What’s in your SNAPCK?

3 ounces of POTATO CHIPS
480 calories

16-ounce chocolate ice cream SHAKE
800 calories

2 chocolate chip COOKIES
400 calories

Large order of FRENCH FRIES
500 calories

1 hard-boiled EGG and 1 cup of SUGAR SNAP PEAS
125 calories

1 cup of baby CARROTS with 3 tablespoons of HUMMUS
155 calories

6 ounces of plain GREEK YOGURT
120 calories

2 cups of STRAWBERRIES
100 calories

Did You Know…?
• Eating fruits and vegetables instead of other foods helps you lose weight.
• Most people need 2,000 calories or less a day.
• 100 extra calories a day can increase your weight by 10 pounds in a year.

If you ate the chips, shake, cookies, and fries in one day, you would take in an extra 2,180 calories. If you weigh 150 pounds, you would have to walk briskly for about 8 hours to burn off those extra calories!