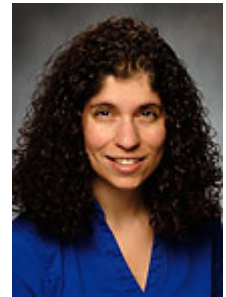


Patterns and Trends in Food Portion Sizes, 1977-1998

Nielsen, S.J., & Popkin, B.M. (2003). Patterns and trends in food portion sizes, 1977-1998. *JAMA*, 289 (4):450-453.

Although general consensus holds that food portion sizes are increasing and that this increase is contributing to the obesity epidemic in the United States, no empirical data have documented actual increases. The objective of this research was to determine patterns and trends in portion sizes by type of food and eating location and to compare portion sizes eaten outside the home with those eaten at home. We analyzed nationally representative data from the Nationwide Food Consumption Survey (1977-1978) and the Continuing Survey of Food Intake by Individuals (1989-1991, 1994-1996, and 1998). The sample consists of 63,380 individuals ages 2 years and older. For each survey year, *we determined the* average portion size consumed from specific food items (salty snacks, desserts, soft drinks, fruit drinks, french fries, hamburgers, cheeseburgers, pizza, and Mexican food) and by eating location (home, restaurant, or fast food). Portion sizes varied by food source, with the largest portions consumed at fast food establishments and the smallest at other restaurants. Between 1977 and 1996, food portion sizes increased both inside and outside the home for all categories except pizza. The energy intake and portion size of salty snacks increased from 1.0 to 1.6 oz (93 kcal), soft drinks from 13.1 to 19.9 fl oz (49 kcal), hamburgers from 5.7 to 7.0 oz (97 kcal), french fries from 3.1 to 3.6 oz (68 kcal), and Mexican food from 6.3 to 8.0 oz (133 kcal). Portion sizes and energy intake for specific food types have increased markedly with greatest increases for food consumed at fast food establishments and in the home.



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Link: <http://jama.ama-assn.org/cgi/content/abstract/289/4/450>