

## The 'Burn It Off' chart fact sheet

Most people are surprised to learn just how much activity is needed to burn off that extra fuel, particularly high fat and sugary foods! The table below shows the amount of activity required for an adult male to burn off the energy contained in selected foods.

How much physical activity do you have to do to burn off the following?

If you eat...	Burn it off by:			
	Sitting still for	Slow walk for	Brisk walk for	Jog for
glass of water (375ml)	0	0	0	0
1 apple (150g)	1 hr 10 min	35 min	17 min	10 min
glass of wine (150ml)	1 hr 15 min	43 min	21 min	12 min
full-strength beer, 1 stubbie (375ml)	1 hr 52 min	56 min	28 min	16 min
ice cream cone (80g)	2 hrs 6 min	1 hrs 3 min	32 min	18 min
1 chocolate bar (60g)	4 hrs 5 min	2 hrs 15min	1 hr 8 min	39 min
1 can soft drink (375ml)	2 hrs 13 min	1 hr 7 min	33 min	19 min
large juice-bar juice (650ml)	4 hrs 16 min	2 hrs 8 min	1 hr 4 min	37 min
2 rashers bacon, (60g grilled, fat trimmed) + 2 poached eggs	4 hrs 18 min	2 hrs 9 min	1 hr 5 min	37min
2 rashers bacon (60g, lean + fat, fried) and 2 fried eggs (100g)	5 hrs 46 min	2 hrs 53min	1 hr 27 min	50 min
1 meat pie (200g)	6 hrs 9 min	3 hrs 5 min	1 hr 32 min	53 min
flavoured milk (500ml)	6 hrs 14 min	3 hrs 7 min	1 hr 34 min	53 min
2 slices takeaway pizza (240g)	10 hrs 6 min	6 hrs 3min	2 hrs 32min	1 hr 27 min
1/4 chicken (110g) and chips (170g)	10 hrs 53 min	5 hrs 27min	2 hrs 44 min	1 hr 33 min
1 serve fish (165g, battered and fried) and chips (170g)	11 hrs 45 min	6 hrs 53min	2 hrs 57 min	1 hr 40 min

\*Calculated from Food Standards Australia New Zealand food composition tables based on average energy expenditure for a 70kg, 40 year old male.