

## How big is BIG?!

1. How many calories are in this **brownie**?
2. How many **French fries** (and calories) are in the  
.....small serving?  
...large serving?
3. This giant cookie is equivalent to how many regular **cookies**?
4. In terms of weight, this **muffin** is equivalent to how many slices of bread?
5. This **bagel** is equivalent to how many slices of bread?



6. How many cans of **soda pop** will this cup hold?

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6. How many cans of **soda pop** will this cup hold?

## Answers to “How big is BIG?!”

1. Weighing in at almost 7½ ounces, this gargantuan brownie has over 850 calories.
2. Specifics for the French fries:  
*Smaller serving:* 27 fries, 210 calories, and 2½ teaspoons of fat  
*Super-sized serving:* 96 fries, 610 calories, and 7¼ teaspoons of fat
3. This mega-cookie is equivalent to almost 6½ regular-sized cookies and contains over 660 calories.
4. This Titanic-sized muffin weighs 6 ounces. That’s the weight of about 6 slices of bread. Another important point: *Most muffins have a lot more fat and sugar than bread so they are more like cupcakes.* This one contains almost 500 calories.
5. This bagel is equivalent to 5½ slices of bread.
6. This gigantic cup holds 64 ounces or 5 1/3 cans of soda pop. That amount of soda contains approximately 830 calories and over 1 1/3 cups of sugar.

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Source: WIN Wyoming: *Small Victories*, a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. *A New You* developed by Outreach & Extension of the University of Missouri & Lincoln University. Adapted by and distributed with support from WIN the Rockies, WIN Wyoming, and University of Wyoming Cooperative Extension Service, Dept. of Family & Consumer Sciences. The University of Wyoming and the United States Department of Agriculture cooperate. The University is an equal opportunity/affirmative action institution. Supported by award 0004499 through IFAFS (Initiative for Future Agriculture & Food Systems) Competitive Grants Program/USDA [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies) *A New You* 5:1 0306

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