

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-278

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Student Lesson Handout

Lesson 7

Physical Activity

CALORIE EQUIVALENTS OF ACTIVITIES

Energy Equivalents of Food Calories Expressed in Minutes of Activity

| FOOD | CALORIES | ACTIVITY | | | | |
|---|----------|----------|--------------------|-----------|----------|------------|
| | | Walking* | Riding bicycle† | Swimming‡ | Running# | Reclining¶ |
| | | min. | min. | min. | min. | min. |
| Apple, large | 101 | 19 | 12 | 9 | 5 | 78 |
| Bacon, 2 strips | 96 | 18 | 12 | 9 | 5 | 74 |
| Banana, small | 88 | 17 | 11 | 8 | 4 | 68 |
| Beans, green, 1 c. | 27 | 5 | 3 | 2 | 1 | 21 |
| Beer, 1 glass | 114 | 22 | 14 | 10 | 6 | 88 |
| Bread and butter | 78 | 15 | 10 | 7 | 4 | 60 |
| Cake, 1/12, 2-layer | 356 | 68 | 43 | 32 | 18 | 274 |
| Carbonated beverage, 1 glass | 106 | 20 | 13 | 9 | 5 | 82 |
| Carrot, raw | 42 | 8 | 5 | 4 | 2 | 32 |
| Cereal, dry, ½ c., with milk and sugar | 200 | 38 | 24 | 18 | 10 | 154 |
| Cheese, cottage, 1 Tbsp. | 27 | 5 | 3 | 2 | 1 | 21 |
| Cheese, Cheddar, 1 oz. | 111 | 21 | 14 | 10 | 6 | 85 |
| Chicken, fried, ½ breast | 232 | 45 | 28 | 21 | 12 | 178 |
| Chicken, "TV" dinner | 542 | 104 | 66 | 48 | 28 | 417 |
| Cookie, plain, 148/lb. | 15 | 3 | 2 | 1 | 1 | 12 |
| Cookie, chocolate chip | 51 | 10 | 6 | 5 | 3 | 39 |
| Doughnut | 151 | 29 | 18 | 13 | 8 | 116 |
| Egg, fried | 110 | 21 | 13 | 10 | 6 | 85 |
| Egg, boiled | 77 | 15 | 9 | 7 | 4 | 59 |
| French dressing, 1 Tbsp. | 59 | 11 | 7 | 5 | 3 | 45 |
| Halibut steak, ¼ lb. | 205 | 39 | 25 | 18 | 11 | 158 |
| Ham, 2 slices | 167 | 32 | 20 | 15 | 9 | 128 |
| Ice cream, 1/6 qt. | 193 | 37 | 24 | 17 | 10 | 148 |
| Ice cream soda | 255 | 49 | 31 | 23 | 13 | 196 |
| Ice milk, 1/6 qt. | 144 | 28 | 18 | 13 | 7 | 111 |
| Gelatin, with cream | 117 | 23 | 14 | 10 | 6 | 90 |
| Malted milk shake | 502 | 97 | 61 | 45 | 26 | 386 |
| Mayonnaise, 1 Tbsp. | 92 | 18 | 11 | 8 | 5 | 71 |
| Milk, 1 glass | 166 | 32 | 20 | 15 | 9 | 128 |
| Milk, skim, 1 glass | 81 | 16 | 10 | 7 | 4 | 62 |
| Milk shake | 421 | 81 | 51 | 38 | 22 | 324 |
| Orange, medium | 68 | 13 | 8 | 6 | 4 | 52 |
| Orange juice, 1 glass | 120 | 23 | 15 | 11 | 6 | 92 |
| Pancake with sirup | 124 | 24 | 15 | 11 | 6 | 95 |
| Peach, medium | 46 | 9 | 6 | 4 | 2 | 35 |
| Peas, green, ½ c. | 56 | 11 | 7 | 5 | 3 | 43 |
| Pie, apple, 1/6 | 377 | 73 | 46 | 34 | 19 | 290 |
| Pie, raisin, 1/6 | 437 | 84 | 53 | 39 | 23 | 336 |

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Spec

| FOOD | CALORIES | ACTIVITY | | | | |
|-------------------------|----------|----------|-----------------|-----------|----------|------------|
| | | Walking* | Riding bicycle† | Swimming‡ | Running# | Reclining¶ |
| | | min. | min. | min. | min. | min. |
| Pizza, cheese, 1/8 | 180 | 35 | 22 | 16 | 9 | 138 |
| Pork chop, loin | 314 | 60 | 38 | 28 | 16 | 242 |
| Potato chips, 1 serving | 108 | 21 | 13 | 10 | 6 | 83 |
| Sandwiches | | | | | | |
| Club | 590 | 113 | 72 | 53 | 30 | 454 |
| Hamburger | 350 | 67 | 43 | 31 | 18 | 269 |
| Roast beef with gravy | 430 | 83 | 52 | 38 | 22 | 331 |
| Tuna fish salad | 278 | 53 | 34 | 25 | 14 | 214 |
| Sherbet, 1/6 qt. | 177 | 34 | 22 | 16 | 9 | 136 |
| Shrimp, French fried | 180 | 35 | 22 | 16 | 9 | 138 |
| Spaghetti, 1 serving | 396 | 76 | 48 | 35 | 20 | 305 |
| Steak, T-bone | 235 | 45 | 29 | 21 | 12 | 181 |
| Strawberry shortcake | 400 | 77 | 49 | 36 | 21 | 308 |

*Energy cost of walking for 70-kg. individual=5.2 calories per minute at 3.5 m.p.h.

†Energy cost of riding bicycle=8.2 calorie per minute

‡Energy cost of swimming=11.2 calories per minute

#Energy cost of running=19.4 calorier per minute

¶Energy cost of reclining=1.3 calories per minute

Konishi, JADA 46: 187, 1965

DAILY ACTIVITY PLAN

LIGHT ACTIVITY - Each minute of light activity burns approximately 4 calories.

| | | |
|----------------------|------------------|------------------|
| Bowling | Horseback Riding | Volleyball |
| Dancing (slow music) | Softball | Walking (normal) |
| Gardening (light) | Sweeping | Washing car |
| Golf | Table Tennis | |

MODERATE ACTIVITY - Each minute of moderate activity burns approximately 7 calories.

| | | |
|----------------------|------------------------|-----------------|
| Badminton (singles) | Mopping the floor | Tennis (single) |
| Cycling (leisurely) | Raking leaves or grass | Walking (fast) |
| Dancing (fast music) | Square Dancing | Waxing car |
| Gardening (heavy) | Swimming (leisurely) | Window washing |

HEAVY ACTIVITY - Each minute of heavy activity burns approximately 10 calories.

| | | |
|----------------------------|--------------------|------------------------------|
| Calisthenics (vigorous) | Mowing grass | Stationary Cycling (quickly) |
| Climbing stairs | Shampooing rug | Stationary Jogging |
| Cycling (vigorous) | Skiing | Swimming (vigorous) |
| Hill and mountain climbing | Skipping rope | |
| Jogging | Spading the garden | |