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One of the biggest problems with our diets is that portions have gotten completely out of control. What used to be a large drink at McDonalds is now called a small. A large is the equivalent of what used to be 2 large drinks. Packaged food tricks you by putting 2 servings into a container that is obviously intended to serve one person.

In an unusually responsible move, the FDA is actually doing what is right for the consumer and creating standards for serving size that are realistic so people aren't deceived into thinking they are eating healthy when they are not.

Below is a quick excerpt from the article with a link below that to the original article. Check it out and see what you might be missing about portion control.

The **FDA's** newfound enthusiasm for realistic portion sizes on packaged food is a long overdue acknowledgment of what Americans have known for years — nobody eats only six tortilla chips.

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