

# Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.  
**1,345 calories**  
**53 grams fat**

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.  
**685 calories**  
**33 grams fat**

## DID YOU KNOW?

■ Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.

■ 61 percent of Americans are overweight.

■ Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.

■ Every gram of carbohydrate or protein equals 4 calories.

■ The number of overweight people in the world — 1.1 billion — now equals the number of undernourished people.

■ With each decade as we age, we need 100 fewer calories per day.

■ Every gram of fat equals 9 calories.

■ 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

