

# Portion Distortion

What you're served

What's one serving



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



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

**Portion sizes have gotten bigger over the years.**

**Join us for a fun and healthy 15 minute workshop!**

**Friday, March 24, 2017, 5:30 p.m. or 6:00 p.m.**

**Door prizes available to all participants!**

Presented by the University of Florida  
Family Nutrition Program in Lee County

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.