

Cheat Chaser: Burning off your “cheat” foods just got easier



Based on the closest match to your current weight, here’s how long you need to hop, skip or jump to make those cheat food calories history.

CHEAT FOOD	CALORIE CONTENT	WALK IF YOU WEIGH:		JOG	CYCLE	CLEAN HOUSE	COOK	DANCE	GOLF	ROCK CLIMB	DOWN-HILL SKI	YOGA
		130 LBS	155 LBS 190 LBS									
Pringles (14 crisps)	160	46 min.		23	20	46	64	36	41	15	27	41
		39 min.		20	17	39	55	30	34	12	23	34
		32 min.		161	14	32	44	24	27	10	19	27
Beef jerky (1 oz)	70	20		10	9	20	28	16	18	6.5	12	18
		17		8.5	7	17	23	13	15	5	10	15
		14		7	6	14	19	11	12	4	8	12
Roasted cashews (1/3 cup)	320	20		46	41	20	128	73	82	30	54	82
		17		39	34	17	107	60	68	25	46	68
		14		32	28	14	89	49	56	20	37	56
Cadbury Crème Egg	170	49		25	22	49	68	39	44	16	29	44
		41		21	18	41	57	32	36	13	24	36
		34		17	15	34	47	26	30	11	20	30
Rice Krispies Treat Square	90	26		13	11.5	26	36	20	23	8	15	23
		22		11	9.5	22	30	17	19	7	13	19
		18		9	8	18	25	14	16	6	10	16
Potato chips (1 oz)	152	44		22	19	44	61	35	39	14	26	39
		37		19	16	37	51	29	32	12	22	32
		30		15	13	30	42	23	26	6	18	26
Oil-popped popcorn (1 cup)	55	16		8	7	16	22	12.5	14	5	9	14
		13		7	6	13	18	10	12	4	8	12
		11		5.5	5	11	15	8	10	3	6	10
Pretzels (1 small package)	210	61		30	27	61	84	48	54	19	36	54
		51		26	22	51	70	39	45	16	30	45
		42		21	18	42	58	32	37	13	24	37
Tortilla chips (1 oz)	142	41		20	18	41	57	32	36	13	24	36
		35		17	15	35	47	27	30	11	20	30
		28		14	12	28	39	22	25	9	17	25
Cheese pizza (1 slice)	251	73		36	32	73	100	57	64	23	43	64
		61		31	27	61	84	47	53	19	36	53
		50		25	22	50	70	39	44	16	29	44