

## **Quint Mediate**

Junior Division Medicine & Health

*The Size Is Right: A Study in Food Servings*

The purpose of my investigation was to test if the average adult (25-69 years old) eats more than the adequate serving size in the four main food groups (starch, fruit, vegetable, meat), in addition to soda. I hypothesized that the average American adult will consume more than the standard serving size in all four food groups, including soda. The experiment involved preparing the food and measuring the standard serving size, while also measuring three different logical serving sizes for each food group, ending up with four total sizes. Then, I had my human subjects choose which size they would eat in a meal setting. The data collected partially supported my original hypothesis. On four out of five food groups the majority of my subjects chose a smaller serving than the recommended amount. The only group that the majority of the subjects chose greater than the recommended amount was the Cola, which 61 percent of the subjects chose a greater serving. These findings lead me to believe that people over-indulge when drinking Cola. One factor of my findings could be that people fill themselves up with soda, and are too full to have the recommended amount of food. My data also reflects that people select smaller servings of fruit and vegetables. These foods are vital to maintain a healthy diet and could be a factor in being overweight.