















HOW MANY CALORIES YOU COULD LOSE

	Calories	Brisk walk mins	Running mins		Calories	Brisk walk mins	Running mins
3 CUSTARD CREAMS	171	39	24	CORNFLAKES 50g WITH SEMI-SKIMMED	263	60	37
LARGE LATTE	118	27	17	42g GALAXY CHOCOLATE BAR	229	52	32
KETTLE CHIPS 30g	151	34	21	SAUSAGE ROLL 60g	180	41	25
APPLE	93	21	13	TESCO CHERRY BAKEWELL TART	215	49	30
SNICKERS BAR 48g	245	56	35	COCA-COLA CAN	139	32	20

SOURCE: Daily Mail research. NB. Calorie burn varies according to gender, age, weight and metabolism. Figures based on estimates that a brisk walk burns 4.4 calories per min, running burns 7.1 and tennis 5 calories

	2 slices Little Caesars pepperoni pizza 560 calories	=		65 minutes of moderate cycling
	28 tortilla chips 560 calories	=		57 minutes of Zumba
	1 can of Coca-Cola 140 calories	=		23 minutes of walking (4 mph)
	10 pigs in a blanket 490 calories	=		59 minutes of Bikram Yoga
	4 Double Stuffed Oreos 280 calories	=		1.3 hours of weight lifting
	4 cans of Miller Light 384 calories	=		32 minutes of running (6 mph)
	1 cup Chex Mix 240 calories	=		29 minutes of high impact aerobics

Calories = Lbs

- Burn 350 Calories = 0.1 lb
- Burn 700 Calories = 0.2 lb
- Burn 1050 Calories = 0.3 lb
- Burn 1400 Calories = 0.4 lb
- Burn 1750 Calories = 0.5 lb
- Burn 2100 Calories = 0.6 lb
- Burn 2450 Calories = 0.7 lb
- Burn 2800 Calories = 0.8 lb
- Burn 3150 Calories = 0.9 lb
- Burn 3500 Calories = 1.0 lb

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