

Answers to “How Big is BIG?!”

1. Weighing in almost 7 ½ ounces, this gargantuan brownie has over 850 Calories.
2. Specifics for the French fries:
 - *Smaller serving*: 27 fries, 210 Calories, and 2 ½ teaspoons of fat.
 - *Large serving*: 96 fries, 610 Calories, and 7 ¼ teaspoons of fat.
3. This mega-cookie is equivalent to almost 6 ½ 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 5 ½ 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.



Small Victories, a mini-lesson series from WIN Wyoming and Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. www.uwyo.edu/winwyoming
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