

..... The real math on .....

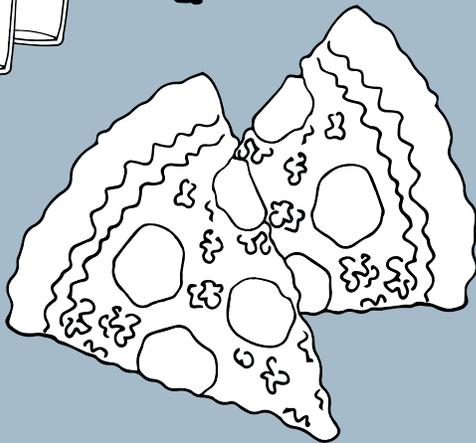
# Drunk Food



**4 Beers\***  
(612 calories)

These additional calories per night can result in weight gain of

**2.7**  
lbs/week



**+ 2 slices of**  
**2 pizza**  
(720 calories)

(Little Caesars Deep Dish Pepperoni)

**= 1332**  
calories

To effectively burn these calories, you would need to:

**Jog for**  
**2 hours**  
and **40**  
minutes

(general jog for 160 lb person)



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# Drunk Food

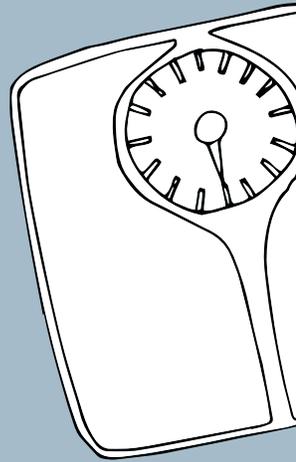
**3** Glasses of  
White  
Wine\*

(363 calories)



These additional  
calories per night can  
result in weight gain of

**2.7**  
lbs/week



**+ 1** Double  
hamburger  
with all the trimmings  
and a medium  
french fries

(990 calories)

(Burger from Burger King®)

(French fries from McDonalds®)

To effectively burn these  
calories, you would need to:

Ride bike for

**= 1353**  
calories

**2** hours **20**  
and minutes

(moderate cycling for 160 lb person)



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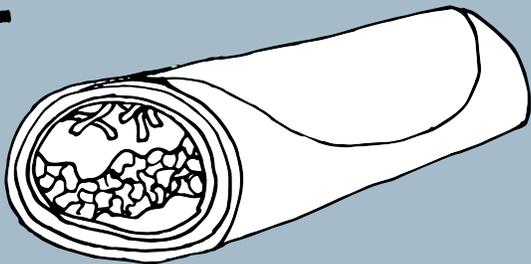
# The real math on Drunk Food



**2**

**Pina Coladas\***

**+**



**1 Beefy 5-layer burrito (510 calories)**

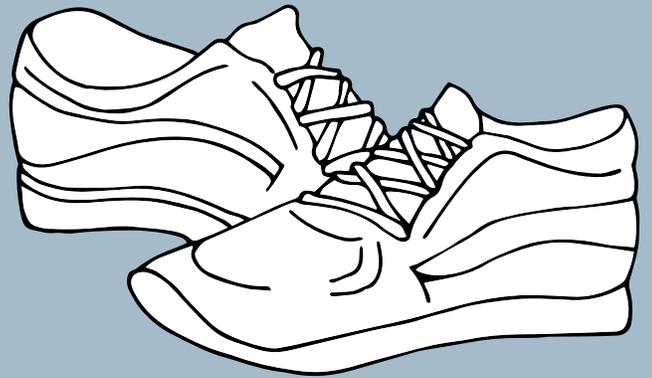
(from TacoBell®)

**= 1490 calories**

These additional calories per night can result in weight gain of

**3**

**lbs/week**



To effectively burn these calories, you would need to:

**Walk for 6 hours**

(3 miles per hour for 160 lb person)



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