

For example it would take a person weighing 75kgs to walk at 5 kilometers per hour for 23 minutes just to burn off the extra calories provided by one chocolate biscuit and nearly 2½ hours to burn off 2 slices of pizza (157 minutes).

Food	Walk 5kph	Jog 10kph	Cycle 20kph	Swim	Weight Training
Ice Cream – 2 scoops	41	14	16	15	17
Meat Pie 175g	108	37	43	38	45
Chocolate Biscuit	23	8	9	8	10
Cream Biscuit	23	8	9	8	10
Donut Plain 70g	57	20	23	20	24
Lamington 50g	39	13	15	14	16
Cheesecake 60g	45	16	18	16	19
Chocolate Cake 60g	51	18	20	18	21
Mud Cake 100g	80	28	32	28	33
Muffin 60g	39	13	15	14	16
Chocolate 30g	36	13	15	13	15
Chocolate Bar 60g	60	21	24	21	25
Corn Chips 100g	111	39	44	40	47
Potato Crisps 50g	57	20	23	20	24
Hot Chips 150g	68	24	27	24	29
French Fries (med)	75	26	30	27	32
Hamburger Plain	91	32	36	32	38
Hot Dog	64	22	25	23	27
Pizza – 2 Slices	157	54	63	56	66
Cola – 1 Can	35	12	14	13	15

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