



burning fast food

PORTION DISTORTION

See how calorie portions have evolved through the past twenty years.

<p style="text-align: center;">SODA</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ A 6.5 ounce soda had 85 calories. <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ A 20 ounce soda has 250 calories, 165 more calories than a portion 20 years ago. <p><i>If you're a 160 pound person, you'll need to work in the garden for 35 minutes, to burn around 165 calories.</i></p>	<p style="text-align: center;">CHEESEBURGER</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ A cheeseburger had 333 calories. <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ Today's fastfood cheeseburger has 590 calories, 257 more calories than a portion 20 years ago. <p><i>If you're a 130 pound person, you'll need to lift weights for 1 hour and 30 minutes to burn around 257 calories.</i></p>	<p style="text-align: center;">FRENCH FRIES</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ 2.4 ounces of french fries had 210 calories. <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ Today's portion of French fries is 6.9 ounces and has 610 calories, 400 more calories than a portion 20 years ago. <p><i>If you're a 160 pound person, you'll need to walk leisurely for 1 hour and 10 minutes to burn around 400 calories.</i></p>
<p style="text-align: center;">SPAGHETTI AND MEATBALLS</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ 1 cup spaghetti with sauce & 3 small meatballs ➤ 500 calories <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ 2 cups of pasta with sauce & 3 large meatballs ➤ 1,025 calories <p><i>If you are a 130 pound person, you will need to clean the house for around 2 hours and 35 minutes to burn approximately 525 calories.</i></p>	<p style="text-align: center;">COFFEE</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ 8 ounces of coffee (with whole milk & sugar) ➤ 45 calories <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ 16 ounces of mocha coffee (with steamed whole milk and mocha syrup) ➤ 355 calories <p><i>If you are a 130 pound person, you will need to walk for 1 hour and 20 minutes to burn approximately 305 calories.</i></p>	<p style="text-align: center;">MUFFIN</p> <p style="text-align: center;">20 years ago</p> <ul style="list-style-type: none"> ➤ 1.5 ounces ➤ 210 calories <p style="text-align: center;">Today</p> <ul style="list-style-type: none"> ➤ 4 ounces ➤ 500 calories <p><i>If you are a 130 pound person, you will need to vacuum for 1 hour and 30 minutes to burn approximately 290 calories.</i></p>

Source: National Heart Lung and Blood Institute website. <http://www.nhlbihin.net>.