



Mocha coffee, steamed whole milk and mocha syrup
16 ounces, 350 calories

Now:

Coffee with whole milk and sugar
8 ounces, 45 calories

Then:

As the saying goes, the only constant thing in life is change. Unfortunately, that saying holds true for the portion sizes we encounter every day. The difference in calories from a coffee years ago and a mocha today is 305 calories! **If you ate this many extra calories every week, you could gain 4.5 pounds each year!**

Portion Distortion: Coffee



Portion Distortion: Coffee

As the saying goes, the only constant thing in life is change. Unfortunately, that saying holds true for the portion sizes we encounter every day. The difference in calories from a coffee years ago and a mocha today is 305 calories! **If you ate this many extra calories every week, you could gain 4.5 pounds each year!**

Then:

Coffee with whole milk and sugar
8 ounces, 45 calories

Now:

Mocha coffee, steamed whole milk and mocha syrup
16 ounces, 350 calories





Turkey sandwich with cheese and dressing
820 calories

Now:

Basic turkey sandwich
320 calories

Then:

This classic has been around for years! But the added cheese and dressing found in this sandwich today has caused this favorite to become calorie-dense. The difference in calories from a turkey sandwich years ago and a one today is 500 calories! **If you ate this many extra calories every week, you could gain 7.4 pounds each year!**

Portion Distortion: Turkey Sandwich



Portion Distortion: Turkey Sandwich

This classic has been around for years! But the added cheese and dressing found in this sandwich today has caused this favorite to become calorie-dense. The difference in calories from a turkey sandwich years ago and a one today is 500 calories! **If you ate this many extra calories every week, you could gain 7.4 pounds each year!**

Then:

Basic turkey sandwich
320 calories

Now:

Turkey sandwich with cheese and dressing
820 calories





Bucket of movie popcorn
11 cups, 630 calories

Now:

Bucket of movie popcorn
5 cups, 270 calories

Then:

Movies and popcorn go together like peanut butter and jelly. However, with ever-increasing portion sizes, movie theatre popcorn has become a big diet mistake. The difference in calories from a bucket of movie popcorn years ago and one today is 360 calories! **If you ate this many extra calories every week, you could gain 5.3 pounds each year!**

Portion Distortion: Movie Popcorn



Portion Distortion: Movie Popcorn

Movies and popcorn go together like peanut butter and jelly. However, with ever-increasing portion sizes, movie theatre popcorn has become a big diet mistake. The difference in calories from a bucket of movie popcorn years ago and one today is 360 calories! **If you ate this many extra calories every week, you could gain 5.3 pounds each year!**

Then:

Bucket of movie popcorn
5 cups, 270 calories

Now:

Bucket of movie popcorn
11 cups, 630 calories





Single blueberry muffin
4 ounces, 500 calories

Now:

Single blueberry muffin
1.5 ounces, 210 calories

Then:

The muffin is often a quick breakfast solution. And years ago, their reasonable size made them a sensible choice. However, that has changed. The difference in calories from a muffin years ago and a muffin today is 290 calories! **If you ate this many extra calories every week, you could gain 4.3 pounds each year!**

Portion Distortion: Muffins



Portion Distortion: Muffins

The muffin is often a quick breakfast solution. And years ago, their reasonable size made them a sensible choice. However, that has changed. The difference in calories from a muffin years ago and a muffin today is 290 calories! **If you ate this many extra calories every week, you could gain 4.3 pounds each year!**

Then:

Single blueberry muffin
1.5 ounces, 210 calories

Now:

Single blueberry muffin
4 ounces, 500 calories



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Side of french fries
5.4 ounces, 500 calories

Now:

Side of french fries
2.5 ounces, 230 calories

Then:



Would you like fries with that? When going through any fast food drive-thru, you often face this question. But today's serving of french fries can pack a hefty caloric punch. The difference in calories from a serving of fries years ago and one today is 270 calories! **If you ate this many extra calories every week, you could gain 4 pounds each year!**

Portion Distortion: French Fries



Portion Distortion: French Fries

Would you like fries with that? When going through any fast food drive-thru, you often face this question. But today's serving of french fries can pack a hefty caloric punch. The difference in calories from a serving of fries years ago and one today is 270 calories! **If you ate this many extra calories every week, you could gain 4 pounds each year!**



Then:

Side of french fries
2.5 ounces, 230 calories

Now:

Side of french fries
5.4 ounces, 500 calories



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