

# What's in your **SNACK?**



3 ounces of  
**POTATO CHIPS**  
**480 calories**



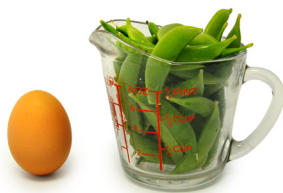
16-ounce  
chocolate ice cream  
**SHAKE**  
**800 calories**



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!