

# Perspective about Portion Size... *It Matters!*



**In 1908, a Candy Bar was 0.6 oz. To-day, a Candy Bar ranges from 1.6-8 oz! That is TRIPLE the size!**

**Fast Food portions are 2-5 times larger today than they were in the 1980's.**



**Coca-Cola bottles contained 6.5 oz of soda in 1916 and today they contain 16-34 oz! 5 times more!**

