



What Does 200 Calories Look Like?



When stores posted signs about the calorie content of sugary drinks, the likelihood of purchase dropped 40 percent, according to a recent study.

OUR OFFICE SNACKETERIA doesn't discriminate: It's stocked with everything from single-serving bags of baby carrots (for when you're trying to watch what you eat) to full-size candy bars (for when only chocolaty nougat will do). Sandwiched somewhere between the two extremes—mmm, sandwiches!—are bags of pretzels that have been thoughtfully pre-dosed into 100-calorie portions.

Such foresight can be helpful, because all too often we don't know the caloric content of the food we eat unless it comes from a package with nutrition information on the side. But what about that morning latte, that cup of hummus or—gulp!—that candy bar?

"Nobody knows how many calories they should be eating, nobody knows how many they

are eating, and nobody knows how many calories are in foods," says registered dietitian and *USA Today* food blogger Dawn Jackson Blatner. "I would say it's beyond calorie-confused. It's calorie-oblivious."

Don't guess how many calories you should be consuming a day. You can find out the recommended number based on your height, weight and activity level using one of the many calorie calculators online, such as the one at mayoclinic.com (just type "calorie calculator" into the search box).

Once you have that number, it's time to put things into perspective—literally. Get ready to gaze upon some of your favorite snacks, 200 calories at a time. —By Sam Mittelsteadt



1 NONFAT LATTE
Belly up for a 16-ounce grande and you will still have 30 calories to spare—plus, the milk provides 16 grams of protein and 48 percent of the day's calcium.

2 BABY CARROTS

Hope you're hungry: Depending on the size of those "babies," 200 calories means eating 40 to 50 of them. Added bonus: Your vitamin A for the day will be through the roof.



3 HUMMUS
Dip away! A half-cup of hummus clocks in just over 200 calories, and is high in fiber, too.

4 BACON

You might be surprised to learn you could eat almost six strips of bacon in a 200-calorie allowance. Just be warned they contain 36 percent of the day's sodium, and 26 percent of the day's saturated fat.



5 SNICKERS CANDY BAR

The good news: Technically, you can have two Snickers candy bars and come in just under 200 calories! The bad news: That's two of the "fun-size" minis. A regular 2-ounce bar contains 276 calories—and the same amount of saturated fat as those six strips of bacon.

6 M&M'S
Ready for the new New Math?

Two-hundred calories equals 58 plain chocolate M&M's. But you'll have consumed more saturated fat than either the bacon or the Snickers.



7 MICROWAVE POPCORN

With the "ultimate butter" option, six cups of popped corn comes in at 204 calories ... and about 36 percent of the day's saturated fat. Go with the "light butter" option to drop that to 130 calories and 14 percent of the day's saturated fat.

8 APPLES

An apple a day? Try two—no matter whether you prefer Granny Smith, Gala or Red or Yellow Delicious, a pair of medium-sized apples contains about 180 calories—and provides plenty of fiber and vitamin C.



9 CELERY

Just for the heck of it: Celery is a "zero-calorie food," so-called because the body burns more calories chewing and digesting it than it earns from eating it. You will have to lay waste to more than one platter of crudité to consume 200 calories' worth of raw celery—try 10½ cups. The good news: You also will have reached more than 100 percent of the daily value of vitamin A. The bad news: You will have just eaten 10½ cups of celery (and still somehow not reached 100 percent of the daily value for fiber, either).



Whet Your App-etite

The free My Fitness Pal app for iPhone, Android, BlackBerry and Windows devices includes a calorie tracker that not only catalogs the caloric count of most popular foods but also lets you tally your intake for the day. For many foods, you can simply scan the package's bar code using your phone's camera, instantly uploading the item's nutritional information to your tracker. Download it at myfitnesspal.com.