

More For Less is Not Always a "Good Deal"

Portion Size Matters The Evolution of Portion Sizes



A Bagel 20 years ago

140 Calories

3 Inches in Diameter



A Bagel Today

350 Calories

6 Inches in Diameter

**Right Sized
Food Portions =
Healthy Kids**



Kohl's
Cares
for kids®

 **Sanford
Children's
Hospital**



Growing Healthy