

PORTION DISTORTION

Over the past 20 years, portion sizes of some foods in the UK have increased significantly. At the same time, the number of people who are overweight or obese has also increased. Eating more than we need can lead to weight gain, which is a risk factor for several common cancers, including bowel and breast cancer. Choosing to eat smaller portions, avoiding processed foods and basing your diet on mostly plant foods can help you stay a healthy weight.

INCREASES IN PORTION SIZES

1993 ► NOW

STEAK AND KIDNEY PIE
(short crust, individual)

SLICE OF WHITE BREAD
(large loaf, medium thickness)

CHICKEN CURRY WITH RICE (frozen)



1993

Weight: 160g
Calories: 425kcal

Weight: 36g
Calories: 85kcal

Weight: 260g
Calories: 305kcal

NOW

Weight: 240g
Calories: 640kcal

Weight: 40g
Calories: 95kcal

Weight: 395g
Calories: 460kcal

50% INCREASE

11% INCREASE

52% INCREASE

FROM THE BREAD ALONE, HAVING A SANDWICH FOR LUNCH EVERY DAY IS EQUAL TO **7,300 CALORIES A YEAR MORE NOW THAN IN 1993**



GAINS IN WEIGHT

1993



IN ENGLAND



2011

53% OF ADULTS WERE OVERWEIGHT OR OBESE
THE AVERAGE BMI WAS **25.8**

62% OF ADULTS WERE OVERWEIGHT OR OBESE
THE AVERAGE BMI WAS **27.1**

OVEREATING BY JUST **100 CALORIES** A DAY CAN LEAD TO A **5kg (11lb)** INCREASE IN WEIGHT IN A YEAR, WHICH IS **25kg (NEARLY 4 STONE)** IN JUST **5 YEARS** (SIMILAR TO A HEAVY SUITCASE)



CANCER AND WEIGHT

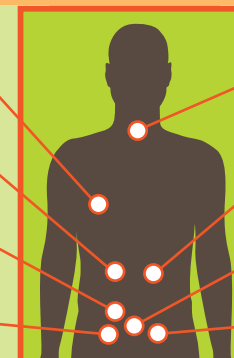
STRONG EVIDENCE SHOWS THAT IF EVERYONE IN THE UK WAS A HEALTHY WEIGHT THE FOLLOWING CANCER CASES COULD BE PREVENTED EVERY YEAR:

BREAST (POSTMENOPAUSAL)
16% (8,000 cases)

GALLBLADDER
16% (120 cases)

KIDNEY
19% (1,900 cases)

OVARY
4% (280 cases)



OESOPHAGUS
31% (2,600 cases)

PANCREAS
15% (1,300 cases)

BOWEL
14% (6,000 cases)

WOMB
38% (3,200 cases)