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“ Clean your plate! ” and “ Be a member of the clean-plate club! ” Just about every kid in the US has heard this from a parent or grandparent . often , its accompanied by an appeal : “ Just think about those Starving orphans in Africa! ” Sure , we should be grateful for every bite of food . Unfortunately, many people in the US take too many bites<sup>3</sup>. Instead of staying “ clean the plate ” , perhaps we should save some food for tomorrow . According to news reports , US restaurants are partly to blame for the growing bellies . A waiter puts a plate of food in front of each customer, with two to four times the amount recommended by the government , according to a USA Today story<sup>4</sup>. Americans traditionally associate quantity with value and most restaurants try to give them that . They prefer to have customers complain about too much food rather than too little . Barbara Rolls , a nutrition professor at Pennsylvania State University, told USA Today that restaurant portion Sizes began to grow in the 1970s , the same time that the American waistline began to expand. Health experts have tried to get many restaurants to serve smaller portions . Now, apparently, some customers are Calling for this too . The restaurant industry trade magazine QSR reported last month that 57 percent of more than 4 , 000 people surveyed believe restaurants serve portions that are too large ; 23 percent had no opinion ; 20 percent disagreed . But a

closer look at the survey indicates that many Americans who can't afford fine dining still prefer large portions . Seventy percent of those earning at least \$150 , 000 per year prefer smaller portions ; but only 45 percent of those earning less than \$25 , 000 want smaller. It's not that working class Americans don't want to eat healthy . It's just that , after long hours at low-paying jobs , getting less on their plate hardly seems like a good deal.They live from paycheck to paycheck , happy to save a little money for next year ' s Christmas presents . 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)