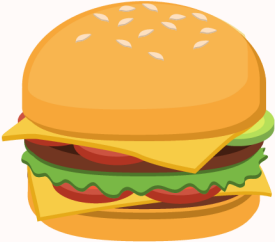
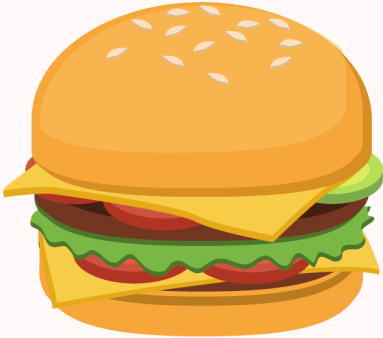
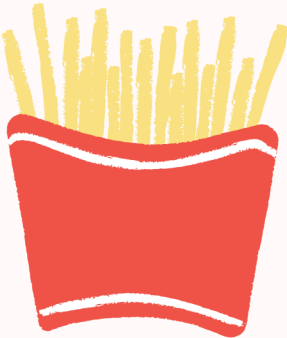


CHANGES IN PORTION SIZE

FOOD	20 YEARS AGO		TODAY	
BAGEL				
	3-inch diameter	140 Calories	6-inch diameter	350 Calories
CHEESEBURGER				
	1 Portion	333 Calories	1 Portion	590 Calories
SPAGHETTI & MEATBALLS				
	1 C spaghetti, sauce, and 3 small meatballs.	500 Calories	2 C spaghetti, sauce, and 3 small meatballs.	1,025 Calories
SODA				
	6.5 ounces	85 Calories	~20 ounces	300 Calories
FRENCH FRIES				
	2.4 ounces	210 Calories	6.9 ounces	610 Calories