

EXERCISE CALORIES EXPANDED

FOOD	CALORIES	MINUTES OF ACTIVITY REQUIRED			
		Walking (3.5 mph) 5.2 calories/min	11.2 calories/min.	Bike riding 8.2 calories/min	Running 19.4 calories/min.
<i>Exercise required to burn off a given number of calories*</i>					
APPLE, LARGE	101	19	9	12	5
BACON, 2 STRIPS	96	18	9	12	5
BANANA, SMALL	88	17	8	11	4
BEER, 1 GLASS	114	22	10	14	6
BREAD & BUTTER	78	15	7	10	4
CAKE, 2 LAYER, 1/12	356	68	32	43	18
CARB. BEVERAGE	106	20	9	13	5
CARROT, RAW	42	8	4	5	2
CEREAL, DRY 1/2C W/MILK & SUGAR	114	22	10	14	6
CHICKEN, FRIED 1/2 BREAST	232	45	21	28	12
COOKIE, PLAIN	15	3	1	2	1
EGG, FRIED	110	21	10	13	6
HAM, 2 SLICES	167	32	15	20	9
ICE CREAM, 1/6 QT	193	37	17	24	10
MALTED MILK SHAKE	502	97	45	61	26
MILK, 1 GLASS	166	32	15	20	9
MILK, SKIM, 1 GLASS	81	16	7	10	4
ORANGE JUICE, 1 GLASS	120	23	11	15	6
PANCAKE W/SYRUP	124	24	11	15	6
PEACH, MEDIUM	46	9	4	6	2
PIE, APPLE, 1/6	377	73	34	46	19
PIZZA, CHEESE, 1/8	180	35	16	22	9
PORK CHOP, LOIN	314	60	28	38	16
CLUB SANDWICH	590	113	53	72	30
HAMBURGER SANDWICH	350	67	31	43	18

*Based on a person weighing 150 lbs.

Exercise Calories Expanded cont.

FOOD	CALORIES	(MINUTES OF ACTIVITY REQUIRED)			
		<i>Exercise required to burn off a given number of calories*</i>	<i>Walking (3.5 mph) 5.2 calories/min</i>	<i>11.2 calories/min.</i>	<i>Bike riding 8.2 calories/min</i>
SHRIMP, FRENCH FRIED	180	35	16	22	9
SPAGHETTI, 1 SERVING	396	76	35	48	20
STEAK, T-BONE	235	45	21	29	12
STRAWBERRY SHORTCAKE	193	37	17	24	10

**Based on a person weighing 150 lbs.*