

Chew on This

Here are a few facts about serving sizes that may surprise you:

- The difference between small fries and medium fries is about 150 calories and 2 teaspoons of fat.
- Choosing a 12-ounce can of soda rather than a 20-ounce bottle will save you 100 calories and 4 teaspoons of sugar. That's 5,200 calories a year!
- One serving of popcorn is 3 cups, but a large tub of movie popcorn may hold 10 cups or more.

Make it a healthy habit to *be smart about serving sizes.*

