

WANT TO MAKE THAT A LARGE?



SAYING YES TO **UPSIZING** COULD LEAD TO AN UPSIZED YOU.

It's time to say #NoToUpsizing
Play our game at [foodstandards.gov.scot](https://www.foodstandards.gov.scot)

Food
Standards
Scotland

WHAT IS UPSIZING?

You know when you're grabbing something to eat or drink when out and about, and end up buying a bigger portion than you intended to? That's upsizing, and it happens way more than we think.



How about a brownie with your coffee?
346 extra calories.

Would you like to add a side of onion rings?
234 extra calories.

Want to make that small popcorn a large?
689 extra calories.

Calorie calculations are available at foodstandards.gov.scot/NoToUpsizing/methodology

These questions all sound pretty familiar, right? It's so easy to go large, add sides or make it a deal, especially when it seems like good value. But we don't have to. We can all start saying no to those extra calories.

WHY IS IT TIME TO SAY NO?

Around two-thirds of adults in Scotland are overweight or obese.* Saying yes to upsizing isn't the only thing to blame, but it's part of the problem. We're eating more than we need, and it's time for that to change. It's time to say no.

*Situation Report: *The Scottish Diet: It needs to change*. 2018 Update.

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