



The amount of exercise needed to burn the calories contained in these 10 food items

Food	Amount	Calories	Walk	Run	Bike	Swim	Yoga	Dance
Regular beer	12 fl oz.	153	39 min	22 min	16 min	19 min	52 min	26 min
Champagne	5 fl oz.	105	27 min	15 min	11 min	13 min	36 min	18 min
Potato chips	1 oz.	155	40 min	22 min	17 min	19 min	53 min	26 min
Cracker with cheese	1 cracker	71	18 min	10 min	8 min	9 min	24 min	12 min
English muffin with egg, cheese and Canadian bacon	1 muffin	487	126 min	52 min	69 min	59 min	166 min	83 min
Large cheeseburger	1 sandwich	563	145 min	60 min	80 min	68 min	191 min	96 min
Pepperoni pizza	1 slice	298	77 min	32 min	42 min	36 min	101 min	51 min
California roll (sushi)	1 roll	266	69 min	28 min	38 min	32 min	90 min	45 min
Roasted chicken breast (no skin)	Half a breast	142	37 min	15 min	20 min	17 min	48 min	24 min
Broiled top sirloin (Choice, 1/8" trim)	5 oz.	365	94 min	39 min	52 min	44 min	124 min	62 min

Source: "The Diet Detective's Countdown" and the St. Petersburg Times