

Food Portions, Caloric Values, & Body Fat

3,500 calories = 1 lb. of body fat

1 med./large potato = 100 calories

(Note: Big size or volume difference, but same calories)

1 table spoon of butter = 100 calories

1 table spoon of oil = 100 calories

1 table spoon of cream = 100 calories

Carbohydrates are not the problem, but it is all the extras we can put on carbohydrates that make the problem (butter, cream, jelly, cheese, oil etc.).

4 fried chicken wings & fries = 910 calories

1 large McDonalds french-fry = 550 calories

1 large McDonalds chocolate milk-shake = 1160 calories

1 Cold Stone vanilla ice-cream got to have it size = 960 calories

These are some foods that are calorically dense, so you should really watch your portions closely.

It takes about 8 times as long to burn off the same amount of calories you consume.

Ex. 1 large french-fry = 550 calories, 5 – 6 minutes to eat

Moderate to vigorous cardio 45 – 60 minutes = 500 – 600 calories burned

**You do the Math!
Stay Fit!**

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