

Potty Pointers

Say “No” to Super-Sizing



In the 1980s, a typical serving of French fries was 2.4 oz. and 210 calories compared to today’s super-size serving of 6.9 oz. and 610 calories. We’re enticed to super-size because it seems like a bargain – like you’re getting more for your money. Retailers also entice us to spend more with promotions such as “buy 2 get 1 free.” Conspicuous consumption, comfort shopping, and impulse buying can lead to excessive debt. Unnecessary debt can take years to repay with hundreds of dollars in interest.

Do you super-size?

- Make a list of recent times when you’ve eaten more calories than you needed or spent money frivolously.
- Estimate the potential cost in dollars or weight gain if you super-sized every week.
- Check your current position. Is your BMI at a healthy level? Is your debt-to-income ratio less than 20%?

Super-sizing can be hazardous to your quality of life. Be kind to your health and your pocketbook by saying “NO” to super-sizing.



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