

Surgical Associates of Metro Atlanta, LLC

NAME _____

DATE OF BIRTH _____

NUTRITION POINT GUIDE

POINTS

EXERCISE POINT GUIDE

POINTS

Exercise one time a day	3 points
Exercise two times a day	1 point
Exercise for less than 20 minutes a day	1 point
Exercise for more than 20 minutes a day	2 points
Park car far away and walk	1 point
Take stairs instead of elevator	1 point
Take a walk before meals	1 point

COMMON FOODS

CALORIES

COMMON FOODS

CALORIES

Cheetos 1oz bag	160	Big Mac	580
M&M's Plain 1.69 oz bag	236	Large Fry (McDonalds)	540
Ice Cream 1 scoop	290	Whopper w/Cheese (Burger King)	805
Glazed Donut Dunkin Donuts (1)	180	Grilled Stuffed Burrito (Taco Bell)	680
Chocolate Milkshake Medium	790	Baked Potato w/ Bacon&Cheese	580
Coke or Sweet Tea 12 oz	120	Chicken Wings Pizza Hut (4)	210
Plain Bagel w/out Cream Cheese	360	Slice of Pepporoni Pizza (1)	300
Bacon, Egg & Cheese Biscuit	480	Stir Fried Chicken w/ Fried Rice	432

COMMON EXERCISE AND CALORIES BURNED FOR MEN AND WOMEN IN ONE HOUR OF ACTIVITY

Exercise/Calories Burned	WOMEN	MEN	Exercise/Calories Burned	WOMEN	MEN
Aerobics, general	422 cals	518 cals	Mowing Lawn	387 cals	474 cals
Basketball, non game	422 cals	518 cals	Running, general	563 cals	690 cals
Bicycling, <10mph	281 cals	345 cals	Soccer	493 cals	604 cals
Bicycling, stationary	352 cals	431 cals	Softball, Baseball	352 cals	431 cals
Calisthenics, home	317 cals	388 cals	Sitting-playing w child	176 cals	217 cals
Child care standing	246 cals	302 cals	Stair-Treadmill	422 cals	518 cals
Cleaning house	246 cals	302 cals	Swimming laps	563 cals	690 cals
Dancing general	317 cals	388 cals	Tennis	493 cals	604 cals
Fishing general	281 cals	345 cals	Walking 3.0mph, mall	246 cals	302 cals
Golf, general	281 cals	345 cals	Water Aerobics	281 cals	345 cals
Health club exercise	387 cals	474 cals	Weight lifting - light	211 cals	259 cals