


















Quick Start to Health










Step 1: If you *can't burn* in then *don't drink* it!

<i>Unhealthy Choices</i>	<i>Exercise Equivalence</i>	<i>Healthy Alternatives</i>
<p><u>Coke</u> 12 ounces</p>  = 240 calories	<p>• To burn 240 calories you need to swim laps for <u>1 hour and 5 minutes</u></p> 	<p><u>Diet Coke</u> 12 ounces</p>  = 0 calories
<p><u>Sweet tea</u> 1 cup (2 cups of sugar per gallon)</p>  = 120 calories	<p>• To burn 120 calories you need to play volleyball for <u>25 minutes</u></p> 	<p><u>Un sweet tea</u> 1 cup</p>  = 0 calories
<p><u>Gatorade</u> 2 cups or 16 ounces</p>  =160 calories	<p>• To burn 160 calories you need to dance for <u>30 minutes</u></p> 	<p><u>Propel Water</u> 2 cups or 16 ounces</p>  = 20 calories









Step 2: If you *can't burn* it then *don't eat* it!

<i>Unhealthy Choices</i>	<i>Exercise Equivalence</i>	<i>Healthy Alternatives</i>
<p><u>Grits + 1 tbsp. butter/margarine</u> 1 cup (cooked)</p>  = 242 calories	<p>• To burn 242 calories you need to swim laps for <u>1 hour and 10 minutes</u></p> 	<p><u>Sugar Free Instant Oatmeal (maple and brown sugar)</u> 1 packet cooked</p>  = 100 calories
<p><u>White rice</u> 1 cup cooked</p>  = 200 calories	<p>• To burn 200 calories you need to bowl for <u>50 minutes</u></p> 	<p><u>Wild Rice</u> 1cup cooked</p>  = 166calories
<p><u>Sausage Biscuit</u> (Hardee's)</p>  = 530 calories	<p>• To burn 530 calories you need to roller skate for <u>1 hour and 20 minutes</u></p> 	<p><u>Whole wheat English Muffin with 2 slices of Canadian bacon</u></p>  = 230calories

Step 3: Fast food to *heart disease and stroke!* Recommended daily intake of sodium= 1500 mg

<i>Unhealthy Choices</i>	<i>Exercise Equivalence</i>	<i>Healthy Alternatives</i>
<p><u>McDonald's 1 Hamburger with 1 small fries</u></p>  <p>= 480 calories = 685 mg sodium</p>	<p>• To burn 480 calories you need to do aerobics for <u>1 hour</u></p> 	<p><u>McDonald's Garden Salad with lite vinaigrette (1pkg)</u></p>  <p>= 130 calories = 300 mg sodium</p>
<p><u>Meat Lover's Large Pizza</u> 1 slice=1/8 pizza</p>  <p>= 530 calories = 1140 mg sodium</p>	<p>• To burn 530 calories you need to walk on the treadmill at 2 mph for <u>1 hour and 50 minutes</u></p> 	<p><u>Thin Crust Medium Pizza</u> 1 slice= 1/8 pizza</p>  <p>= 190 calories = 550 mg sodium</p>
<p><u>KFC Fried Chicken</u> (3 drumsticks)</p>  <p>= 360 calories = 930 mg sodium</p>	<p>• To burn 360 calories you need to play softball for <u>1 hour</u></p> 	<p><u>KFC Grilled Chicken</u> (3 drumstick)</p>  <p>= 270 calories = 870 mg sodium</p>

Step 4: Less processed foods = Less *poison!* Recommended daily intake of sodium= 1500 mg

<i>Unhealthy Choices</i>	<i>Exercise Equivalence</i>	<i>Healthy Alternatives</i>
<p><u>Kraft Macaroni & Cheese</u> 1 cup cooked</p>  <p>= 400 calories = 580 mg sodium</p>	<p>• To burn 400 calories you need to jump rope for <u>43 minutes</u></p> 	<p><u>Whole grain Kraft macaroni & cheese</u> 1 package</p>  <p>= 220 calories = 460 mg sodium</p>
<p><u>Ramen Noodles</u> 1 package</p>  <p>= 380 calories = 1580 mg sodium</p>	<p>• To burn 380 calories you need to jog in place for <u>1 hour and 18 minutes</u></p> 	<p><u>Ramen Noodles + veggies without flavor packet</u> 1 package (serves 4 people)</p>  <p>= 380 calories = 420 mg sodium</p>
<p><u>Hamburger Helper Cheesy Hash Brown</u> 1 cup prepared</p>  <p>= 400 calories = 380 mg</p>	<p>• To burn 400 calories you need to bowl for <u>1 hour and 40 minutes</u></p> 	<p><u>Hamburger Helper Cheesy Hash Brown</u> ½ cup prepared</p>  <p>= 200 calories = 190 mg sodium</p>