We compare how accurately people perceive portion size increases and decreases. In four studies, we demonstrate that consumers perceive downsizing more accurately than supersizing. This asymmetry is robust across different shapes of package and portion change (3D, 2D, 1D), product valence (pleasant vs. unpleasant foods) and experience (professional cooks vs. students). After ruling out reference dependence, biases in number mapping, language explanations, and truncation, we show that this asymmetry is driven by the presence of a natural boundary at zero and provide practical solutions for helping people perceive size increases and decreases similarly.