

“Do you want to combo?” “Do you want to Biggie?” “You can super size the large for only 15 more cents”

We have all heard these tempting questions but what you haven't heard is that this is the food establishment's way of increasing their profits while leaving you with the feeling that you have "gotten a deal". These small increases in price add more calories and fat, which contribute to overeating and obesity.



Have you really “Gotten a Deal”?

McDonald's Small to Super Size Coca Cola

60 extra cents buys 206 extra calories

McDonald's Small to Large Fries

64 extra cents buys 330 extra calories

Wendy's Classic Double with Cheese to Classic Double with Cheese Old Fashioned Combo Meal 2

\$1.57 extra buys 600 extra calories

Burger King Whopper to Medium Value Meal

\$1.69 extra buys 590 more calories

As portion sizes have increased, body weight has also increased!

- According to USDA, Americans' average daily caloric intake has risen from 1,876 calories to 2,043 calories from 1978 to 1995. This 167 calorie-per-day increase works out to approximately an extra 17 pounds of body fat every year (given no change in metabolism or activity level).
- Overweight and Obesity affect 61% of American adults.
- Obesity rates doubled in children over the last 20 years.
- Type 2 Diabetes, largely due to obesity, poor diet, & physical inactivity rose 50% between 1999 & 2000.
- Obesity is 2nd only to smoking as the leading cause of preventable death in the U.S., and is estimated to cause 300,000 premature deaths each year.

How to Fight the Super Size Trend

- Order a small serving or share with a friend.
- Ask for nutrition information.
- Order healthier items and side dishes such as salads. Drink water.
- Request healthy changes to menu items such as low-fat milk with coffee or mustard in place of mayonnaise.

Look at how portion sizes have increased over time

Past

Single Serve Coke = 20 oz

Typical Bagel = 2-3 oz

McDonald's original burger,

fries & 12 oz Coke = 590 calories

Present

Family Size Coke = 26 oz

Typical Bagel = 4 -7 oz

McDonald's Supersize Quarter Pounder Extra Value

Meal = 1,550 calories

Source: The National Alliance for Nutrition and Activity