





Exercise Calories Expended

		 Walking(3.5 mph) 5.2 calories / min.	 Swimming 11.2 calories/ min.	 Bike Riding 8.2 calories/min.	 Running 19.4 calories/min.
Exercise required to burn off a given number of calories*					
Food	Calories	(Minutes	Of	Activity	Required)
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 and 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	200	38	18	24	10
Chicken, fried ½ 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 with 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
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	400	77	36	49	21
*Based on a person weighing 150 lbs.					