

BAGEL

20 Years Ago



140 calories
3-inch diameter

Today

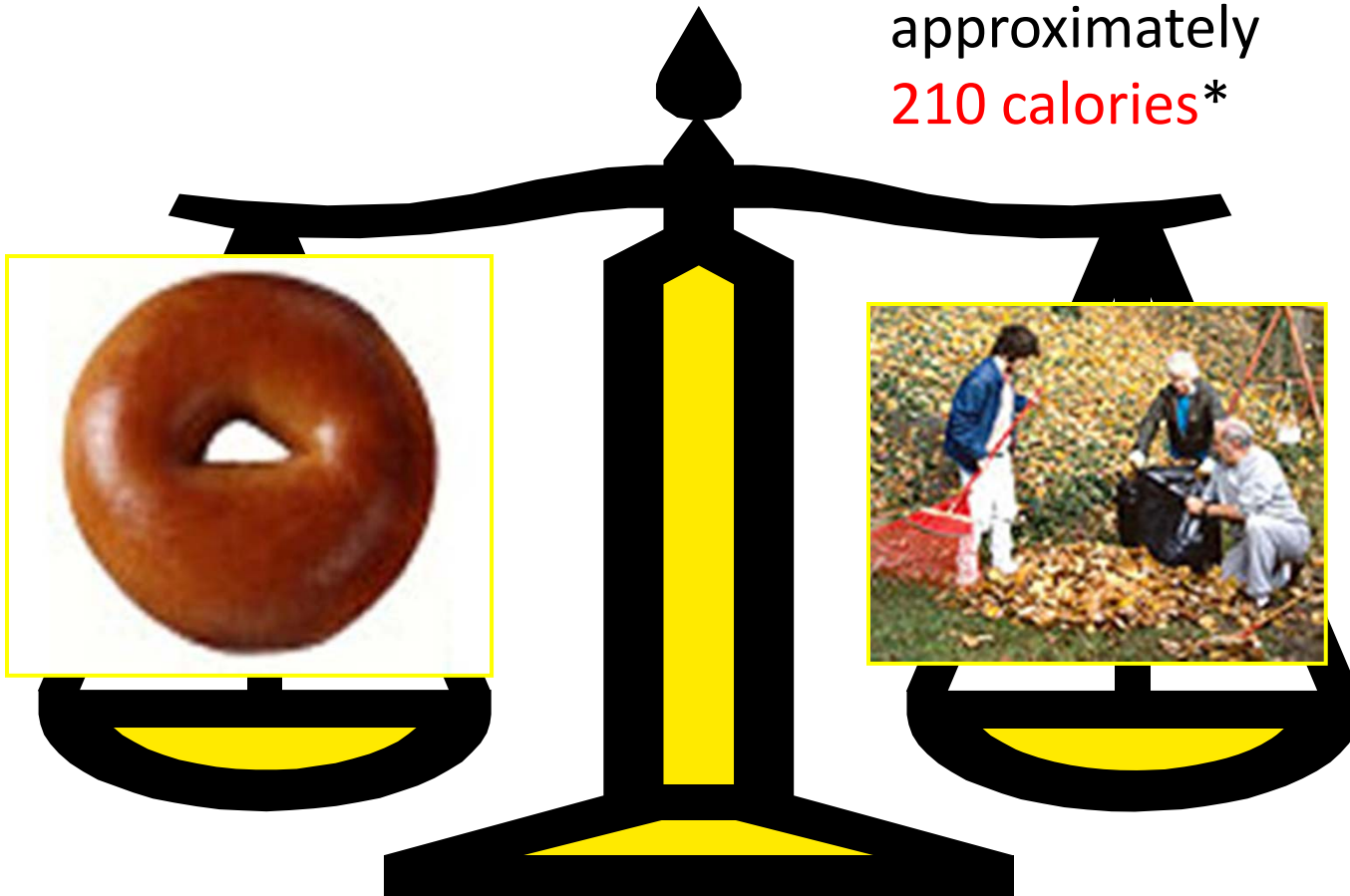


350 calories
6-inch diameter

Calorie Difference: 210 calories

Increased bagel size:
210 more calories

Raking leaves for
50 minutes burns
approximately
210 calories*



*Based on 130-pound person



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



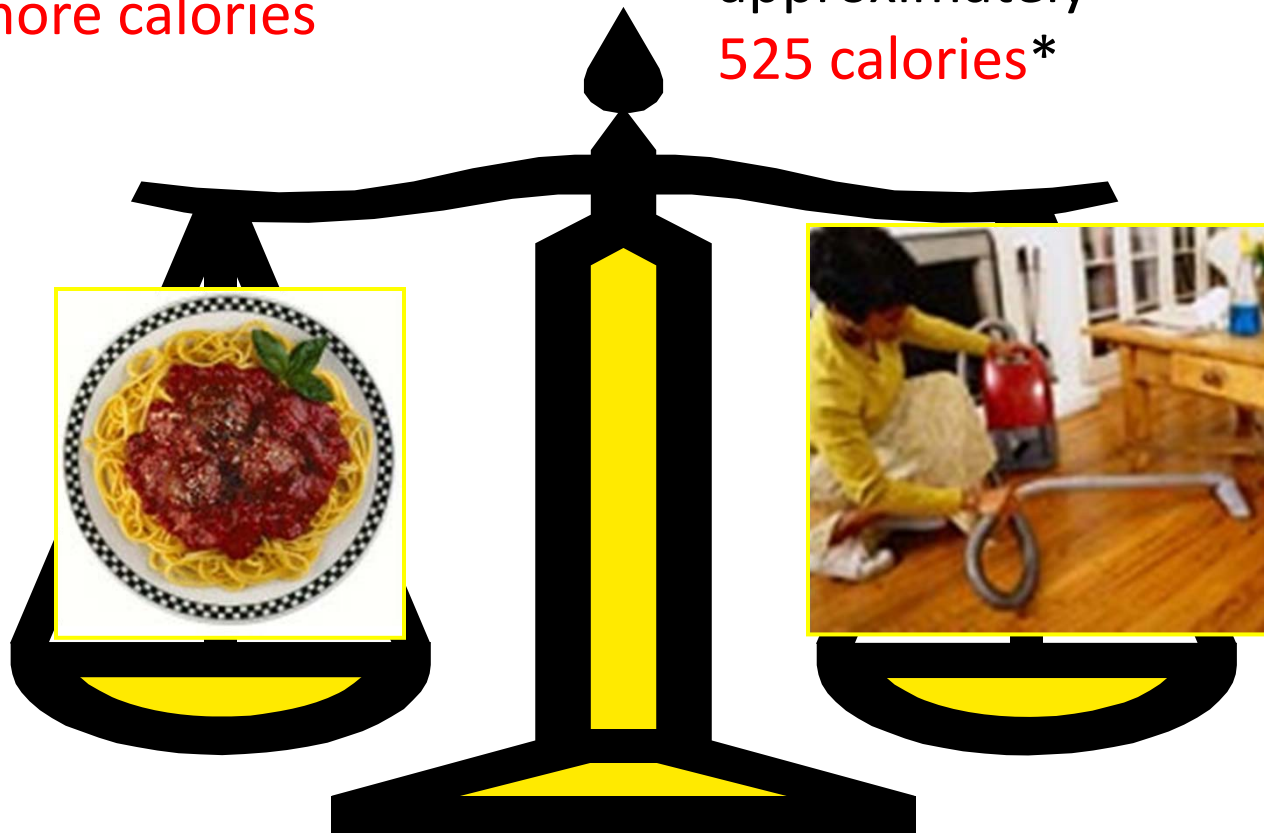
1,025 calories
2 cups of pasta with sauce
and 3 large meatballs

Calorie difference: 525 calories



Increased spaghetti
and meat ball 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



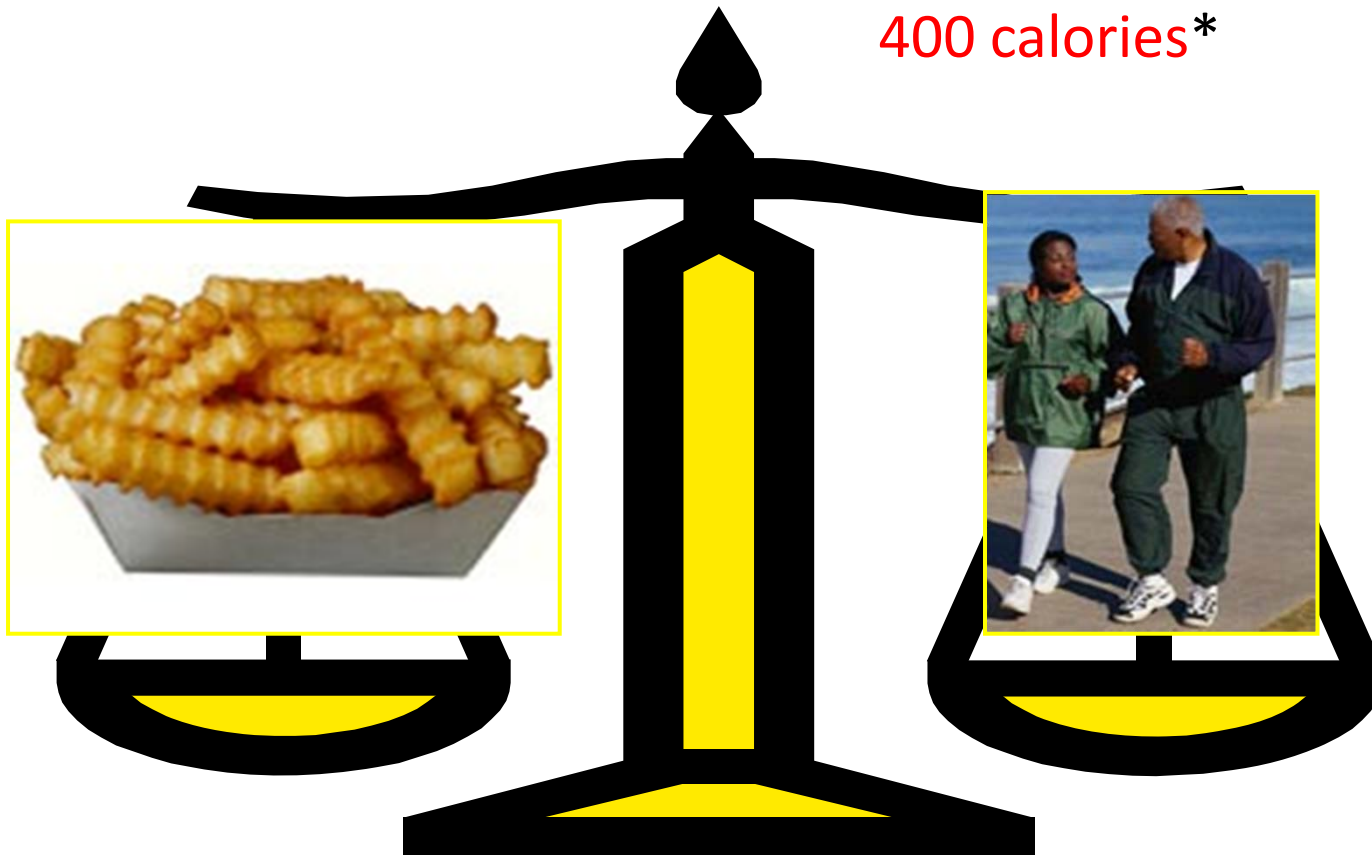
610 calories
6.9 ounces

Calorie difference: 400 calories



Increased French fries
size: 400 more calories

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



*Based 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
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

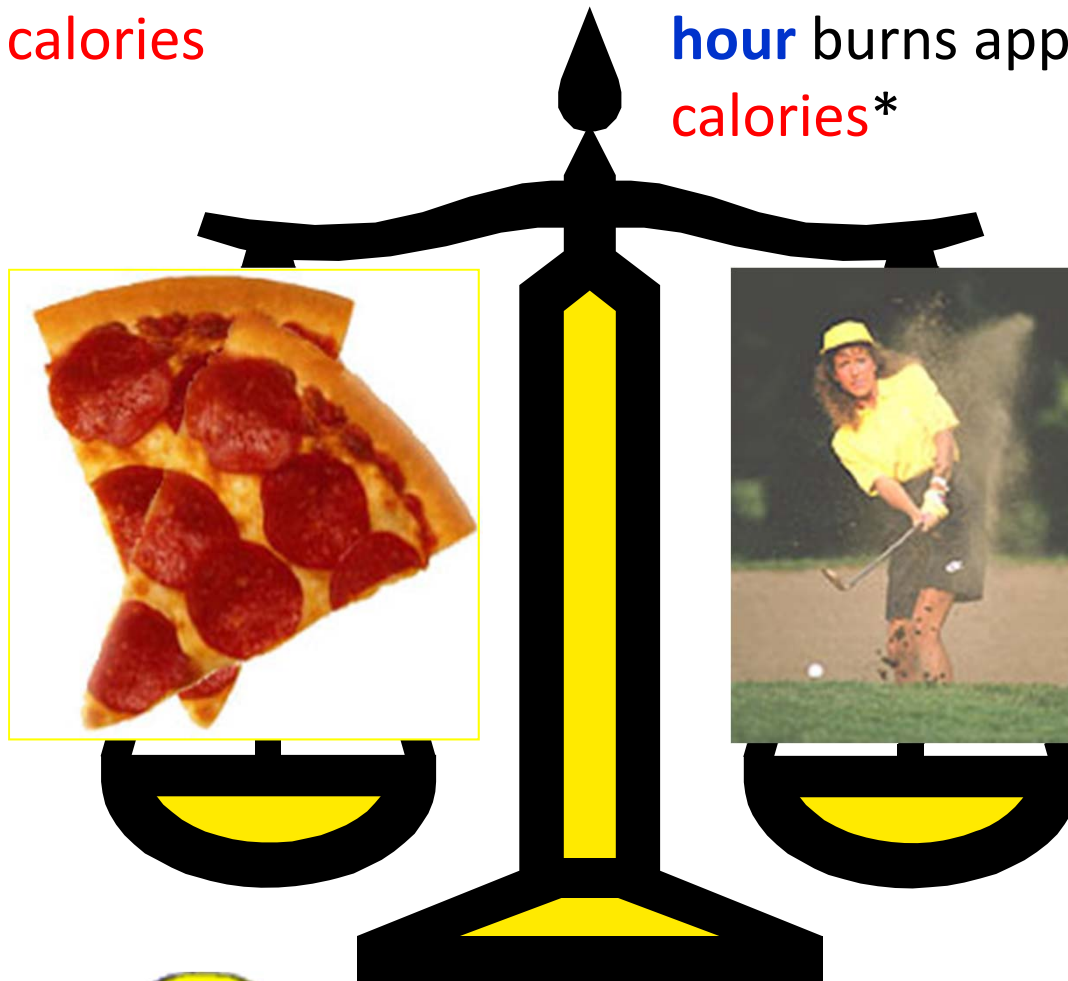


850 calories

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



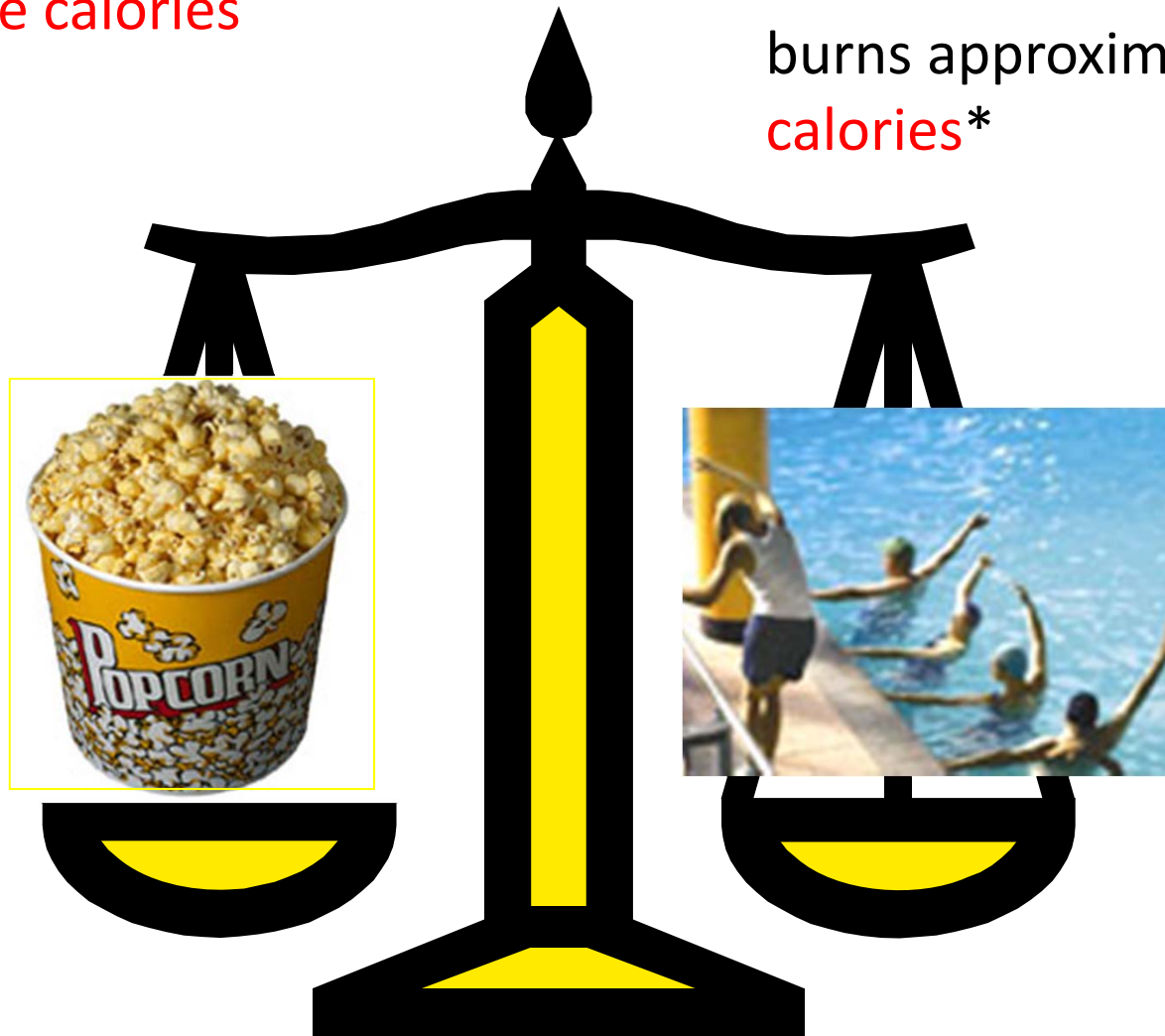
630 calories
11 cups

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



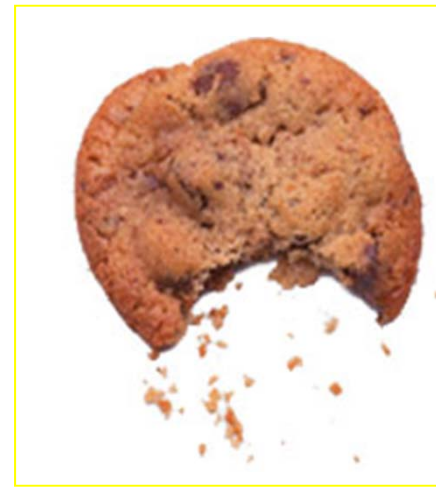
CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today

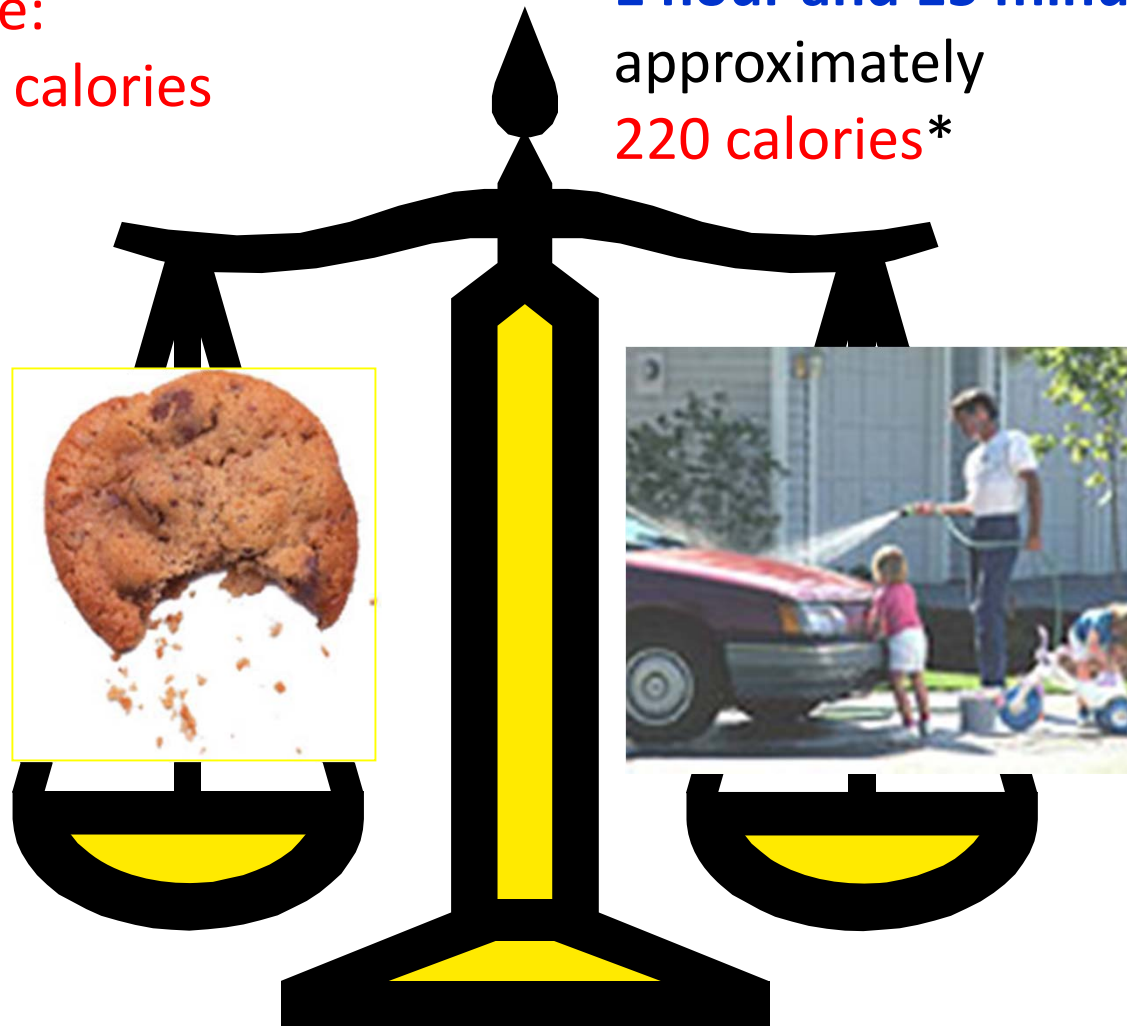


275 calories
3.5 inch diameter

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

