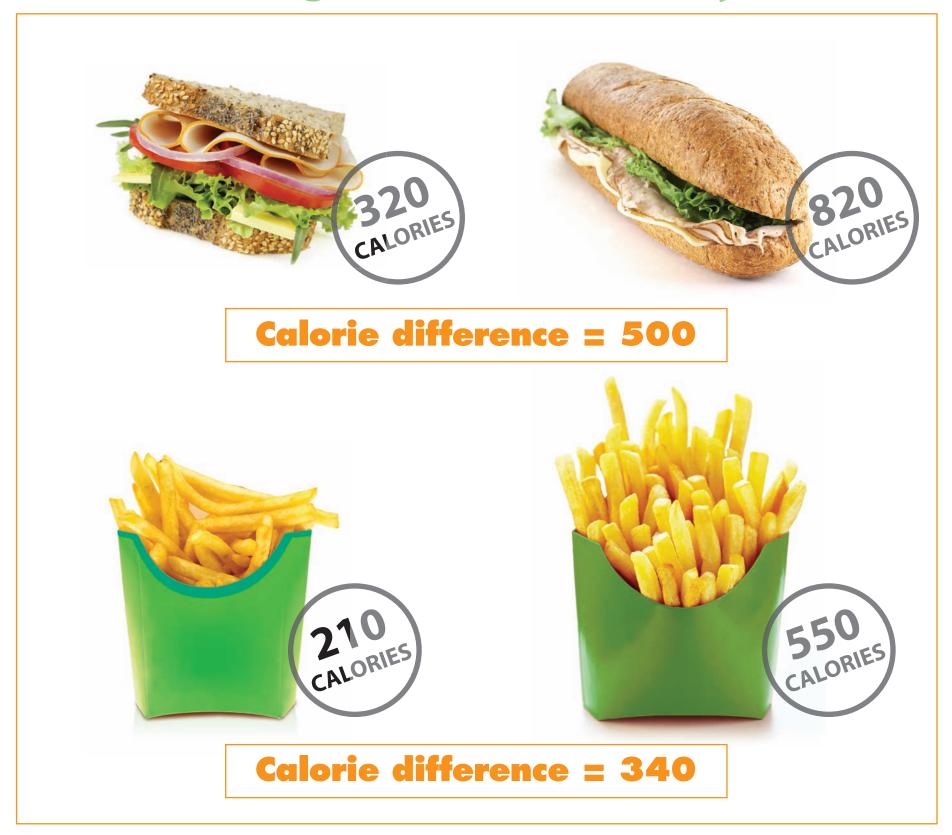
Don't be Fooled by Portion Sizes

20 Years Ago

Today



Food servings are bigger today than ever.
You may think you are eating well, but you are probably eating far more calories than you realize.

Don't be fooled by portion sizes. Cut your meal in half, or get the smaller size.

