

Size Matters

Fifty years ago, portions were smaller—and people were smaller too. Coincidence? Nutritionists think not. See how fast-food servings have grown, and learn how to order smart. BY JENNIFER GOLDSTEIN



12 oz

Today's triple burgers can have up to this much beef. In the '60s, patties were about 1.5 ounces. So opt for a single patty, which is only slightly bigger than a '60s burger.



SODA

THEN: In the 1960s, soda bottles were 6.5 ounces, and restaurants sold 12- or 16-ounce soft drinks.

NOW: A 20-ounce bottle is standard, and large fast-food fountain sodas are about 32 ounces.

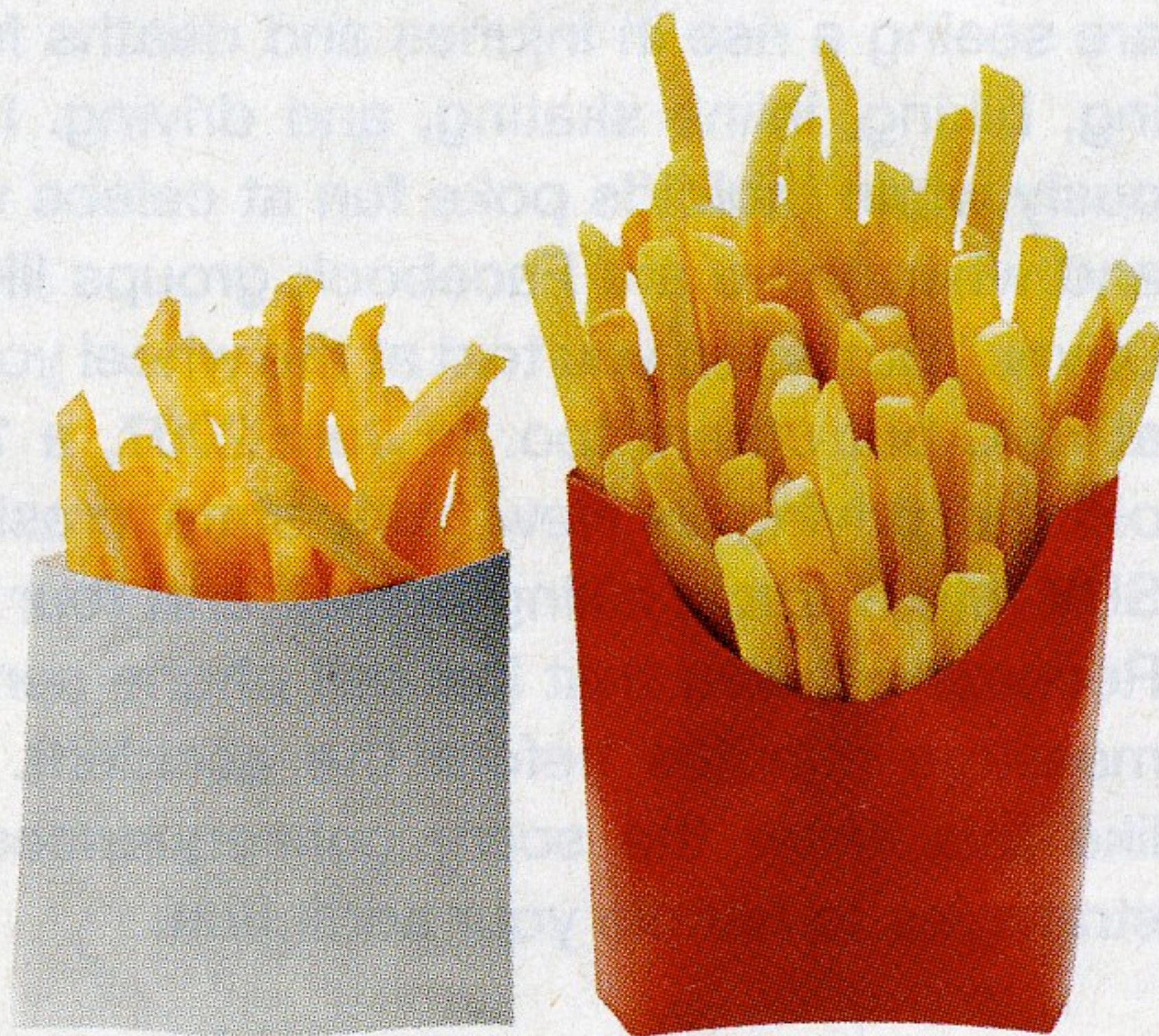
SMART ORDER: Your best choice is water or unsweetened iced tea. Really want soda? Nutritionist Lisa R. Young says to order a small (about 16 ounces) or buy a can (12 ounces).

FRENCH FRIES

THEN: In the 1950s, fries usually came in one serving size: 2.5 ounces.

NOW: Large fries can be almost 6.5 ounces at some restaurants.

SMART ORDER: Trying not to order fries will just make you want them more, says Young. So order a child's size (they typically have about 2.5 ounces) and a side salad with low-fat dressing, which gives you vitamins and fiber.



PIZZA

THEN: Back in the day, the average pizza pie was 10 inches in diameter.

NOW: The average pizza today is typically 16 inches across.

SMART ORDER: Your best choice is a slice of veggie pizza with whole wheat crust. If that's not available, have one slice of plain. Still hungry? Order a side salad instead of a second slice, says Young.

POPCORN

THEN: In the 1950s, a bag of popcorn at the movies held about 3 cups.

NOW: A medium bag of movie popcorn holds about 10 to 15 cups, and mega tubs can hold up to 20 cups of corn!

SMART ORDER: Split a small popcorn with a friend (you'll each get about 3.5 cups) and skip the butter, says Young. Not enough? Bring carrot sticks to munch on too.

