

How many calories did I just eat?

Eating healthy can give kids more energy and make them feel better!

Below are a few popular menu items for kids. See how many calories they're consuming!



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BEVERAGES

Chocolate Milk

16 oz. bottle

Calories: 400

Juice Box

1 pouch

Calories: 70

Soda

20 oz. (590 ml) bottle

Calories: 240

SNACKS

Banana

Medium (4.2 oz.)

Calories: 105

Potato Chips - Cheese Flavor

1 bag (6 oz.)

Calories: 843

Vanilla Ice Cream

1 Cup

Calories: 273

MEALS

Fast Food Combo Meal

Chicken nuggets (10 pieces),
with medium french fries and
medium soda

Calories: 1090

Fast Food Kids Meal

Hamburger, with small fries
and apple juice box
(6.75 fl oz.)

Calories: 580

Fruit Loops® Cereal

2 cups with no milk

Calories: 220

Sandwich

Turkey breast (5 oz.) with
mayonnaise and 3 oz. bread

Calories: 450

Spaghetti and Meatballs with Tomato Sauce

Regular serving

Calories: 970

Toaster Pastries

2 pastries

Calories: 400

Cheese Pizza

1 slice of regular crust

Calories: 271

Did you know...

*The best way to stay
healthy is to make
healthy food choices
daily.*

How quickly you burn calories depends on your size and age

Use this chart to estimate how many miles you need to walk to burn 250 calories

| Weight | Calories | Miles | Weight | Calories | Miles |
|--------|----------|-------|--------|----------|-------|
| 40 | 250 | 5.80 | 210 | 250 | 2.36 |
| 50 | 250 | 5.34 | 220 | 250 | 2.28 |
| 60 | 250 | 4.95 | 230 | 250 | 2.21 |
| 70 | 250 | 4.61 | 240 | 250 | 2.14 |
| 80 | 250 | 4.32 | 250 | 250 | 2.07 |
| 90 | 250 | 4.06 | 260 | 250 | 2.01 |
| 100 | 250 | 3.83 | 270 | 250 | 1.95 |
| 120 | 250 | 3.44 | 280 | 250 | 1.90 |
| 130 | 250 | 3.28 | 290 | 250 | 1.85 |
| 140 | 250 | 3.13 | 300 | 250 | 1.80 |
| 150 | 250 | 2.99 | 310 | 250 | 1.75 |
| 160 | 250 | 2.86 | 320 | 250 | 1.71 |
| 170 | 250 | 2.75 | 330 | 250 | 1.67 |
| 180 | 250 | 2.64 | 340 | 250 | 1.63 |
| 200 | 250 | 2.45 | 350 | 250 | 1.59 |

Approximately 2000 Steps = 1 mile

Conversion chart provided by America on the Move



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