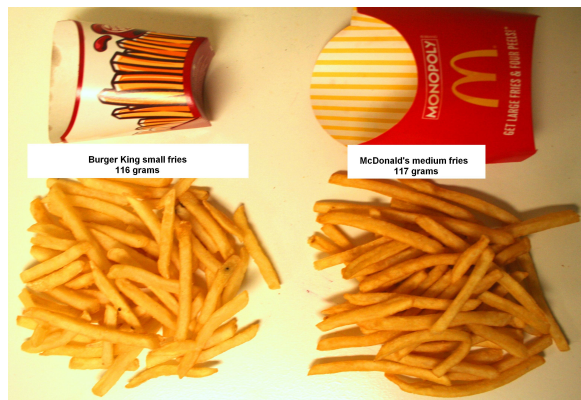


# UNDERSTANDING PORTION SIZES

## Size differences between restaurants



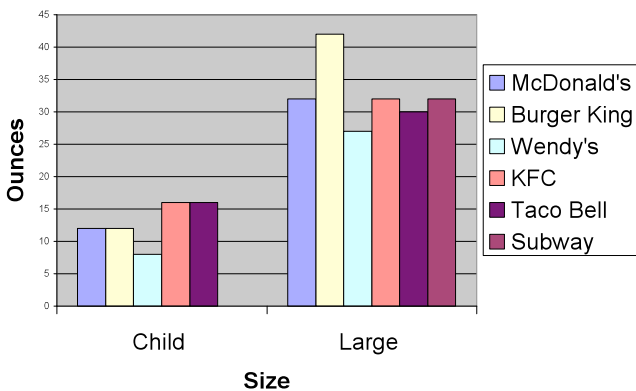
Burger King's small french fries and McDonald's medium french fries.

The names that restaurants assign to portion sizes can make it difficult for consumers to know how much food they are consuming. Due to the variations in sizes among restaurants, you may be getting more food (and more calories) than you realize.

### French fries

- Burger King and Wendy's "value" french fries are the same size as McDonald's "small."
- Burger King's "small" french fries and Wendy's "kids" french fries are the same size as a "medium" at McDonald's and Sonic.
- The medium-sized french fries packages at McDonald's and Burger King appear to be the same size, but Burger King's has 25 more grams of food and 80 more calories.

Sample of Beverage Sizes



### Soft drinks

- An extra large Coke at Taco Bell is 44 ounces and has 500 calories, while an extra large "Mega Jug" Coke at KFC is 64 ounces and has 800 calories.
- Restaurants may also list nutrition information differently for their sizes. Wendy's, for example, provides calorie information for drinks "with ice", meaning nutrition facts for a medium drink are for 20 ounces of the beverage even though it is served in a 32 ounce cup.



Medium drinks.