BAGEL

20 Years Ago

140 calories
3-inch diameter

Today

350 calories
6-inch diameter

Calorie Difference: 210 calories
Increased bagel size: 210 more calories

Raking leaves for 50 minutes burns approximately 210 calories*
CHEESEBURGER

20 Years Ago

333 calories

Today

590 calories

Calorie difference: 257 calories
Increased cheeseburger size: 257 more calories

Lifting weights for 1 hour and 30 minutes burns approximately 257 calories*

*Based on 130-pound person
SPAGHETTI AND MEATBALLS

20 Years Ago

500 calories
1 cup spaghetti with sauce and 3 small meatballs

Today

1,025 calories
2 cups of pasta with sauce and 3 large meatballs

Calorie difference: 525 calories
Increased spaghetti and meatball size: 525 more calories

Housecleaning for 2 hours and 35 minutes burns approximately 525 calories*

*Based on 130-pound person
FRENCH FRIES

20 Years Ago

210 calories
2.4 ounces

Today

610 calories
6.9 ounces

Calorie difference: 400 calories
Increased French fries size: 400 more calories

Walking leisurely for 1 hour and 10 minutes burns approximately 400 calories*

*B鲁ed on 160-pound person
SODA

20 Years Ago

85 calories
6.5 ounces

Today

250 calories
20 ounces

Calorie difference: 165 calories
Increased soda size: 165 more calories

Working in the garden for 35 minutes burns approximately 165 calories*

Based on 160-pound person
COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)

45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)

350 calories
16 ounces

Calorie difference: 305 calories
Increased coffee size: 305 more calories

Walking 1 hour and 20 minutes burns approximately 305 calories*

*Based on 130-pound person
MUFFIN

20 Years Ago

210 calories
1.5 ounces

Today

500 calories
4 ounces

Calorie difference: 290 calories
Increased muffin size: 290 more calories

Vacuuming for 1 hour and 30 minutes burns approximately 290 calories*

*Based on 130-pound person
PEPPERONI PIZZA

20 Years Ago
500 calories

Today
850 calories

Calorie difference: 350 calories
Increased pepperoni pizza size: 350 more calories

Playing golf (while walking and carrying your clubs) for 1 hour burns approximately 350 calories*

*Based on 160-pound person
POPcorn

20 Years Ago

270 calories
5 cups

Today

630 calories
11 cups

Calorie difference: 360 calories
Increased popcorn size: 360 more calories

Doing water aerobics for **1 hour and 15 minutes** burns approximately **360 calories***

*Based on 160-pound person
CHOCOLATE CHIP COOKIE

20 Years Ago

55 calories
1.5 inch diameter

Today

275 calories
3.5 inch diameter

Calorie difference: 220 calories
Increased chocolate cookie size: 220 more calories

Washing the car 1 hour and 15 minutes burns approximately 220 calories*

*Based on 130-pound person