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?
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.

Source: WIN Wyoming: Small Victories, a mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors.