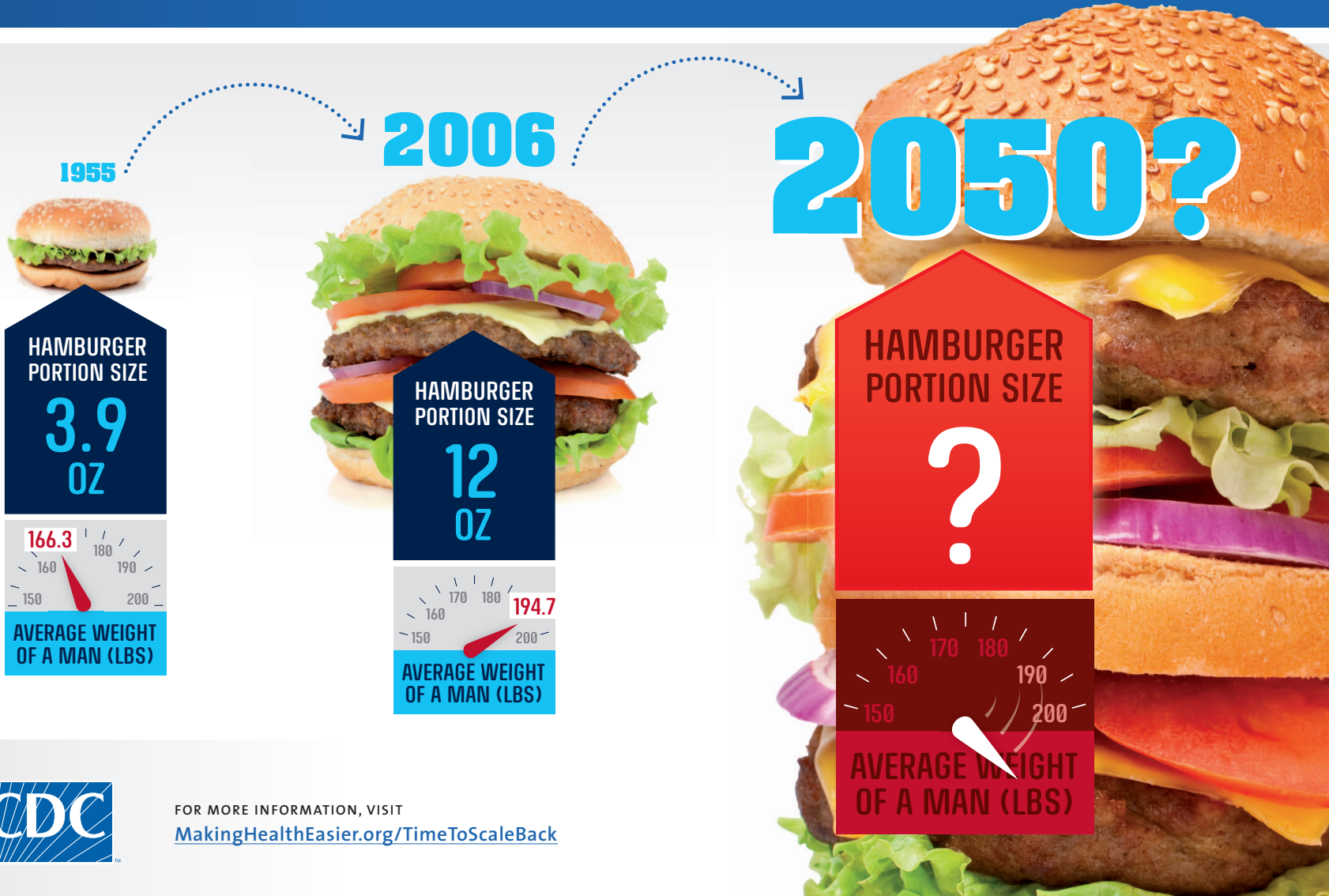


# TIME TO SCALE BACK

Portion sizes have been growing, so have we. Burgers today are three times bigger than they were in the 1950s, and men are, on average, 28 pounds heavier. At this rate, imagine the size of a burger in 2050! But, we can work together to make healthy living easier. Scale back when eating out by ordering the smaller portion, sharing with a friend, or eating half and taking the rest with you. And, ask the restaurant manager to offer smaller-sized options.



FOR MORE INFORMATION, VISIT  
[MakingHealthEasier.org/TimeToScaleBack](http://MakingHealthEasier.org/TimeToScaleBack)

## SOURCES

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