

FOOD PORTION SIZES GROWING WITH OUR WAISTLINES

Food Portion Sizes Have Increased in Restaurants and at Home

- Over the last two decades, portion sizes have increased, both at home and in restaurants, contributing to the nation's rising obesity rates.
- Since 1977, hamburgers have increased nearly 23 percent, adding 97 additional calories.
- French fries have grown by 16 percent.
- Soft drinks have grown by 52 percent.
- Some fast-food meal deals have as many calories as a person needs in an entire day, about 1,600 to 2,800, depending on a person's gender, age and activity level.
- Americans are doing more snacking on salty foods. In 1977, snacks accounted for 11.3 percent of the average American's total caloric energy intake, but by 1996 that figure jumped more than 50 percent to 17.7 percent.

Portion Size Changes Between 1977-1996			
	1977	1996	% Increase
Hamburgers	161.6 g	198.4 g	22.8 %
Soft drinks	387 ml	588 ml	51.9%
French fries	87.9 g	102 g	16.2 %
Mexican food	178 g	226 g	26.9 %
Salty snacks	28.4 g	45.4 g	59.9 %
<i>Source: Journal of the American Medical Association</i>			

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FACTS ABOUT OBESITY:

- While Colorado continues to have the lowest state obesity rate in the nation, it is changing. In 1990, only 6.9 percent of Coloradans were obese as compared to 14.9 percent in 2001. Also in 2001, 51.6 percent of Coloradans were overweight as compared to 29.8% in 1990.

	Obese	Overweight and Obese
United States	27%	61%
Colorado	14.9%	51.6%

Source: Behavioral Risk Factor Surveillance Survey (BRFSS), National Health and Nutrition Examination Survey (NHANES)

- Currently, there are over 450,000 obese adults among the state's 3.3 million adult residents.
- Obesity is linked to increased risk of heart disease and heart attacks; stroke; high blood pressure; high cholesterol; gall bladder disease; breast, endometrial, colon and prostate cancer; diabetes, arthritis; asthma; sleep apnea; and depression. Obese adults have a 50-100 percent increased risk of premature death compared to adults of a healthy weight.
- The economic costs of obesity also are staggering, costing Colorado \$970 million a year of which \$500 million is in direct costs. In fact, the health costs associated with obesity exceed those associated with tobacco use.

HOW TO ASSIST FAMILY MEMBERS IN LEARNING TO CHOOSE HEALTHY PORTIONS:

- When eating out, skip the supersizing option and choose regular-sized meals;
- Forgo soft drinks in favor of water or nonfat milk;
- At home, serve smaller portions because larger portions may encourage overeating.
- Include plenty of vegetables with a meal because they are generally high in nutrients and fiber but low in calories.
- When eating out, eat half of the meal and box the other half.