



Fast Food Portion Sizes: Then and Now

	Portion Size (grams)	Calorie Count
1986	162	326
1991	169	341
2016	201	416

Source: www.nytimes.com/2019/03/03/business/fast-food-health-salt-calories-portions.html

Don't Upsize That Fry



Now:
3.3 ounces,
284 calories



Then:
2.1 ounces,
171 calories

Source: Department of Nutrition,
University of North Carolina at Chapel Hill

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