

# How portions have grown over 20 years

## Portion Distortion

20 YEARS AGO

TODAY

DIFFERENCE

Recipe Concept, © 2011  
Dorcas Institute



**333 Calories**



**590 Calories**

**257 MORE CALORIES**

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories\* \*Based on 130-pound person



**500 Calories**



**850 Calories**

**350 MORE CALORIES**

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories\* \*Based on 160-pound person



1 cup spaghetti with sauce and 3 small meatballs

**500 Calories**



2 cups spaghetti with sauce and 3 large meatballs

**1,025 Calories**

**525 MORE CALORIES**

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories\* \*Based on 130-pound person

20 YEARS AGO

TODAY

DIFFERENCE



Coffee, 8 oz (with whole milk and sugar)

**45 Calories**



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Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

**350 Calories**

**305 MORE CALORIES**

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories\* \*Based on 130-pound person



1.5 oz

**210 Calories**



4 oz

**500 Calories**

**290 MORE CALORIES**

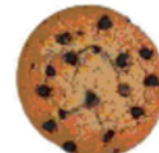
Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories\* \*Based on 130-pound person

Bonus Course, National Council on English Education



1.5 diameter

**55 Calories**



3.5 diameter

**275 Calories**

**220 MORE CALORIES**

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories\* \*Based on 130-pound person