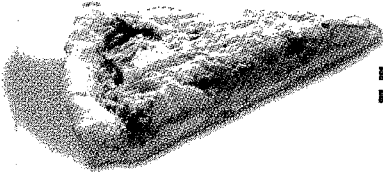


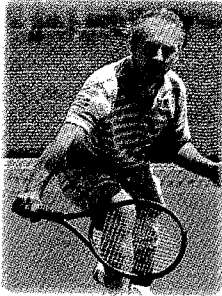
# Can You Afford the Extras?

Stopping at Starbucks on your way to work? Looking for a snack to get you through the mall? Thinking of dessert? Here's how much exercise a 150-pound person would have to do to burn off the calories in some popular foods.<sup>1</sup> (The examples are ours; they don't come from the National Weight Control Registry.)

## Slice of Cheese Pan Pizza *(like Sbarro)*



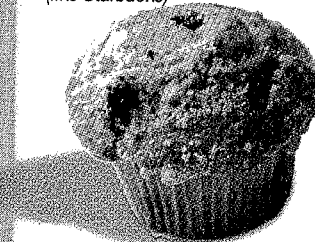
650 calories      1 hr. and 10 min.



Playing tennis

## Muffin *(like Starbucks)*

*(like Starbucks)*



450 calories      1 hour



Jogging

## Caffè Mocha

*(20 oz., with whipped cream, like Starbucks)*



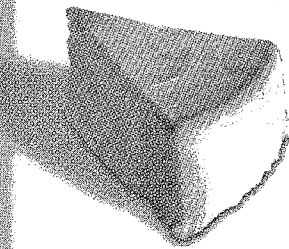
400 calories



Swimming laps  
40 minutes

## Slice of N.Y. Style Cheesecake *(like The Cheesecake Factory)*

*(like The Cheesecake Factory)*



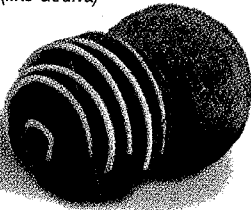
700 calories      2 hrs. and 40 min.



Brisk walking

## 2 Chocolate Truffles *(like Godiva)*

*(like Godiva)*



200 calories      20 minutes



Bicycling

## Bagel w/Cream Cheese



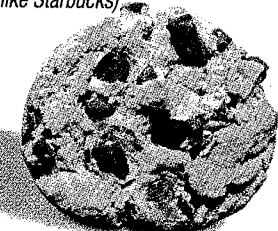
500 calories      2 hrs. and 30 min.



Ballroom dancing

## Chocolate Chip Cookie *(like Starbucks)*

*(like Starbucks)*

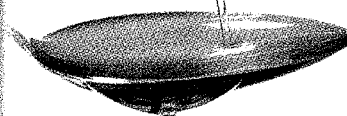


400 calories      40 minutes



Stair machine

## Tablespoon of Oil



120 calories      30 minutes



Raking leaves

Photos: fotolia.com (pizza@Yana, tennis@Galina Barskaya, muffin@XavierMarchant, jogger@Mikael Damkier, swimmer@Sportlibrary, cheesecake@Eike Dennis, walkers@bacalao, cookie@Scott Rothstein, truffles@Alexa Fataev, biker & raker@Robert P. Mobley Jr., oil@giuseppe forzani; Brand X Pictures (stair master); Pünherstock (dancers); Nick Waring (coffee cup).

<sup>1</sup> Med. Sci. Sports Exerc. 32: S498, 2000.