

## Holiday Eating

Holiday foods and the number of minutes required to burn them off!!

Dance: 86

### Prime rib

Amount: 1/2 pound (8 oz)

Calories: 675

Walk: 174

Bike: 96

Run: 72

Swim: 82

Yoga: 230

Dance: 115

### Cheese lasagna with meat sauce

Amount: 9-ounce slice

Calories: 490

Walk: 126

Bike: 70

Run: 52

Swim: 60

Yoga: 167

Dance: 83

### Honey-glazed ham

Amount: 6 ounces

Calories: 210

Walk: 54

Bike: 30

Run: 22

Swim: 26

Yoga: 71

Dance: 36

### Bite-sized mini pizza

Amount: 4 minis

Calories: 163

Walk: 42

Bike: 23

Run: 17

Swim: 20

Yoga: 55

Dance: 28

### Cracker with cheese

Amount: 1 cracker

Calories: 71

Walk: 18

Bike: 10

Run: 8

Swim: 9

Yoga: 24

Dance: 12

### Christmas cookies

Amount: 2 cookies

Calories: 120

Walk: 31

Bike: 17

Run: 13

Swim: 15

Yoga: 41

Dance: 20

### Fruitcake

Amount: 3.5-ounce slice

Calories: 325

Walk: 84

Bike: 46

Run: 35

Swim: 40

Yoga: 111

Dance: 55

### Pecan pie

Amount: 1 slice (1/8 of a pie)

Calories: 503

Walk: 130

Bike: 71

Run: 54

Swim: 61

Yoga: 171

### Cocktail peanuts

Amount: 3 ounces (90 nuts)

Calories: 510

Walk: 131

Bike: 72

Run: 54

Swim: 62

Yoga: 173

Dance: 87

### Candy cane

Amount: One 1/2-ounce cane

Calories: 55

Walk: 14

Bike: 8

Run: 6

Swim: 7

Yoga: 19

Dance: 9

### Homemade pumpkin pie

Amount: 1 slice (1/8 of a pie)

Calories: 316

Walk: 81

Bike: 45

Run: 34

Swim: 38

Yoga: 107

Dance: 54

### Mini crab cakes

Amount: 4 pieces (57 grams)

Calories: 70

Walk: 18

Bike: 10

Run: 7

Swim: 9  
Yoga: 24  
Dance: 12

**Chicken fingers**

Amount: 2 pieces (1.5 ounces)  
Calories: 240  
Walk: 62  
Bike: 34  
Run: 26  
Swim: 29  
Yoga: 82  
Dance: 41

**Cheddar cheese**

Amount: 2 cubes (1 ounce)  
Calories: 110  
Walk: 28  
Bike: 16  
Run: 12  
Swim: 13  
Yoga: 37  
Dance: 19

**Dinner roll**

Amount: 1 large (3-1/2" diameter)  
Calories: 136  
Walk: 35  
Bike: 19

Run: 14  
Swim: 17  
Yoga: 46  
Dance: 23

**Ritz crackers**

Amount: 5 crackers  
Calories: 80  
Walk: 21  
Bike: 11  
Run: 9  
Swim: 10  
Yoga: 27  
Dance: 14

**Gingerbread cookie**

Amount: 1 cookie  
Calories: 145  
Walk: 37  
Bike: 21  
Run: 15  
Swim: 18  
Yoga: 49  
Dance: 25

**Regular beer**

Amount: 12 ounces  
Calories: 153  
Walk: 39  
Bike: 22  
Run: 16  
Swim: 19

Yoga: 52  
Dance: 26

**Martini**

Amount: 4 ounces  
Calories: 274  
Walk: 71  
Bike: 39  
Run: 29  
Swim: 33  
Yoga: 93  
Dance: 47

**White wine**

Amount: 4 ounces  
Calories: 98  
Walk: 25  
Bike: 14  
Run: 10  
Swim: 12  
Yoga: 33  
Dance: 17

**Eggnog**

Amount: 1 cup  
Calories: 343  
Walk: 88  
Bike: 49  
Run: 37  
Swim: 42  
Yoga: 111  
Dance: 5

Source: Dietdetective.com

References:

**Run** 564 per hour / 9.4 calories burned per minute 5 mph (12 min/mile) / 8 METS

**Walk** 231 per hour / 3.85 calories burned per minute

**Bike** 3.0 mph, level, moderate pace, firm surface. Pace / 3.3 METS

423 hour / 7.05 calories burned per minute

Bicycling, 10-11.9 mph, leisure, slow, light effort / 6 METS

**Swim** 490 hour / 8.17 calories burned per minute

Swimming laps, freestyle, slow, moderate or light effort / 7 METS

**Yoga** 175 hour / 2.916 calories burned per minute Hatha yoga / 2.5 METS

**Dance** 352 hour / 5.875 calories burned per minute Dancing / 5 METS

\*Based on 155 pound person, the more weight of the individual the more calories burned per hour.