



Miles to go before I rest.....

The following information may change your appetite for these items

Food	Portion size	Miles to Walk to Burn*
Red wine	3.5 oz	1 mile
Beer	12 oz.	1.5 miles
Glazed doughnut	1 doughnut	2 miles
Soda	20 oz.	2.5 miles
Vanilla ice cream	1 cup	2.5 miles
Movie popcorn	Small	5 miles
Thin crust pepperoni pizza	2 slices	5 miles
Cheeseburger with sauce	1 extra large	15 miles
French fries	1 extra large	
Soda	1 extra large	

* From the American Cancer Society

Serious about healthy eating and smart choices? Consider the benefit of the calories and the time to walk off the calories.