













Balancing your calorie intake with activity

Keeping physically active is a key part of management your weight as it helps you burn up the calories you consume. Our ancestors, eating our traditional diets would be active for much of the day. The table below gives you in indication of how much brisk walking, dancing and running you would need to do to burn the equivalent calories for some commonly consumed foods.

Food	Calories	Minutes of brisk walking 	Minutes of dancing 	Minutes of gentle running 
80g mixed beans (3 heaped tablespoons)	78	11	15	5
1 mango 	120	17	23	8
2 tablespoons condensed milk	122	17	24	8
Sugary drink (330ml can) 	138	20	27	9
1 standard bar chocolate	206	29	40	13
1 festival	232	33	45	15
3 tablespoons palm oil 	242	35	47	16

200g boiled yam (1 yam)		266	38	51	17
6 puff puffs		355	51	69	23
4 fried dumplings		364	52	70	23
150g fried plantain		401	57	78	26
200g rice & peas (2 cups)		448	64	87	29
Portion ackee and saltfish		455	65	88	29
200g fried yam (1 yam)		476	68	92	31
300g jollof rice (2 cups)		531	76	103	34
400g/large fist fufu (plantain)		581	83	112	37
Portion palm nut soup		590	84	114	38
1 can supermalt		592	85	115	38
360g/large fist Eba		1277	182 (3 hours)	247 (4 hours)	82
400g/large fist Kenkey		1412	202 (3 hours)	273 (4.5 hours)	91
460g/Large fist amala		1555	222 (3.5 hours)	301 (5 hours)	100
1 glass guinness punch (With Nourishment & Carnation Milk)		2,168	310 (5 hours)	420 (7 hours!)	140