

What's in your SNACK?



3 ounces of
POTATO CHIPS
480 calories



16-ounce
chocolate ice cream
SHAKE
800 calories



2 chocolate chip
COOKIES
400 calories



Large order of
FRENCH FRIES
500 calories



1 hard-boiled
EGG and 1 cup
of **SUGAR**
SNAP PEAS
125 calories



1 cup of baby
CARROTS with
3 tablespoons of
HUMMUS
155 calories



6 ounces of plain
GREEK YOGURT
120 calories



2 cups of
STRAWBERRIES
100 calories

Did You Know...?

- Eating fruits and vegetables instead of other foods helps you lose weight.
- Most people need 2,000 calories or less a day.
- 100 extra calories a day can increase your weight by 10 pounds in a year.

If you ate the chips, shake, cookies, and fries in one day, you would take in an extra **2,180 calories**. If you weigh 150 pounds, you would have to walk briskly for **about 8 hours** to burn off those extra calories!