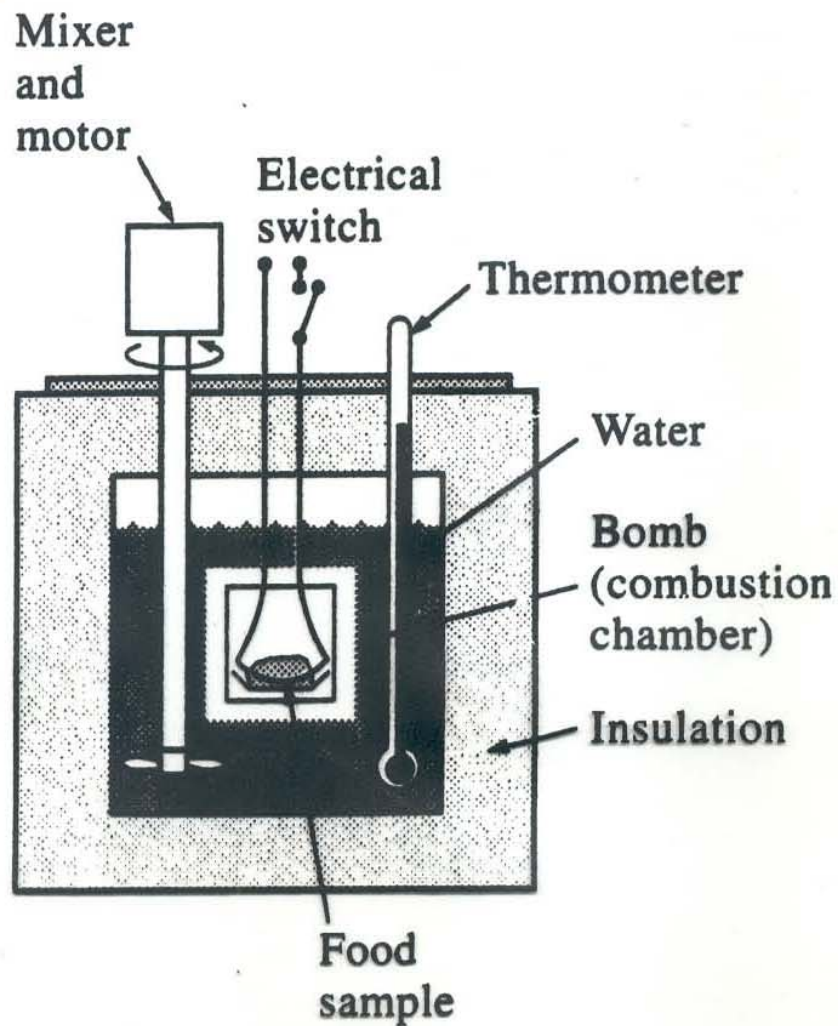


ENERGIA, ALIMENTAÇÃO E ATIVIDADES FÍSICAS



Calorímetro para determinações do conteúdo energético de amostras de alimentos

Approximate metabolizable energy
content of some common foods.
(1 Calorie = 4.1868 kJ = 3.968 Btu)

kcal

<u>Food</u>	<u>Calories</u>
<u>Apple (one, medium)</u>	<u>70</u>
Baked potato (plain)	250
Baked potato with cheese	550
<u>Bread (white, one slice)</u>	<u>70</u>
Butter (one teaspoon)	35
Cheeseburger	325
<u>Chocolate candy bar (20 g)</u>	<u>105</u>
<u>Cola (200 ml)</u>	<u>87</u>
Egg (one)	80
Fish sandwich	450
<u>French fries (regular)</u>	<u>250</u>
<u>Hamburger</u>	<u>275</u>
<u>Hot dog</u>	<u>300</u>
Ice cream (100 ml, 10% fat)	110
Lettuce salad with French dressing	150
<u>Milk (whole, 200 ml)</u>	<u>136</u>
Milk (skim, 200 ml)	76
Peach (one, medium)	65
Pie (one 1/8 slice, 23 cm diameter)	300
<u>Pizza (large, cheese, one 1/8 slice)</u>	<u>350</u>

Approximate energy consumption of a 68-kg adult during some activities.
 (1 Calorie = 4.1868 kJ = 3.968 Btu)

<u>Activity</u>	<u>Calories/h</u>
Basal metabolism	72
Basketball	550
Bicycling (21 km/h)	639
Cross-country skiing (13 km/h)	936
Driving a car	180
Eating	99
Fast dancing	600
Fast running (13 km/h)	936
Jogging (8 km/h)	540
Swimming (slow)	288
Swimming (fast)	860
Tennis (beginner)	288
Tennis (advanced)	480
Walking (7.2 km/h)	432
Watching TV	72

kcal/h
 (1,16W)
 89,7

→ 209,3
 → 115,1
 1088,6