

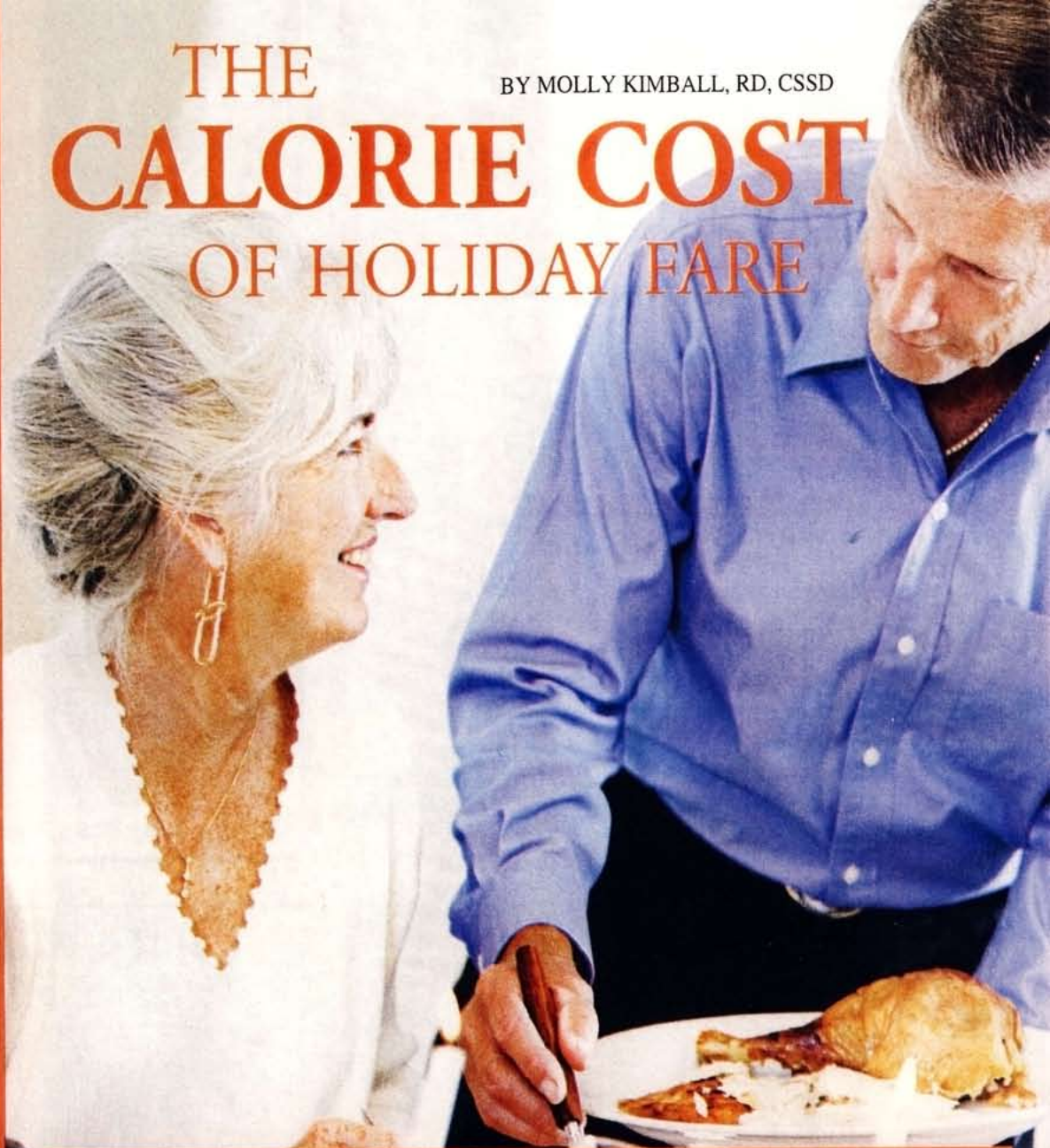
My mother recently got a treadmill and has developed a wonderful routine of starting her day with a brisk walk before her business day begins. Her treadmill has a calorie-counting function that approximates calories burned based on her weight, as well as the intensity and duration of her exercise. Consequently, she began taking a closer look at what she ate. Mom was shocked to learn that she would have to exercise for 72 minutes to offset a single Snicker's bar. She wasn't too thrilled that 13 minutes on the treadmill would be required to cancel out two Hershey's Kisses, but that did seem a bit more reasonable.

This got me thinking -- what if we viewed holiday food in the same terms? That way we could decide if something would really be worth it before indulging (again and again and again) throughout the party season. There's nothing wrong with splurging on your favorite seasonal treats as long as you factor in a plan to compensate for those extra calories either by eating less of other foods or by increasing calories burned through exercise.

The following chart lists some of the most popular holiday fare, each with the caloric content, and the amount of exercise it takes to break even in your calorie budget. Armed with this knowledge, you'll be able to make more conscious decisions and hopefully wrap up the party season feeling as fit as you were when it began!

# THE CALORIE COST OF HOLIDAY FARE

BY MOLLY KIMBALL, RD, CSSD



Food	Calories	Exercise Equivalent
Eggnog with alcohol, 1 cup	407	Walk at moderate pace - 110 minutes
Cosmopolitan	140	Walk at moderate pace - 38 minutes
White wine spritzer (4 oz wine, 4 oz sparkling water)	100	Walk at moderate pace - 27 minutes
Candied Pecans, 1 cup	442	Gardening - 98 minutes
Cream of artichoke soup, 1 cup	305	Gardening - 68 minutes
Turkey, dark meat, with skin, 6 oz	374	Bike at moderate speed - 42 minutes
Turkey, light meat, no skin, 6 oz	235	Bike at moderate speed - 26 minutes
Homemade macaroni & cheese, 1 cup	395	Run at 6 mph pace - 36 minutes
Cornbread dressing, 1 cup	304	Run at 6 mph pace - 27 minutes
Dinner roll	80	Run at 6 mph pace - 7 minutes
Sweet potato casserole, 1 cup	310	Brisk walk - 44 minutes
Baked sweet potato, 1 cup	158	Brisk walk - 22 minutes
Homemade pecan pie, 1/8 pie	456	High-impact aerobics - 57 minutes
Homemade fudge, 2 inch square	320	High-impact aerobics - 40 minutes
Angel food cake with whipped cream, 1/12 cake	140	High-impact aerobics - 18 minutes

\*based on 150-pound person