

NUTRITIONAL EDUCATION

EXERCISE VS. FOOD

SIDE BY SIDE COMPARISON OF CALORIES BURNED VS. CALORIES CONSUMED

Exercise	Calories Burned Per Hour
miha	1200-1500
Jump Rope	600-800
Running (6mph)	590-740
HIIT	500-800
Cycling (Moderate)	480-600
Swimming (Moderate)	400-600
Tennis	400-600
CrossFit	400-600
Brisk Walking	280-350
Weight Lifting (Moderate)	266-372
Golf	230-330
Yoga	200-400

Food	Calories Per Serving (Approximate)
Cheeseburger (Fast Food)	350-600
French Fries (Medium)	340-500
Nachos (With Cheese)	300-450
Pizza (Pepperoni, 1 Slice)	250-350
Donut (Glazed)	200-300
Energy Drink (Regular, 16 Ounces)	200-280
Potato Chips	150-160
Ice Cream (1 Scoop)	140-250
Soda (Regular, 12 Ounces)	140-180
Fried Chicken (1 Piece, Drum Stick)	120-200
Candy Bar (Snack Size)	80-150
Chocolate Chip Cookie (1 Piece)	50-100