

## Health Tip 1.6 “Portion Distortion”

1. Twenty years ago, a typical bagel had a 3-inch diameter and 140 calories. Today, there are \_\_\_\_\_ inches and \_\_\_\_\_ calories in a typical bagel.
2. How many minutes would a 130 lb. person need to work off these extra calories? \_\_\_\_\_
3. How many calories in a typical cheeseburger 20 years ago? \_\_\_\_\_ Today? \_\_\_\_\_
4. How many calories in a typical fries serving 20 years ago? \_\_\_\_\_ Today? \_\_\_\_\_
5. How many minutes would Mr. Milhous have to walk to burn the extra 400 calories? \_\_\_\_\_
6. How many calories in a typical muffin 20 years ago? \_\_\_\_\_ Today? \_\_\_\_\_
7. How many hours would a 130 pound person have to vacuum to burn the extra 290 calories?  
\_\_\_\_\_
8. How many calories in a typical 2 slices of pepperoni pizza 20 years ago? \_\_\_\_\_  
Today? \_\_\_\_\_ How many more calories are there today? \_\_\_\_\_
9. How many calories in a typical movie popcorn serving 20 years ago? \_\_\_\_\_  
Today? \_\_\_\_\_
10. How long would Kurt have to do water aerobics to burn off the extra 360 calories? \_\_\_\_\_
11. How many calories in a typical chocolate chip cookie 20 years ago? \_\_\_\_\_  
Today? \_\_\_\_\_

## How many calories do you need each day?

See the following website for a rough idea:

[http://pediatrics.about.com/library/bl\\_calorie\\_calc.htm?start=1&gender=undefined&age=NaN&activity\\_level=NaN&gender=Female&page=2](http://pediatrics.about.com/library/bl_calorie_calc.htm?start=1&gender=undefined&age=NaN&activity_level=NaN&gender=Female&page=2)

For more, google BMI calculator... again, this will give you a rough sense of your caloric needs.