



You Are What You Eat Now Move Those Feet!

By Mike Perko, PhD

I've heard it said that to burn off the calories in one M&M candy, you would have to walk the length of a football field. I can't prove this, nor can I honestly say I've ever eaten just one M&M, ever. But it got me thinking about the amount of exercise it would take to burn off foods that we eat. Using walking as the measure of exercise, the Nutrition Council of Cincinnati suggests the following. This calculation is based off a 150 lb. person walking 3 mph (20 minute mile). Thus, if you want to burn off the following foods, you'll have to walk:

- 1 piece chocolate cake (425 calories) 82 minutes (about 8200 steps*)**
- 1 Snickers bar (280 calories).....54 minutes (about 5400 steps)**
- 1½ oz. bag of potato chips (225 calories) 44 minutes (about 4400 steps)**
- 12 oz. soft drink (150 calories).....30 minutes (about 3000 steps)**
- 1 orange (60 calories)..... 11 minutes (about 1100 steps)**
- 1 carrot (25 calories) 5 minutes (about 500 steps)**

*Guide – 10,000 steps is about 5 miles.

Of course, walking faster and even jogging will burn more calories. Either way, all foods that we eat are “potential” energy—“potential” meaning we may use it or not. If not, that energy goes right to our hips, thighs and belly. Keep your New Year's resolution on track—dust off the bicycle, get out the in-line skates, and lace up those sneakers to ride, glide, or stride that potential holiday energy away.

Source: Nutritioncouncil.org.



Pedometers: Not Just For Walking Anymore

With the current emphasis on walking 10,000 steps a day, many Americans have bought pedometers to help count those steps. Walking however is not the only way to get exercise, and the pedometer market has expanded to count many of our physical activities.

For swimmers, there's the lap counter—a device about the size of a deck of cards with suction cups on the back. You stick it at one end of the pool and at the end of each lap you press it with your hand and it counts a lap, as well as time between laps.

For cyclists, there is the cadence counter. This device usually attaches to your handlebars with a wire that stretches down to your pedals. As you turn the pedals it will count how many revolutions you make in one minute.

Finally, pedometers are not just for people either—there are “petometers” that actually count the number of steps your dog is getting each day!





In Proportion— Size Matters

Why do we continue to struggle with our weight? Calories, calories, calories. We're consuming more total calories today than ever before—close to 250 calories more per day!

A major contributor to those extra calories is the portions we're eating. Without question, the average portion of food we consume is too large. Here's what the experts recommend.

Recommended Portion Sizes



Bread, Cereal, Rice, Pasta Group (6 to 11 servings per day). A single portion should be one slice of enriched bread, or ½ a roll, bagel, or muffin. This is also equivalent to ½ cup cooked rice or pasta, or one cup of ready-to-eat cereal.



Vegetable Group (3 to 5 servings per day). One portion is equivalent to ½ cup chopped raw non-leafy vegetables, ½ cup cooked vegetables, ¾ cup vegetable juice, or one small baked potato.



Fruit Group (2 to 4 servings per day). One medium fruit (apple, orange, peach, banana), ¾ cup fruit juice, ½ cup canned, frozen, or cooked fruit all equal one serving.



Milk, Yogurt, Cheese Group (2 to 3 servings per day). One portion from this food group equals one cup of milk, buttermilk, or yogurt. One and a half ounces of natural cheese or one cup of frozen yogurt is also considered a single portion.



Meat, Poultry, Fish, Dry Beans, Eggs, Nuts Group (2 to 3 servings per day). One portion is only 2 to 3 ounces of cooked lean meat, poultry, or fish—about the size of a deck of cards. The proper portion for legumes is ½ cup cooked, and for eggs the portion is just one.



Fats, Oils, Sweets Group. You probably won't be surprised to learn that no portion size is specified here. Experts simply recommend we use these foods sparingly.

If you suspect that these guidelines are inappropriate based upon your unique needs—activity level, medical conditions, etc.—consult a registered dietitian.

Who's Eating What? "All We Can Eat" Buffet

The average American consumes about 25 pounds of candy per year.

Americans purchase about 20 million pounds of candy corn every Halloween.

The average American consumes almost 12 pounds of chocolate each year.

The average daily caloric intake has increased by approximately 250 calories per day—increasing an individual's average annual food consumption by some 26 pounds per person since 1970.

On average, each of us eats only a pound and a half of vegetables per week.

Americans eat 70 fewer eggs per person per year than we did in 1970.

Americans spend over \$691 billion on food each year.

Source: U.S. Dept. of Agriculture

