

# Don't be Fooled by Portion Sizes

20 Years Ago

Today



**Calorie difference = 500**



**Calorie difference = 340**

**Food servings are bigger today than ever. You may think you are eating well, but you are probably eating far more calories than you realize.**

**Don't be fooled by portion sizes. Cut your meal in half, or get the smaller size.**

**For more information, talk to your health care provider**

From the NYC Department of Health and Mental Hygiene