

During the past 20 years, our portion sizes have skyrocketed, which is directly linked to the rise of obesity and weight gain in our country. Research shows that we eat more than we intend to when served larger portions. This can really add up especially when the larger portions we are facing are of high-calorie foods. Remember, more physical activity required to burn off those extra calories provided by those larger portions.



Check out these resources to help you learn how to determine proper portions and moderate your intake of calorie-dense foods:

- Cafe Bon Appetit [Portion Control](#)
- [Healthy Vending on Campus](#)

