







BALANCING YOUR CALORIE INTAKE WITH ACTIVITY



Keeping physically active is a key part of management your weight as it helps you burn up the calories you consume. Our ancestors, eating our traditional diets would be active for much of the day. The table below gives you in indication of how much brisk walking, dancing and running you would need to do to burn the equivalent calories for some commonly consumed foods.

Food	Food Calories	 Minutes of brisk walking	 Minutes of dancing	 Minutes of gentle running
80g mixed beans (3 heaped tablespoons)	78	11	15	5
1 mango	120	17	23	8
2 tablespoons condensed milk	122	17	24	8
Sugary drink (330ml can)	138	20	27	9
1 standard bar chocolate	206	29	40	13
1 festival	232	33	45	15

Food	Food Calories	 Minutes of brisk walking	 Minutes of dancing	 Minutes of gentle running
3 tablespoons palm oil	242	35	47	16
200g boiled yam (1 yam)	266	38	51	17
6 puff puffs	355	51	69	23
4 fried dumplings	364	52	70	23
150g fried plantain	401	57	78	26
200g rice & peas (2 cups)	448	64	87	29
Portion ackee and saltfish	455	65	88	29
200g fried yam (1 yam)	476	68	92	31
300g jollof rice (2 cups)	531	76	103	34
400g/large fist fufu (plantain)	581	83	112	37
Portion palm nut soup	590	84	114	38
1 can supermalt	592	85	115	38
360g/large fist Eba	1277	182 (3 hours)	247 (4 hours)	82
400g/large fist Kenkey	1412	202 (3 hours)	273 (4½ hours)	91
460g/Large fist amala	1555	222 (3½ hours)	301 (5 hours)	110
1 glass guinness punch (With Nourishment & Carnation Milk)	2168	310 (5 hours)	420 (7 hours!)	140