



PORTION DISTORTION

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Breakfast Migas

Nutrition Facts

Serving size = 1 tortilla + 1 cup topping

Calories: 538
Total fat: 26 g
Saturated fat: 9 g
Polyunsaturated fat: 2 g
Monounsaturated fat: 12 g
Cholesterol: 457 mg
Carbohydrates: 41 mg
Fiber: 11 g
Sugar: 3 g
Protein: 35 g
Sodium: 648 mg



Smothered Breakfast Burrito

Nutrition Facts

Serving size = 1 whole burrito

Calories: 1152
Total fat: 71 g
Saturated fat: 35 g
Polyunsaturated fat: 8 g
Monounsaturated fat: 17 g
Cholesterol: 208 mg
Carbohydrates: 70 g
Fiber: 4 g
Sugar: 9 g
Protein: 58 g
Sodium: 3000 mg



Homemade Fruit Smoothie

Nutrition Facts

Serving size = 16 oz

Calories: 348
Total fat: 9 g
Saturated fat: 1 g
Polyunsaturated fat: 2 g
Monounsaturated fat: 1 g
Cholesterol: 0 mg
Carbohydrates: 51 g
Fiber: 10 g
Sugar: 25 g
Protein: 28 g
Sodium: 418 mg

Ingredients: frozen
blueberries, frozen mangos,
spinach, vanilla plant-based
protein powder, soy milk



Jamba Juice-'Protein Berry Workout' Smoothie

Nutrition Facts

Serving size = 16 oz

Calories: 300
Total fat: 1 g
Saturated fat: 0 g
Polyunsaturated fat: 0 g
Monounsaturated fat: 0 g
Cholesterol: 40 mg
Carbohydrates: 52 g
Fiber: 3 g
Sugar: 41 g
Protein: 19 g
Sodium: 115 mg

Ingredients: soymilk, strawberries, bananas, whey protein



STARBUCKS GRANDE VANILLA LATTE 3 WAYS

Vanilla Latte

- 2% milk
 - 4 pumps vanilla syrup
- *Standard drink*

Nutrition Facts

Serving size = 16 oz

Calories: 250
Total fat: 6 g
Saturated fat: 3.5 g
Cholesterol: 25 mg
Carbohydrates: 37 g
Fiber: 0 g
Sugar: 35 g
Protein: 12 g
Sodium: 150 mg

Vanilla Latte

- Nonfat milk
- 2 pumps vanilla syrup

Nutrition Facts

Serving size = 16 oz

Calories: 120
Total fat: 0 g
Saturated fat: 0 g
Cholesterol: 0 mg
Carbohydrates: 19 g
Fiber: 0 g
Sugar: 16 g
Protein: 12 g
Sodium: 170 mg

Vanilla Latte

- Almond milk
- Sugar-free vanilla syrup

Nutrition Facts

Serving size = 16 oz

Calories: 90
Total fat: 3 g
Saturated fat: 0 g
Cholesterol: 0 mg
Carbohydrates: 15 g
Fiber: 0 g
Sugar: 9 g
Protein: 3 g
Sodium: 200 mg



Noodles & Company Tomato Bisque Soup

Nutrition Facts

Serving size = 2 cups

Calories: 580
Total fat: 38
Saturated fat: 20 g
Polyunsaturated fat: 0 g
Monounsaturated fat: 0 g
Cholesterol: 90 mg
Carbohydrates: 50 g
Fiber: 4 g
Sugar: 42 g
Protein: 10 g
Sodium: 1920 mg



Posole

Nutrition Facts

Serving size = 1.5 cup

Calories: 400
Total fat: 13 g
Saturated fat: 3 g
Polyunsaturated fat: 1.5 g
Monounsaturated fat: 6.5 g
Cholesterol: 113 mg
Carbohydrates: 26 g
Fiber: 6.5 g
Sugar: 3 g
Protein: 45 g
Sodium: 781 mg



Knife & Fork Grilled Portobello Sandwich

Nutrition Facts

Serving size = 1 sandwich

Calories: 554
Total fat: 49 g
Saturated fat: 12 g
Polyunsaturated fat: 9 g
Monounsaturated fat: 26 g
Cholesterol: 35 mg
Carbohydrates: 19 g
Fiber: 8 g
Sugar: 9 g
Protein: 14 g
Sodium: 781 mg



Ingredients: walnuts, portobello mushrooms, eggplant, zucchini, muenster cheese, whole grain bread, arugula, avocado, lemon

Carl's Jr. Beyond Famous Star Burger with Cheese

Nutrition Facts

Serving size = 1 burger

Calories: 770
Total fat: 44 g
Saturated fat: 13 g
Polyunsaturated fat: NA
Monounsaturated fat: NA
Cholesterol: 30 mg
Carbohydrates: 61 g
Fiber: 2 g
Sugar: 12 g
Protein: 33 g
Sodium: 1600 mg



Ingredients: beyond burger, American cheese, seeded bun, lettuce, tomato, onion, pickles, special sauce, mayonnaise