



How far would you go for junk food?

Ever wonder how far you'd have to walk to burn off the calories in something you just ate? Try thinking of it in terms of walking the length of a football field; including the end zones that's 120 yards . . .



1 Regular M & M : 1 Football Field

1 Potato Chip: 2 Football Fields

1 Light Beer: 18 Football Fields

1 Non- Light Beer: 36 Football Fields

1 Slice of Cheese Pizza: 40 Football Fields

1 Snickers Bar: 50 Football Fields

1 Big Mac & Large Fries: 240 Football Fields

Don't worry, walking a football field isn't the only way to burn the calories. Here are some quick tips to keep your diet habits healthy:

Don't Skip meals to prevent binge eating later.

Indulge once in awhile to satisfy cravings, just don't eat the whole pizza or entire tub of ice cream.

Walk to class instead of catching a ride.

Fruits are a healthy way to satisfy sweet cravings (and dried fruit lasts well in a residence hall room).

This isn't to make you obsess about calories. However, as a college student, you're busy and sometimes it's just plain hard to realize what you're putting into your body. The important thing is to work on eating a balanced diet and maintaining an active lifestyle.

