

## Adult Obesity Rates

**11%**  
In 1990



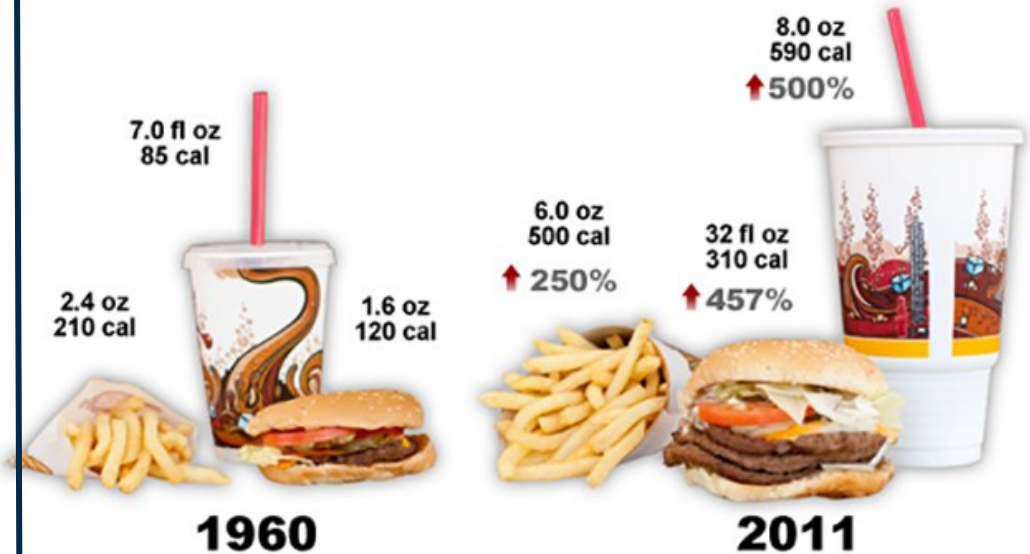
**33%**  
In 2012

More than one-third of older adults in the U.S. aged 65 and over were obese in 2007–2010.

As food portion sizes have increased, so have the weights of adults in Alabama.

## Portion Sizes—Then and Now

Fast food portions have increased dramatically since 1960. Here's how they stack up, then and now:



20 Years ago

Today

Difference

20 Years ago

Today

Difference



500  
Calories



850  
Calories

**350  
More  
Calories**



210  
Calories



500  
Calories

**290  
More  
Calories**



500  
Calories



1,025  
Calories

**525  
More  
Calories**



270  
Calories



630  
Calories

**360  
More  
Calories**

# 2 Guides to Help Control Portion Sizes



## Serving Sizes Based on Your Hand:



**1 fist = 1 cup**

The size of your fist also = 1 medium-sized whole fruit



**Palm = 3 oz. of meat,  
fish or poultry**

3 oz. of protein is about the  
size of a deck of cards.

**Thumb (tip to base) =  
1 oz. of cheese**



**Thumb tip = 1 teaspoon**  
3 teaspoons = 1 tablespoon



**Index finger  
(1st joint to 2nd  
joint) = 1 inch**

**Handful = 1-2 oz. of snack food**



**1 tennis ball = 1/2 cup**

1/2 of your fist = 1/2 cup