

MOVE!

500 Calorie Examples

Did you know that one pound of fat is equal to consuming about 3500 calories of food.
So..... if you can get rid of 500 calories each day you will be on the road to weight loss.



Here are several examples of what 500 calories is equal to:

3.3 ounces of potato chips – about 1/3 of a large bag **or** 10 rice cakes

2 packages of snack cakes

2 glazed doughnuts



1 cup premium ice cream **or** 2 cups Healthy Choice ice cream



3 cups of gelatin **or** 25 cups of sugar free gelatin

1.5 cups regular pudding **or** 3.5 cups fat free sugar free pudding

2.5 cups cooked pasta or cooked rice

1.5 cups homemade stuffing



4.5 Tablespoons peanut butter

3 ounces of peanuts – large handful

1 leg and 1/2 breast fried chicken or 9 fried chicken wings

1 KFC Extra Tasty Crispy Breast

1 Burrito Supreme – Taco Bell



1 Supreme Fajita chicken or steak– Taco Bell

2 frozen battered fish fillets **or** 7 baked / grilled 3 oz fish fillets

1/8 apple pie with 1 scoop ice cream **or** 6 – 7 medium apples



1 sausage biscuit

1 regular hamburger and 1 small order of French fries

1 order of super sized French fries



1 large milkshake

