





Portion Distortion Quiz



20 Years Ago	Today's Calories
<p>8 oz. cup of coffee w/ whole milk, sugar</p> <p>1</p>  <p>45 calories</p>	<p>Mocha coffee</p>  <p><input type="checkbox"/> A. 100 calories <input type="checkbox"/> B. 350 calories <input type="checkbox"/> C. 450 calories</p>
<p>1.5 oz. muffin</p> <p>2</p>  <p>210 calories</p>	<p>4 oz. muffin</p>  <p><input type="checkbox"/> A. 320 calories <input type="checkbox"/> B. 400 calories <input type="checkbox"/> C. 560 calories</p>
<p>2 large slices of pepperoni pizza</p> <p>3</p>  <p>500 calories</p>	<p>2 large slices of pepperoni pizza</p>  <p><input type="checkbox"/> A. 1,200 calories <input type="checkbox"/> B. 850 calories <input type="checkbox"/> C. 1,000 calories</p>
<p>1 ½ cup Chicken Caesar Salad</p> <p>4</p>  <p>390 calories</p>	<p>Typical portion of Chicken Caesar Salad</p>  <p><input type="checkbox"/> A. 790 calories <input type="checkbox"/> B. 520 calories <input type="checkbox"/> C. 650 calories</p>
<p>Box (5 cups) of Popcorn</p> <p>5</p>  <p>270 calories</p>	<p>Tub of Popcorn</p>  <p><input type="checkbox"/> A. 520 calories <input type="checkbox"/> B. 820 calories <input type="checkbox"/> C. 630 calories</p>
<p>A small slice of cheesecake</p> <p>6</p>  <p>260 calories</p>	<p>Typical Slice of Cheesecake</p>  <p><input type="checkbox"/> A. 830 calories <input type="checkbox"/> B. 640 calories <input type="checkbox"/> C. 900 calories</p>