



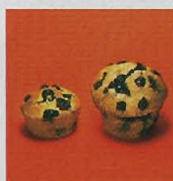
**Cookies**  
**THEN:** In 1984, the recipe on a bag of Nestlé Toll House semi-sweet chocolate chips made 100 cookies.  
**NOW:** The same recipe makes just 60.

# Shrink a Size (Without Counting Every Calorie!)

Start "smartsizing" your portions and you could lose 10 pounds—without Dieting with a capital D. How is that possible? Portion control. Cut 100 calories a day, and the pounds will fall off. "It's as easy as leaving the last few bites of pasta on your plate, or splitting dessert," says Lisa Young, Ph.D., R.D., a professor of nutrition at New York University and author of The Portion Teller Plan. Check out the foods that have grown in proportion to our waistlines over the years.



**Soda**  
**THEN:** In 1960, a bottle of Coke was 6.5 ounces.  
**NOW:** Coke offers a bottle that holds 20 ounces. *That's a big gulp!*



**Muffins**  
**THEN:** In 1960, an average muffin was 2 to 3 ounces.  
**NOW:** Muffins are 2 to 3 times that size.



**Pasta**  
**THEN:** In 1960, an average serving size was 1.5 ounces.  
**NOW:** A serving size is double that.



**Fries**  
**THEN:** In 1972, McDonald's large fries were 3.5 ounces.  
**NOW:** Large fries can feed three people.



## Green 101

During April, Whole Foods Market is sponsoring a program called **THE WHOLE EARTH WEIGH IN—30 WAYS IN 30 DAYS**. Pick up a free booklet at a store near you to learn about environmentally safe products (like Ecover detergents and cleaners), to find earth-friendly brands (for example, Stonyfield Farm gives 10 percent of its profits to environmental causes) and to get eco tips. An easy one: Unplug appliances, cell phones and computers, which use electricity even when you're not using them. Go to [wholefoodsmarket.com/stores/index.html](http://wholefoodsmarket.com/stores/index.html) to find a location near you.

**DROP THE REMOTE AND NO ONE GETS FAT!**

**THOSE WHO DINE À-LA-TUBE CONSUME AN**

**AVERAGE OF 288 MORE CALORIES PER MEAL**

**THAN THOSE WHO DON'T. THE REASON?**

**WHEN YOU'RE DISTRACTED, YOUR BRAIN HAS**

**TROUBLE DETERMINING THAT YOU'RE FULL.**

—University of Massachusetts study

### SLIM PICK Chipotle Restaurant

**BURRITO:** 1 large tortilla + pinto beans + steak + corn salsa + rice + cheese + sour cream



1,268	← calories →	789
48	← g fat →	28.5
21.5	← g sat. fat →	11.5

**TACOS:** 3 small tortillas + black beans + chicken + tomato salsa + cheese + lettuce



*Saves 479 calories!*

TOP LEFT: JASON TODD. HAIR: GIOVANNI GIUNTOLI FOR CUTLER/REDKEN AT THE ARTISTS CO-OP. MAKEUP: FLORA KAY FOR M.A.C AT THE ARTISTS CO-OP. ETNIES TOP. FOOD STYLIST: BRETT KURTZWEILL. TOP RIGHT: PUBLIC CALICO. PROP STYLIST: BETTY KUB PAULI. PROP STYLIST: CINDY DI PRIMA.