

How long does it take to consume the calories in the foods you eat?

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According to the US Department of Agriculture's recommendation, on average, women between the ages of 19 and 30 should consume 1,900 to 2,400 calories while men of the same age should consume between 2,400 and 3,000 calories per day, depending on the level physical activity. Here are some common foods and the amount of time needed to **burn calories** from them.



1 apple (60Kcal) = Swim 10 minutes

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CROISSANT **HOUSEWORK**



=



406 KCAL **2 HOURS**

1 croissant (406Kcal) = Working for 2 hours

überfacts

CANDY BAR **IRONING**



=



500 KCAL **2.5 HOURS**

1 nutritious candy bar (500Kcal) = 2.5 hours for clothes

überfacts

**BEER
(16 OZ)**



235 KCAL

**WASHING
DISHES**



1.5 HOURS

The image is a comparison graphic. On the left, a dark red background contains the text 'BEER (16 OZ)' at the top, a glass of beer in the middle, and '235 KCAL' at the bottom. On the right, a dark blue background contains the text 'überfacts' at the top, 'WASHING DISHES' in the middle, and '1.5 HOURS' at the bottom. A white equals sign is positioned between the two sides.

1 pint of beer ~ 0.5l (235Kcal) = Wash the bowl for 1.5 hours

überfacts

**10 PIECES
OF SUSHI**



448 KCAL

DANCING




4 HOURS

The image is a comparison graphic. On the left, a dark red background contains the text '10 PIECES OF SUSHI' at the top, four pieces of sushi in the middle, and '448 KCAL' at the bottom. On the right, a dark blue background contains the text 'überfacts' at the top, 'DANCING' in the middle, and '4 HOURS' at the bottom. A white equals sign is positioned between the two sides.

10 pieces of sushi (448Kcal) = 4 hours of dancing

überfacts

FRENCH FRIES



330 KCAL

=

SOCCER



40 MINUTES

1 part fries (330Kcal) = Kick 40 minutes

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BLUEBERRY MUFFIN



460 KCAL

=

JOGGING



1 HOUR

1 blueberry muffin cake (460Kcal) = 1 hour walk

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TUNA SANDWICH



480 KCAL

=

YOGA



2.5 HOURS

Tuna Sandwich (480Kcal) = 2.5 hour yoga

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CARAMEL FRAPPUCCINO



250 KCAL

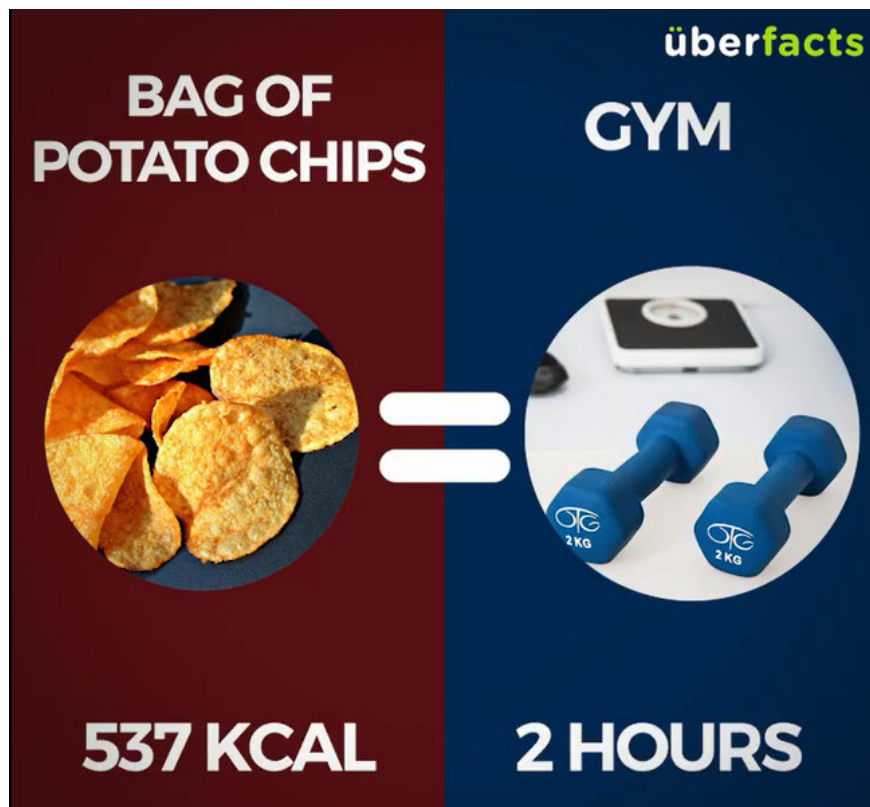
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WALKING



1.5 HOURS

1 cup of caramel frappino (250Kcal) = 1.5 hour walk



1 pack of potato snack (537Kcal) = Set for 2 hours

Surely we all feel startled after knowing the amount of movement needed to "burn" all calories in every favorite dish. Estimate the number of calories loaded and consumed on a daily basis to maintain an ideal physique.

What about changing the dish to the housework as above? Surely wives will love this, if every beer = washing dishes for 1.5 hours - the men we go to drink will have to wash dishes continuously for several consecutive days

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