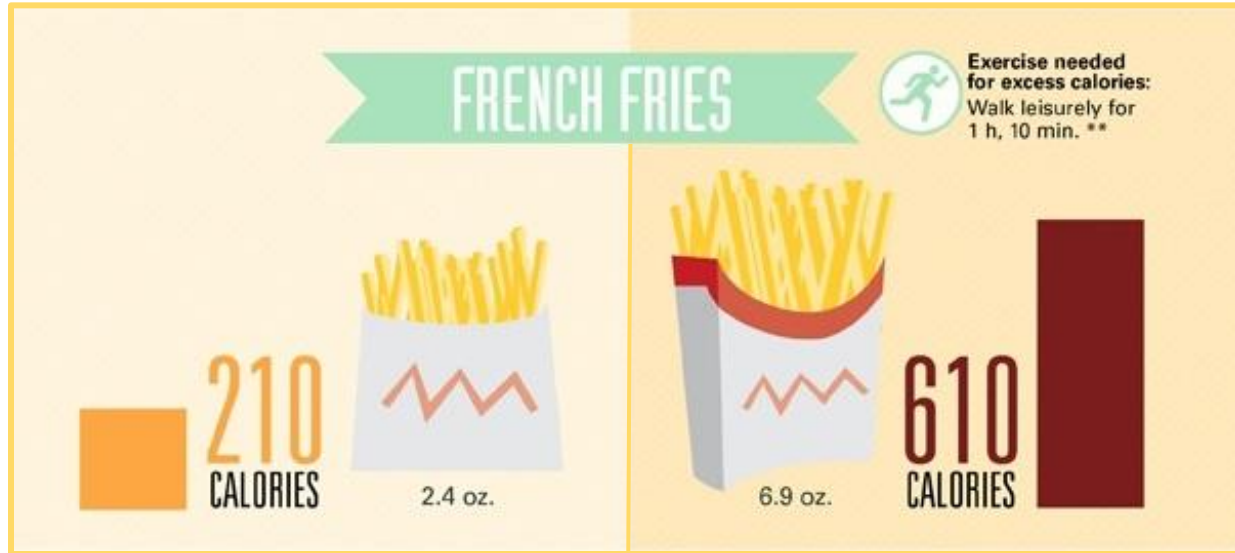


Source: National Heart, Lung, & Blood Institute

Portion Distortion



# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

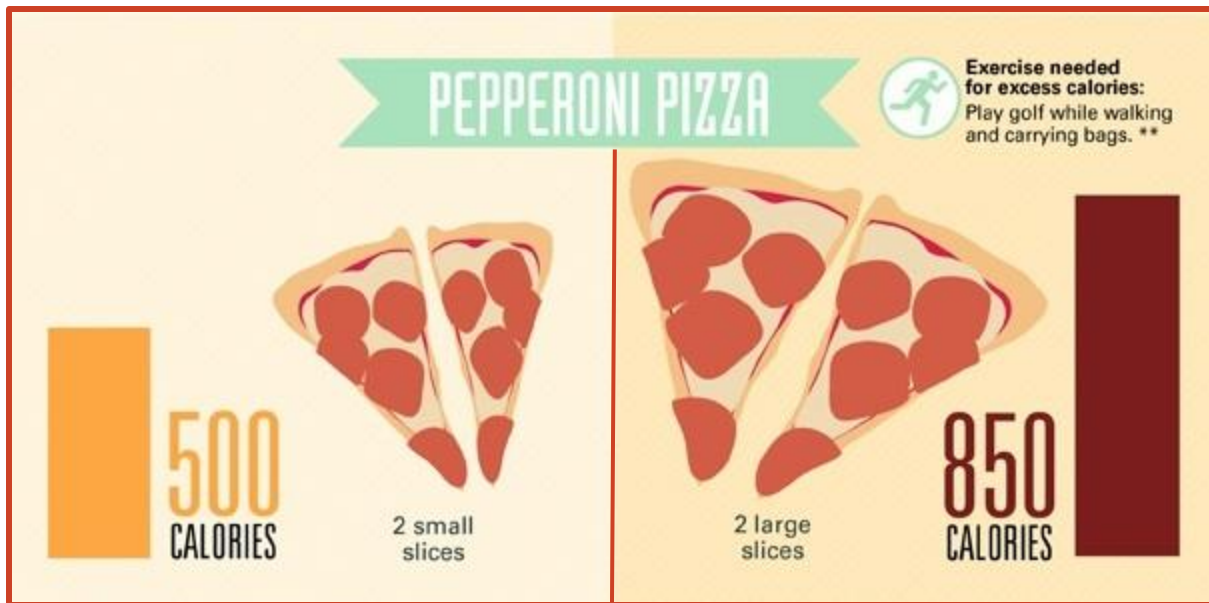
# 20 Years Ago vs. Today



Source: National Heart, Lung, & Blood Institute

Portion Distortion

# 20 Years Ago vs. Today



Source: National Heart, Lungs, & Blood Institute

Portion Distortion