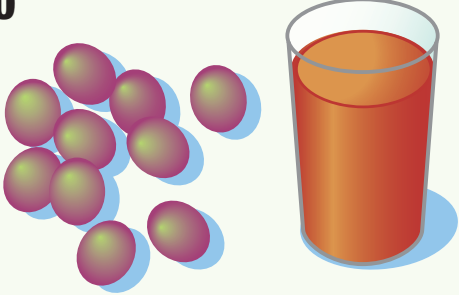
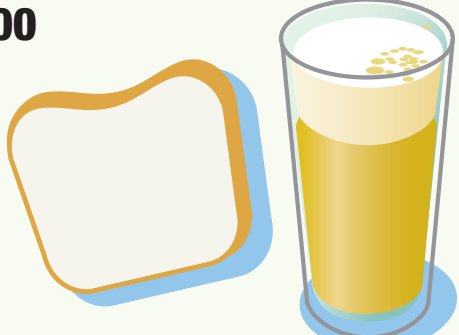


# Is That Snack Worth It?

Before you indulge in that candy bar, think twice: What will it take to burn off those calories? Are the few moments of satisfaction worth the amount of exercise you'll need to burn it off? It's up to you.

If you're trying to lose some weight, you could cut back on calories, increase your activity, or do both. Use the chart below.

For a 200 lb. person\*

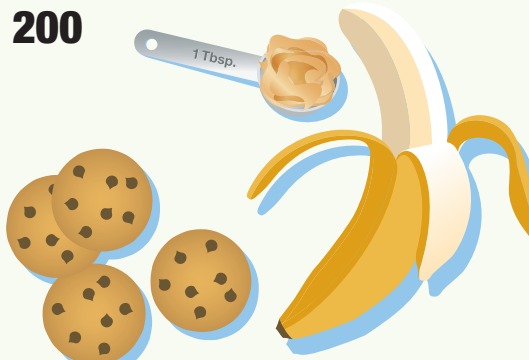
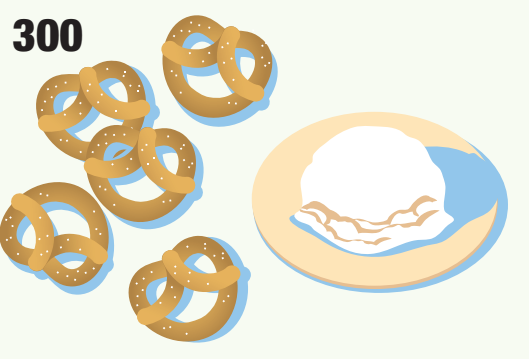
CALORIES (approximate)	SNACK CHOICE EXAMPLES	CUT THIS MANY CALORIES from your diet EACH DAY	CHOOSE ONE ACTIVITY to burn this many calories EACH DAY	CUT CALORIES and EXERCISE EACH DAY
<b>50</b> 	<ul style="list-style-type: none"> <li>• 1/2 c. grapes</li> <li>• 8 oz. vegetable juice</li> <li>• Celery sticks with 1 Tbsp. cream cheese</li> <li>• 4 oz. Kool-Aid®</li> <li>• 1/2 c. applesauce</li> <li>• 1/2 oz. pretzels</li> <li>• 1 c. oil popped popcorn</li> </ul>	Lose 5 pounds per year	<ul style="list-style-type: none"> <li>• 15 minutes walking (2 mph)</li> <li>• 7 minutes mowing lawn</li> <li>• 12 minutes light free weights</li> <li>• 12 minutes cleaning house</li> <li>• 5 minutes slow swimming</li> <li>• 15 minutes yoga</li> <li>• 8 minutes golf (walking)</li> </ul>	Lose 10 pounds per year
<b>100</b> 	<ul style="list-style-type: none"> <li>• 8 oz. orange juice</li> <li>• 12 oz. light beer</li> <li>• 8 oz. regular soft drink</li> <li>• 2 – 5" graham crackers</li> <li>• 10 jelly beans</li> <li>• 1 slice white bread</li> </ul>	Lose 10 pounds per year	<ul style="list-style-type: none"> <li>• 15 minutes low-impact aerobics</li> <li>• 10 minutes elliptical trainer</li> <li>• 18 minutes gardening</li> <li>• 24 minutes cleaning house</li> <li>• 12 minutes cycling (10 mph)</li> <li>• 24 minutes fishing</li> <li>• 24 minutes bowling</li> <li>• 16 minutes golf (walking)</li> </ul>	Lose 20 pounds per year

\*Based on a 5'10" male using [www.calorieking.com](http://www.calorieking.com)

(continued on page 2)

# Is That Snack Worth It?

For a 200 lb. person\*

CALORIES (approximate)	SNACK CHOICE EXAMPLES	CUT THIS MANY CALORIES from your diet EACH DAY	CHOOSE ONE ACTIVITY to burn this many calories EACH DAY	CUT CALORIES and EXERCISE EACH DAY
<b>200</b> 	<ul style="list-style-type: none"> <li>• 4 – 2" chocolate chip cookies</li> <li>• 1.5 oz. chocolate bar</li> <li>• 1 glazed donut (2 oz.)</li> <li>• 25 potato chips</li> <li>• 1 small banana with 1 Tbsp. peanut butter</li> <li>• 2 oz. red licorice</li> </ul>	Lose 20 pounds per year	<ul style="list-style-type: none"> <li>• 49 minutes canoeing (2 mph)</li> <li>• 56 minutes Pilates</li> <li>• 18 minutes slow swimming</li> <li>• 21 minutes skating or rollerblading</li> <li>• 29 minutes low impact aerobics</li> <li>• 26 minutes mowing lawn</li> <li>• 32 minutes stationary rower (5 mph)</li> </ul>	Lose 40 pounds per year
<b>300</b> 	<ul style="list-style-type: none"> <li>• 1 cup ice cream (10% fat)</li> <li>• 3 oz. pretzels</li> <li>• 1 – 4 oz. bagel</li> <li>• 1 McDonald's Egg McMuffin</li> <li>• 1 – 2-oz. Snickers Bar</li> <li>• 3 oz. candy corn</li> </ul>	Lose 30 pounds per year	<ul style="list-style-type: none"> <li>• 55 minutes aqua aerobics</li> <li>• 30 minutes skiing</li> <li>• 40 minutes mowing lawn</li> <li>• 21 minutes stationary cycle (16 mph)</li> <li>• 49 minutes dancing</li> <li>• 87 minutes walking (2 mph)</li> <li>• 62 minutes sweeping and vacuuming</li> </ul>	Lose 60 pounds per year

\*Based on a 5'10" male using [calorieking.com](http://calorieking.com)

**Medicare Part B patients:** Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.  
**Web site:** [www.RxSolutions.com/diabetes](http://www.RxSolutions.com/diabetes)

Source: [www.calorieking.com](http://www.calorieking.com)

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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