

Activity in Minutes

Food	Amount	Calories	Walking	Running	Cycling
Bacon.....	2 slices.....	70.....	30.....	4.....	25
Baked Potato white.....	1 potato.....	145.....	63.....	9.....	52
QuarterPounder.....	1 burger.....	420.....	183.....	26.....	150
Pizza.....	5 1/2" slice.....	155.....	67.....	10.....	55
Hamburger w/ roll.....	2 oz.....	260.....	113.....	16.....	93
Fried Chicken.....	1 piece.....	210.....	91.....	13.....	75
French Fries.....	10 fries.....	215.....	93.....	13.....	77
Fried Fish Sandwich.....	1 sandwich.....	400.....	174.....	25.....	143
Sugar.....	1 Tbsp.....	15.....	7.....	1.....	5
Pumpkin Pie.....	1 slice.....	240.....	104.....	15.....	86
Fudge.....	1 oz.....	115.....	50.....	7.....	41
Fig Bar.....	1 cookie.....	50.....	22.....	3.....	20
Choc. Chip Cookie.....	1 cookie.....	50.....	22.....	3.....	20
Chocolate Cake.....	1 slice.....	235.....	102.....	15.....	84
Cheese Cake.....	1 slice.....	287.....	125.....	18.....	103
Chocolate Candy Bar.....	1 oz.....	145.....	63.....	9.....	52
Brownie w/nuts.....	1" square.....	90.....	39.....	6.....	32
Apple Pie.....	1 slice.....	300.....	130.....	19.....	107
Angel Food Cake.....	1 slice.....	135.....	59.....	8.....	48
Ice Cream.....	1 cup.....	264.....	115.....	17.....	94

Activity in Minutes

<u>Food</u>	<u>Amount</u>	<u>Calories</u>	<u>Walking</u>	<u>Running</u>	<u>Cycling</u>
Spaghetti.....	3/4 cup.....	115.....	50.....	7.....	41
Rice.....	3/4 cup.....	135.....	59.....	8.....	48
Oatmeal.....	1 cup.....	132.....	57.....	8.....	47
Noodles.....	3/4 cup.....	150.....	65.....	9.....	54
Macaroni.....	3/4 cup.....	115.....	50.....	7.....	41
Lasagna.....	1/2 cup.....	155.....	67.....	10.....	55
Bran Flakes.....	1 oz.....	85.....	37.....	5.....	30
Whole Wheat Bread.....	1 slice.....	65.....	28.....	4.....	23
White Bread.....	1 slice.....	70.....	30.....	5.....	25
Pancakes.....	1.....	60.....	26.....	4.....	21
French Toast.....	1 slice.....	85.....	37.....	5.....	30
English Muffin.....	1.....	130.....	57.....	8.....	46
Doughnut.....	1.....	165.....	72.....	10.....	59
Soft Drink.....	1 cup.....	106.....	46.....	7.....	38
Liquor 80 proof.....	1.5 oz.....	95.....	41.....	6.....	34
Beer.....	12 oz.....	150.....	65.....	9.....	54
Tuna.....	3 oz.....	170.....	74.....	7.....	61
Shrimp.....	3 oz.....	100.....	43.....	6.....	36
Salmon baked.....	3 oz.....	155.....	67.....	10.....	55

Lobster.....1/2 lobster.....95.....41.....6.....34

So...know when to say when...right?

Look! The diet industry makes a lot of money every year. With all the attention that our society has given to looking good, losing weight and getting into tip-top shape over the past 20 years how is it that there is one person in this country that still needs to lose an ounce? Yet, recent statistics indicate that 60% of all Americans are fighting with their weight. Americans have never been bigger. At any given time 25% of us are on diets. Figures indicate that we will spend 25 billion dollars trying to find diets that work next year. If I include the doctor visits, health club dues and medications that number grows to over \$40 billion. In 2002 the Weight Watchers and Slim-Fast organizations alone, estimated revenue to be greater than \$1.6 billion.

Let's not begrudge them a profit, but do you understand that they profit off of our lack of discipline? They are not the enemy...we are. God bless them for doing something that, apparently we can't do ourselves.