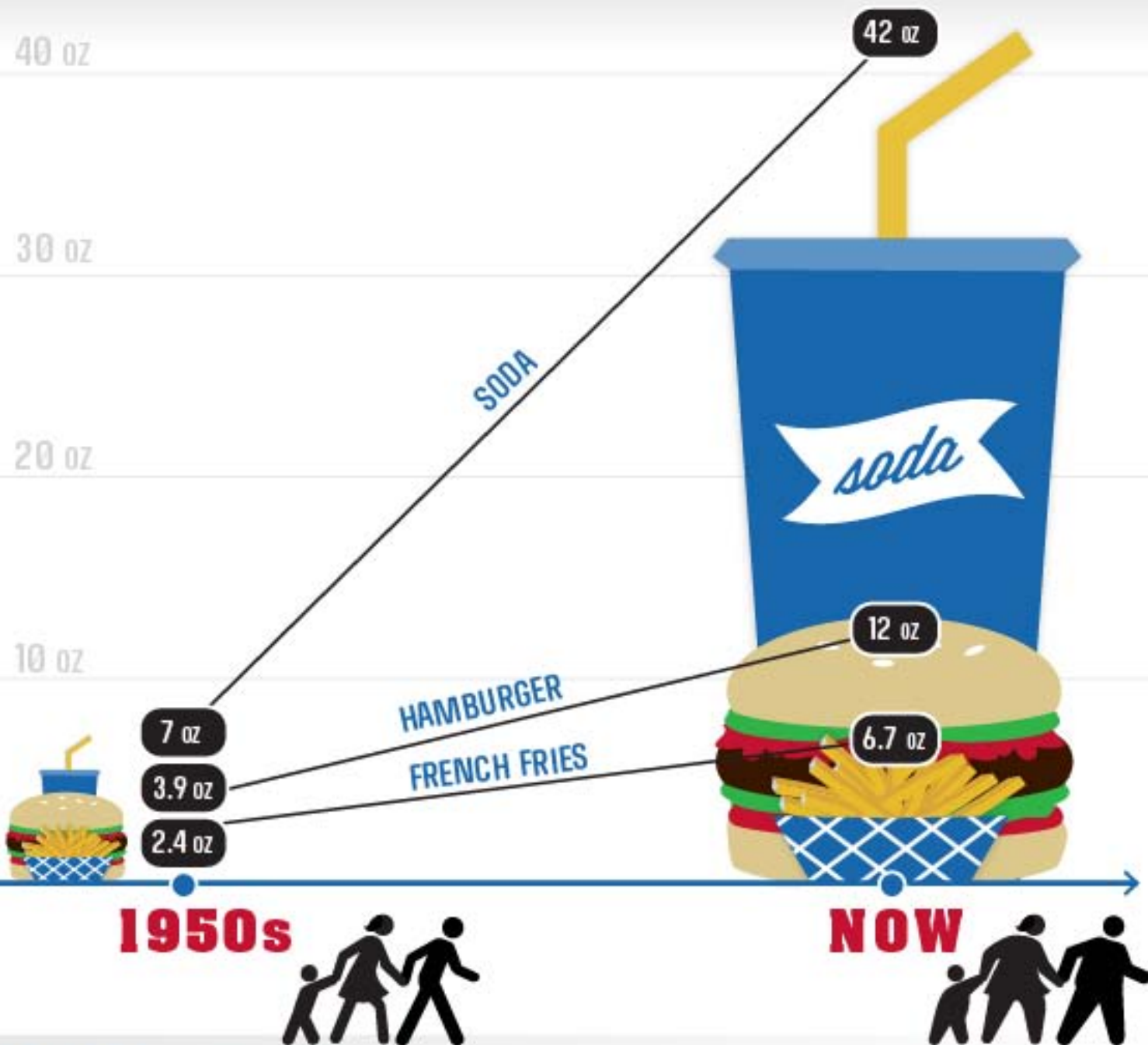


THE NEW (AB)NORMAL

Portion sizes have been growing. So have we. The average restaurant meal today is more than four times larger than in the 1950s. And adults are, on average, 26 pounds heavier. If we want to eat healthy, there are things we can do for ourselves and our community: Order the smaller meals on the menu, split a meal with a friend, or eat half and take the rest home. We can also ask the managers at our favorite restaurants to offer smaller meals.



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/TimeToScaleBack

SOURCES

Young, L., & Nestle, M. (2002). The contribution of expanding portion sizes to the US obesity epidemic. *APH, 63*(2), 246-49.

Young, L., & Nestle, M. (2007). Portion sizes and obesity: Responses of fast food companies. *JPHR, 28*(2), 238-48.

CDC, Advance Data, No. 347, Oct. 27, 2004.

CDC, National Health Statistics Reports, No. 10, Oct. 22, 2008.