

SUPERSIZE SURPRISE

You don't need a dietitian to tell you that a large tub of movie popcorn (packing about 1,160 calories and 78 g of fat) is more than anyone needs, but you may be shocked by some other out-of-control portions. Check out these staggering stats from Lisa R. Young, Ph.D., R.D., author of *The Portion Teller Plan* (Broadway Books), to see how your meals measure up.



Deli sandwiches can contain up to 1 pound of meat—that's about three days' worth, according to the U.S. Department of Agriculture (USDA).

What you might see: 1 pound of turkey with mayo and cheddar cheese, about **863 calories**.

What it should be: 5 ounces of turkey on whole-wheat bread with mustard, about **325 calories**.

A small muffin is about 1 ounce according to the U.S. Dietary Guidelines. That's a quarter the size of the average muffin top alone—and considerably smaller than most "mini" muffins.



What you might see: about 6.5 ounces, **511 calories**.



What it should be: 1 ounce, **79 calories**.

The average cookie from a store or bakery is almost seven times bigger than what the USDA recommends.



What you might see: about 4 ounces, **546 calories**.



What it should be: 0.5 ounces, **68 calories**.

smart swap

Cut calories and cost by making this switch at McDonald's.

Instead of ordering:

- Big Mac: 540 calories
- Medium fries: 380 calories
- Medium Coke: 210 calories

Get this:

- A honey mustard or chipotle BBQ grilled chicken Snack Wrap: 260 calories
- Fruit and yogurt parfait: 160 calories
- Medium Diet Coke: 0 calories

You Save: 710 calories and about \$5.70!

HOW I LOST IT

"I used to sneak food. I even hid a spoon in the car so I could scarf down ice cream on my way home from the grocery store."



POUNDS LOST >
104

Dottie Shannon

HOMETOWN **Hampstead, NC** AGE **44** HEIGHT **5'6"**
 PREVIOUS WEIGHT **245** CURRENT WEIGHT **141**

My new healthy habits...

» **I plan ahead:** I keep healthy foods like protein bars or Slim Fast shakes in my car so I'm not tempted to stop for fatty foods when I'm alone.

» **I carry a "skinny picture":** It's easier to say "absolutely not" to fatty snacks at the office after glancing at a photo of myself when I was 27 years old and 135 pounds.

» **I keep changing the settings on the treadmill:** About four days a week I walk an hour (or two) at the gym. I vary the speed and incline to work different muscles.

—Susan Misur

Want to share your weight-loss story? Send an e-mail that describes how you did it to dietsuccess@familycircle.com. Please include photos.

