

Small Steps to Health and Wealth™ Colorado



From Wallet to Waistline: The Hidden Costs of Super-sizing

Convenience Store:

Gulp to Double Gulp Soda

150 calories vs. 536 calories

37 extra cents buys 386 extra calories

42% more money = 357% more calories

Regular to "King Size" Snickers Candy Bar

271 calories vs. 537 calories

33 extra cents buys 266 extra calories

48% more money = 198% more calories

Doritos Chips "Big Grab" to "99 Cents Size"

260 calories vs. 490 calories

24 extra cents buys 230 extra calories

32% more money = 88% more calories

Fast Food Restaurant:

Small to Large Soda

150 calories vs. 310 calories

60 extra cents buys 160 extra calories

58% more money = 267% more calories

Small to Large Fries

230 calories vs. 500 calories

64 extra cents buys 270 extra calories

62% more money = 217% more calories

Cheeseburger to Cheeseburger Extra Value Meal (Large)

510 calories vs. 1320 calories

\$1.41 extra buys 810 extra calories

61% more money = 259% more calories

Chocolate Chip Ice Cream Kids Scoop to Double Scoop

170 calories vs. 520 calories

\$1.62 extra buys 350 extra calories

129% more money = 306% more calories