

THINK BEFORE YOU EAT

IF YOU CONSUME ↓	YOU HAVE TO DO ↓	IF YOU CONSUME ↓	YOU HAVE TO DO ↓
 Glazed yeast doughnut (242 calories)	 88 minutes of crunches	 Two Slices Pepperoni Pizza (626 calories)	 159 minutes of climbing stairs
 Cheeseburger and Fries (691 calories)	 141 minutes on the elliptical	 Chicken Burrito (1,175 calories)	 122 minutes of running
 Fried Chicken Breast (444 calories)	 65 minutes on a stationary bike	 Chips and Queso (740 calories)	 130 minutes of swimming
 Slice of Cheesecake (710 calories)	 148 minutes of brisk walking	 16-Ounce Frappuccino (500 calories)	 170 minutes of Pilates
 Milkshake (780 calories)	 72 minutes of jumping rope	 21-Ounce Soda (200 calories)	 54 minutes of lunges

Women's Health

Calories calculated based on average amount burned for a 130-pound woman. **Sources:** Compendium of Physical Activities; USDA National Nutrient Database for Standard Reference; Nutrition Information from Chipotle Mexican Grill, Friendly's, Kentucky Fried Chicken, McDonald's, Starbucks, The Cheesecake Factory, and Qdoba Mexican Grill.

Emotional Hunger vs Physical Hunger

Your hunger comes on **suddenly**

You must be satisfied **instantly**

You crave specific **comfort foods**

You eat **quickly, usually in private**

You're not satisfied **with a full stomach**

After eating you have feelings of **shame, guilt or powerlessness**

Your hunger comes on **gradually**

Your needs can **wait**

Lots of foods sound good to you

Take your time eating with good company

You **stop eating** when you're full.

After eating, you **do not feel bad** about yourself.