

Portion Distortion

See how portion savvy you are by answering the following questions excerpted from “The Wheel of Portion Quiz” in Dr. Lisa Young’s *The Portion Teller Plan* (Broadway Books, 2005).

1. A typical deli/bakery bagel is equal to approximately _____ slices of bread (and servings of grains).
 - a. 2
 - b. 3
 - c. 5
 - d. 8
2. A take-out order of your favorite Chinese food comes with a side of rice. How many cups does that portion of rice contain?
 - a. ½ cup
 - b. 1 cup
 - c. 2 cups
 - d. 3 cups
3. How many standard grain servings are in that side of rice?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
4. A ½ cup serving of cooked rice looks like:
 - a. a golf ball
 - b. ½ baseball
 - c. a baseball
 - d. a walnut
5. A hot pretzel from a street vendor is equivalent to:
 - a. 6 bread slices
 - b. 6 small (1 ounce) bags of pretzels.
 - c. 18 cups of popcorn
 - d. all of the above
6. How many standard servings does a typical restaurant entrée contain?
 - a. 2
 - b. 4
 - c. 6
 - d. 8
7. A medium popcorn at the movie theatre contains:
 - a. 4 cups
 - b. 7 cups
 - c. 12 cups
 - d. 16 cups
8. Approximately how many standard grain servings does this popcorn translate into?
 - a. 2
 - b. 5
 - c. 8
 - d. 1; it’s only one bucket

Correct answers:

1. c, 2. c, 3. d, 4. b, 5.d, 6, c, 7. d, 8. b

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