

HEALTHY FAMILIES COACH

Exercise needed to burn off fast foods

The chart shows how long you would need to walk to work off some of the common take-away/junk foods we eat. To lose weight we need to increase our exercise (energy out) compared to the amount of energy we get from food (energy in).

KFC		
Food Item	Cal	How much exercise?
Snack Burger	376	1hr 6mins
Burger	550	1hr 35mins
Potato and gravy reg.	95	17mins
Bread roll	120	21mins
Fried chicken	216	38mins
Popcorn chicken	502	1hr 27mins
Twister	500	1hr 27mins
Burger combo (chips and drink)	1060	3hrs
Ultimate burger meal (burger, 1x chicken, potato and gravy, chips, and drink)	1186	3hrs 10mins
Quarter pack (3x chicken, potato & gravy, chips, and drink)	1361	3hrs 56mins
Deluxe quarter pack (3x chicken, potato & gravy, chips, coleslaw, chocolate bar, and drink)	1681	4hrs 50mins

McDonalds		
Food Item	Cal	How much exercise?
Beef burger	495	1hr 25mins
Chicken burger	366	1hr 4mins
Cheese burger	265	46mins
6 nuggets	269	47mins
Burger combo (chips, and drink)	1005	1hr 48mins

Burger King		
Food Item	Cal	How much exercise?
Chicken Burger	869	2hrs 30mins
Beef Burger	899	2hrs 35mins
Cheese burger	341	59mins
Burger combo (chips, and drink)	1383	4hrs

Subway		
Food Item	Cal	How much exercise?
Chicken 6-inch	487	1hr 25mins
Meatballs sub 6-inch	517	1hr 30mins



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Other Takeaways		
Food Item	Cal	How much exercise?
Chinese	670	1hr 57mins
1x slice of Pizza	180	31mins
1 Pizza	1440	4hrs 10mins
Chips and 2x fish	1563	4hrs 30mins

Takeaway Sides		
Food Item	Cal	How much exercise?
Fries	330	58mins
Sundae	438	1hr 16mins
Orange juice	211	37mins
Fizzy drink	180	31mins
Milkshake	308	53mins
Hotcakes	511	1hr 29mins

Snack foods		
Food Item	Cal	How much exercise?
Slice	507	1hr 27mins
Scone	311	54mins
Sausage roll	357	1hr 2mins
Muffin	427	1hr 14mins
Slice of cake	500	1hr 27mins
Chocolate bar	270	47mins
Chocolate chip cookie	397	1hr 8mins
Large packet chips	2240	6hrs 30mins
Pie	535	1hr 35mins
Half a packet of lollies	343	1hr
Ice cream two scoops	230	40mins
Deluxe ice block	357	1hr 2mins
2x chocolate biscuits	154	27mins

Drinks		
Food Item	Cal	How much exercise?
Sports drink (750ml) (E-drink, Power aid)	293	51mins
Bottle of fizzy (750ml)	258	45mins
Flavoured Milk (750ml)	430	1hr 15mins
Bottle juice (600ml)	176	31mins
Raro (packet)	315	55mins
Beer (1 bottle)	148	26mins
Wine (1 glass)	183	32mins

All food items are based on regular menu size

