



PacifiCare®

HOW MANY CALORIES IS THAT?

Someone who weighs between 170-190 lbs will burn amounts of calories equivalent to various foods...

95-110 calories

Cooking/food preparation
Picking up the house
Playing catch: 30 min.

115-130 calories

Playing Frisbee: 30 min.
Walking slowly: 30 min.

134- 150 calories

Grocery shopping
Walking at a moderate pace
20 min.

150-170 calories

Leisure bicycling: 20 min.
Yoga: 30 min.
Water Aerobics: 15 min.
Walking briskly: 15 min.
Coaching a sport

170-195 calories

Dancing: 30 min.
Playing Badminton

190-215 calories

Gardening
Skiing downhill, leisurely
Actively playing with children

210-235 calories

Golf, carrying clubs: 30-40 min.
Scrubbing floors: 30-45 min.
Ice-skating: 15 min.

95-110 calories

One ounce (15-20) pretzels
One banana
8 ounces of skim milk

115-130 calories

1 small oatmeal granola bar

135-150 calories

1 serving reduced-fat fruit-flavored yogurt

150-170 calories

12 oz. soda
3 Macadamia Nut Girl Scout Cookies
1 handful (about 20) nuts

170-195 calories

1 c. low-fat cottage cheese
Taco Bell Chicken Soft Taco

200 calories

12 corn chips with 1/4 cup of salsa

225 calories

Small soft-serve vanilla/choc twist ice cream cone



PacifiCare[®]

HOW MANY CALORIES IS THAT?

Someone who weighs between 170-190 lbs, and does 30 minutes of physical activity, will burn...

95-110 calories

Cooking/food preparation
Picking up the house
Playing catch
MET: 2.5

95-110 calories

One ounce pretzels
One banana

115-130 calories

Playing Frisbee
Walking slowly
MET: 3.0

115-130 calories

1 c Cream of Chicken Soup
1 c Red Beans and Rice

150-170 calories

Leisure bicycling
Yoga
Water Aerobics
Walking briskly
Coaching a sport
MET: 4.0

150-170 calories

12 oz. soda
½ c strawberry frozen yogurt
1 c black bean soup

170-195 calories

Dancing
Badminton
MET: 4.5

170-195 calories

1 c low-fat cottage cheese
Taco Bell Chicken Soft Taco

190-215 calories

Gardening
Skiing downhill, leisurely
Actively playing with children (walking/running)
MET: 5.0

190-215 calories

French bread sausage pizza
6 in. BLT sub sandwich

210-235 calories

Golf, carrying clubs
Scrubbing floors
Ice-skating
MET: 5.5

210-235 calories

Soft taco
Wendy's chili

230-260 calories

Active resistance training
Aerobics
Walking uphill, briskly
Hiking
Basketball

MET: 6.0

270-300 calories

Stationary bicycling, moderate pace
Jogging
Rowing, canoeing

MET: 7.0

305-345 calories

Circuit resistance training
Running (5 mph, 12 min/mile)
Tennis, singles
Swimming laps
Calisthenics (push ups, sit-ups)
Football

MET: 8.0

385-430 calories

Bicycling, hard
Running (6 mph, 10 min/mile)

MET: 9.0

230-260 calories

12 oz. Margarita
Lean Cuisine: chicken chow mein

270-300 calories

½ c pasta with tomato sauce
1 Big Grab bag of Cheetos

305-345 calories

Starbucks Grande Café Mocha w/
skim milk, no whipped cream
Circle K Big Gulp Pepsi, 32 oz.

385-430 calories

Bacon Cheeseburger
Thin crust cheese pizza 2 pieces
Mini Dairy Queen Cookie Dough
Blizzard

What about me? I don't weigh 170 pounds!**Follow these three simple steps:**

- 1.** Multiply your weight by the MET value for the activity you did.
- 2.** Multiply that number by the duration of the activity (minutes).
- 3.** Divide by 133, and that is the number of calories that you burned.