Do You Really Want To Eat That?

Here's how much physical activity a 150-pound person would have to do to burn off the calories in some popular high calorie snacks.



Starbucks Mocha Coconut Frappuccino Venti (20oz) 410 Calories



Jogging 50 min



Panera Toffee Nut Cookie 1 Cookies (3oz) 440 Calories



Brisking Walking (3.5 mph) 1 hr 30 min



Chipotle Mexican Grill Chips & Guacamole - *Regular* (4oz chips / 3.5oz sauce) 570 Calories



Bicycling 1 hr 15 min





Cold Stone Creamery Founder's Favorite - *Gotta Have It size* (12oz) 528 Calories

Low Impact Aerobics 1 hr 30 min



Auntie Anne's Pretzels *Original flavor - 1* 340 Calories



Working in the garden (moderate effort) 1 hr



Cinnabon Cinnamon Stix 5 stix 470 Calories



Swimming Laps (not vigorously) 1 hr 10 min

Provided by CHANCE: *Healthy Children, Healthy Families!* For more information about the CHANCE Program, please contact Gerry Lake at gd44@cornell.edu or 631-852-5193



Cornell University Cooperative Extension of Suffolk County

Family Health and Wellness Program

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