

To Snack or Not?



Many people tend to think they can leave a little slack room in their diet as long as they are willing to put in the extra time exercising. But, most people **underestimate** how much exercise is required in order to burn off that indulgence. **Here is how much exercise a 150-pound person would have to do to burn off calories in some popular snacks.**

| Snack | Serving Size | Calories | Activity Needed |
|--|------------------------|----------|--|
|  <p>Marble Slab Birthday Cake Ice Cream</p> | 198 grams | 472 |  <p>Aerobics - 1 hr.</p> |
|  <p>Lay's Classic Potato Chips</p> | 1 oz. | 150 |  <p>Jogging - 15 minutes (@ 8 kph)</p> |
|  <p>McDonald's Big Mac</p> | 9 oz. (Regular) | 620 |  <p>Bicycling - 1 hr (@ 19-22 kph)</p> |
|  <p>Starbucks Double Chocolate Brownie</p> | 92 grams (1 square) | 430 |  <p>Swimming Laps - 1 hr. 15 min.</p> |





115 grams

410



Tim Horton's Raisin Bran Muffin

Strength Training – 1 hr. 45 min.

Healthy Alternatives

Instead, try one of these healthy alternatives:



Apple



Almonds



Carrots

| | Calories | Fat | | Carbohydrates | Protein |
|---------------------------------------|----------|-----|--------|---------------|---------|
| Apple (1 medium – 182 g) | 95 | .3g | 0% DV | 25.1g | .5g |
| Almonds (1 oz – 24 kernels) | 163 | 14g | 22% DV | 6.1g | 6.0g |
| Carrots (85 g – 10 baby) | 30 | .1g | 0% DV | 7 g | .5g |

| Apples | Almonds | Carrots |
|--|--|---|
| <ul style="list-style-type: none"> Low in saturated fat No cholesterol High in fiber High in Vit C | <ul style="list-style-type: none"> Provide ½ your daily Vit E No cholesterol Very low in sodium Low in sugar | <ul style="list-style-type: none"> Low in saturated fat No cholesterol High in fiber High in iron |

Resource: www.emedicinehealth.com, Nutrition Action Healthletter (March 2012), www.caloriecount.about.com.