

What Chain-Food Favorites Cost in Exercise

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My "two scoops won't hurt and neither will these french fries" approach to eating doesn't lend itself well to swimsuit season. Although the beach treks may have begun, there is time to make change. So, let me have it. What's that ice cream going to cost me in workout minutes? To tell us is [Charles Stuart Platkin](#), also known as the Diet Detective. He is the author of five books and and host of WE TV's *I Want To Save Your Life*. Here is his report on what some of our chain-food favorites should cost us in time spent doing common exercises...

Note: *Calorie content of foods are based on official website information at the time of publication. Minutes of exercise are averages based on a 155-pound person. The greater the weight of the person the more calories burned per minute.*



DONUT

Dunkin Donuts Chocolate Frosted Donut (230 calories)

59 minutes of walking (3 mph).



BREAKFAST SANDWICH

McDonald's Egg McMuffin (300 calories)

32 minutes of running (5 mph).



CHOCOLATE CHIP COOKIE

Panera Chocolate Chipper (440 calories)

62 minutes of biking (10-11.9 mph).



PIZZA

Pizza Hut Large Hand-Tossed Style Cheese Pizza (1 slice; 320 calories)

39 minutes of swimming (slow to moderate laps).



CINNAMON ROLL

Starbucks Cinnamon Roll (500 calories, varies by location)

85 minutes of dancing.



HAMBURGER

Burger King Original Whopper With Cheese (770 calories)
94 minutes of swimming (slow to moderate laps).



BROWNIE

Au Bon Pain Chocolate Chip Brownie (380 calories).
129 minutes of yoga (Hatha style).



FRIES

Wendy's Large French Fries (540 calories)
77 minutes of biking (10-11.9 mph).



ICE CREAM

Häagen-Dazs Vanilla Ice Cream (0.5 cup; 270 calories)
29 minutes of running (5 mph).



BURRITO

Taco Bell Burrito Supreme, Beef (410 calories)
70 minutes of dancing.