

# Portion Distortion

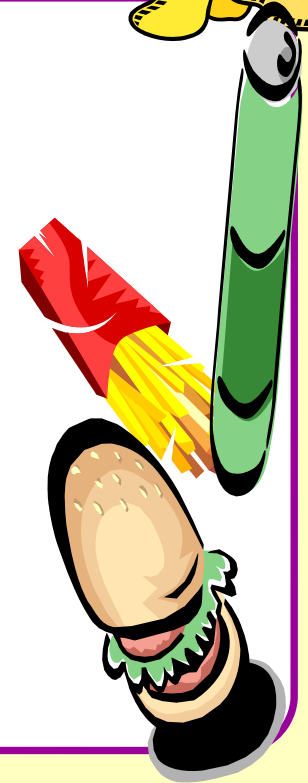
Do you  
suffer from

Portion Distortion?



To find out, take this test!

1. Do I super size my order when I have the chance?
2. Do I choose the largest size popcorn at the movies?
3. Is my motto, "more is better"?



If you answered "yes" to any of the above...  
you may suffer from portion distortion.

Por-tion distor'-tion, n., suffering from a distorted perception of what is the proper size serving of an item (especially food).....often promoted and reinforced by fast food marketing gimmicks and jumbo-sized servings at fancier eating establishments.