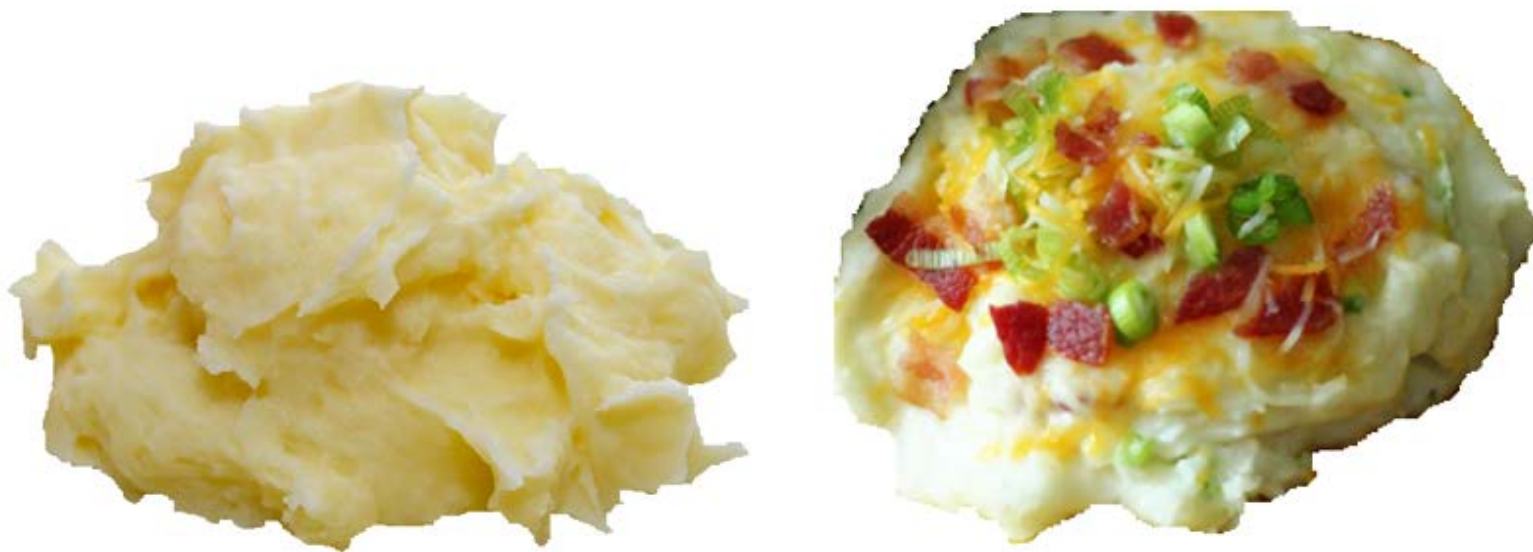


Food Pair #1



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Food Pair #1

Regular mashed potatoes, made at home with whole milk & butter, 1/2 cup serving	Restaurant "loaded" mashed potatoes, topped with cheese & bacon, 1/2 cup serving
120 calories	460 calories
Additional calories: 340	
Amount of activity* (to burn the additional 340 calories): 96 minutes of walking 39 minutes of jogging 53 minutes of cycling	

* Based on a 35 year old female who is 5'7" and weighs 144 lbs.



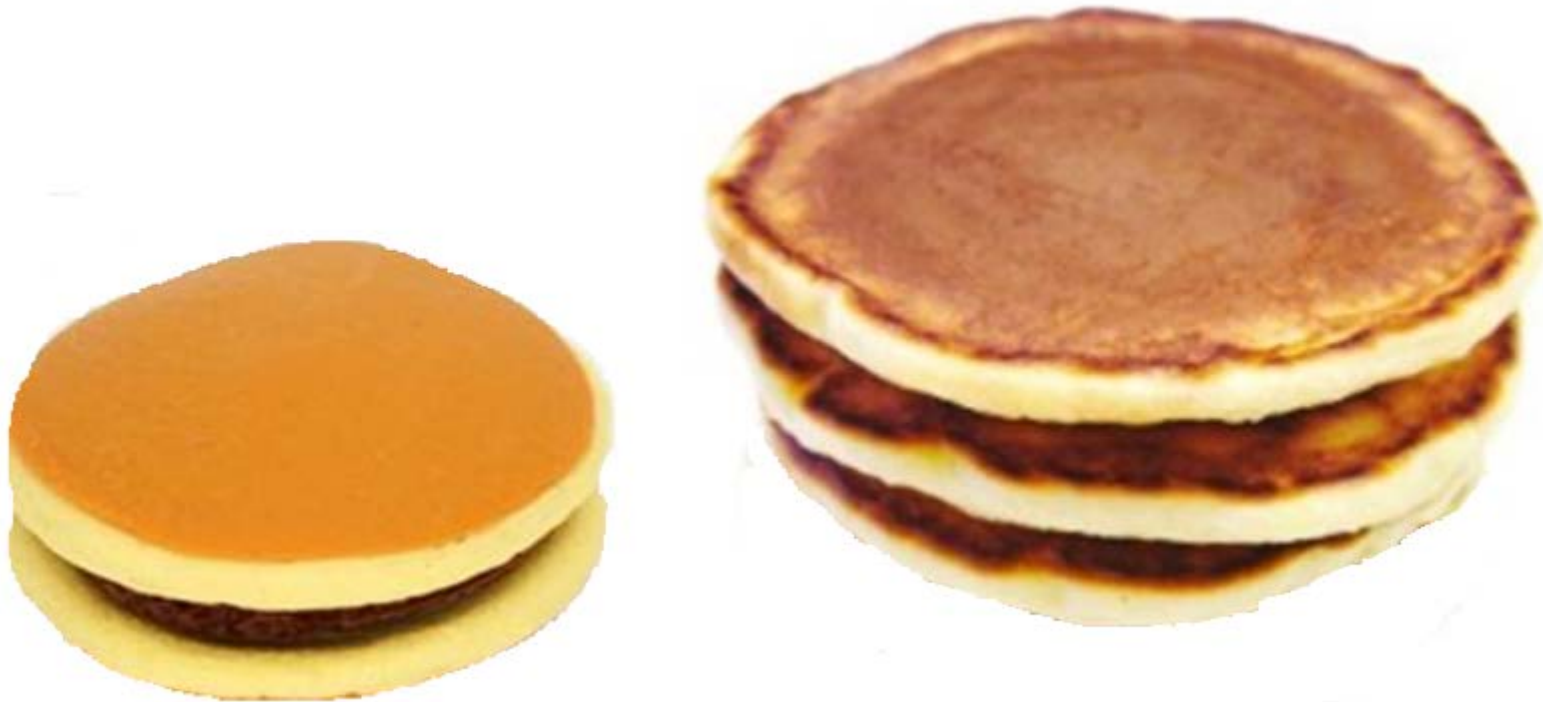
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Food Pair #2



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Food Pair #2

Regular buttermilk pancakes, 4-inch diameter, made at home, no syrup	Restaurant buttermilk pancakes, 10-inch diameter, no syrup
85 calories each 170 calories (for 2 pancakes)	175 calories each 525 calories (for 3 pancakes)
Additional calories: 355	
Amount of activity* (to burn the additional 355 calories): 98 minutes of walking 41 minutes of jogging 54 minutes of cycling	

* Based on a 35 year old female who is 5'7" and weighs 144 lbs.



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Food Pair #3



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Food Pair #3

"Value" size cheeseburger, 1.6 ounces of beef	Restaurant size cheeseburger, 1/3 lb. of beef
300 calories	670 calories
Additional calories: 370	
Amount of activity* (to burn the additional 370 calories): 102 minutes of walking 42 minutes of jogging 56 minutes of cycling	

* Based on a 35 year old female who is 5'7" and weighs 144 lbs.



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Food Pair #4



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Food Pair #4

Regular orange juice, 6 ounce glass	Restaurant orange juice, 16 ounce glass
85 calories	225 calories
Additional calories: 140	
Amount of activity* (to burn the additional 140 calories): 38 minutes of walking 16 minutes of jogging 21 minutes of cycling	

* Based on a 35 year old female who is 5'7" and weighs 144 lbs.



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Food Pair #5



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Food Pair #5

Regular cola-flavored soda, 12 ounce can	Regular cola-flavored soda, 32-oz. "Large" restaurant size cup
150 calories	400 calories
Additional calories: 250	
Amount of activity* (to burn 250 calories): 70 minutes of walking 29 minutes of jogging 38 minutes of cycling	

* Based on a 35 year old female who is 5'7" and weighs 144 lbs.



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