

Burn It Off Chart

People are often surprised to learn how much physical activity is required to ‘burn off’ the highly processed foods and those that contain unhealthy amounts of fat or added sugar. Some durations are so long that another meal will be eaten before the energy from the first one has been burned off!

The table below shows the amount of physical activity required for an adult male* to burn off the energy contained in selected foods. **NOTE:** The burn rate includes energy used to support essential body processes (basal metabolic rate).

	SITTING STILL	SLOW WALK	BRISK WALK	JOG
Glass of water (375ml)	0	0	0	0
Apple (150g)	1hr 10mins	35mins	17mins	10mins
Ice cream cone (80g)	2hr 6mins	1hr 3mins	32mins	18mins
Soft drink, can (375ml)	2hr 13mins	1hr 7mins	38mins	19mins
Chocolate bar (60g)	4hr 5mins	2hr 15mins	1hr 8mins	39mins
Large juice-bar juice (650ml)	4hr 16mins	2hr 8mins	1hr 4mins	37mins
Bacon & Eggs, 2 rashers (60g grilled, fat trimmed), 2 poached eggs	4hr 18mins	2hr 9mins	1hr 5mins	40mins
Bacon & Eggs, 2 rashers (60g fried), 2 fried eggs	5hr 46mins	2hr 53mins	1hr 27mins	50mins
Meat pie (200g)	6hr 9mins	3hr 5mins	1hr 32mins	53mins
Flavoured milk (500ml)	6hr 14mins	3hr 7mins	1hr 34mins	55mins
Takeaway pizza, 2 slices	10hr 6mins	6hr 3mins	2hr 32mins	1hr 27mins
Takeaway ¼ chicken (110g) and chips (170g)	10hr 53mins	6hr 27mins	2hr 44mins	1hr 33mins
Takeaway fish (165g, battered, fried) and chips (170g)	11hr 45mins	6hr 53mins	2hr 57mins	1hr 40mins

* Calculated from Food Standards Australian New Zealand food composition tables based on average energy expenditure for a 75kg, 40 year old male.

