

## Have it Your Way

1. How much do you or the person who you did the menu for have to exercise to burn off the food on the menu?
2. Are you surprised by the results?

1. I have to walk for 120.5 minutes to burn off a bowl of rice. 375.5 minutes for a piece of steak. 0 minutes for a glass of water, and 28.7 calories for a cup of strawberries. The total is
2. I was surprised with the result for steak. Although I do kinda understand because it's 609 calories and you are walking.

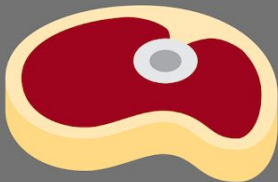
## IRIS KIM

90 LBS. HOW LONG DOES IT  
TAKE TO BURN OFF MY  
MEAL WHILE WALKING?



**120.5 min**

to burn 206 calories



**375.5 min**

to burn 679 calories



**0 min**

to burn 0 calories



**28.7 min**

to burn 49 calories