

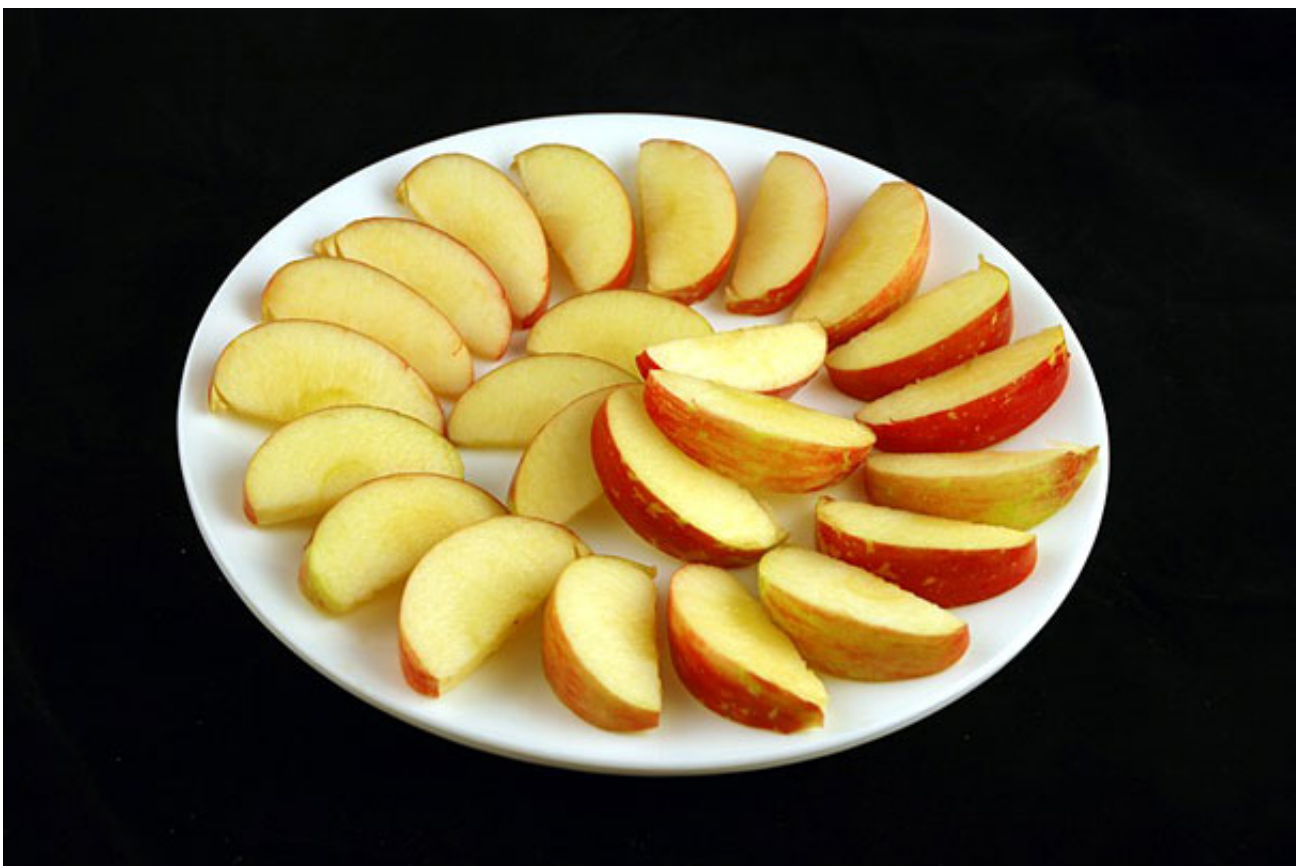
What 200 Calories Look Like In Different Foods

940K views 719 days ago by [leva](#)

Like 107k

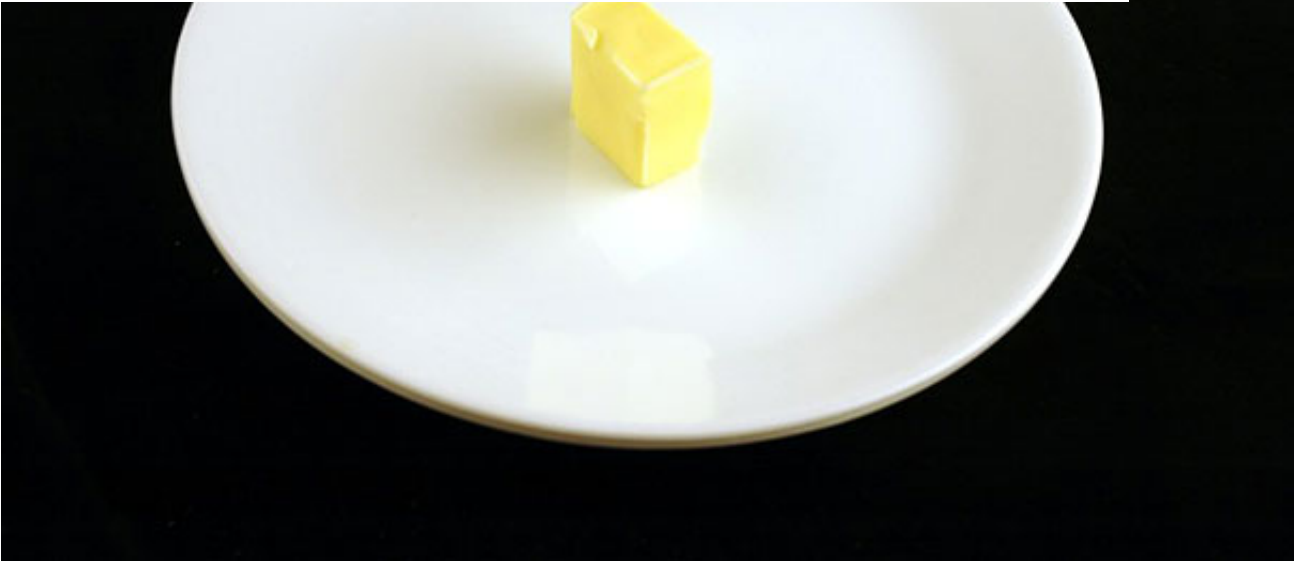
WiseGEEK conducted a very visual and informative study and presented a photo series, which compares what 200 calories actually look like in different foods. You'd think that even with the bikini season coming up, a handful of gummy bears couldn't hurt much, right..? Well, turns out, just 51 gram of those gives you the same amount of calories as nearly 600 grams of broccoli or 3 whole eggs would. And now be honest – which of those amounts sounds more alike a proper and filling meal to you? [\[Read more...\]](#)

Apples (385 grams / 13.5 oz)



Butter (28 grams / 0.98 oz)

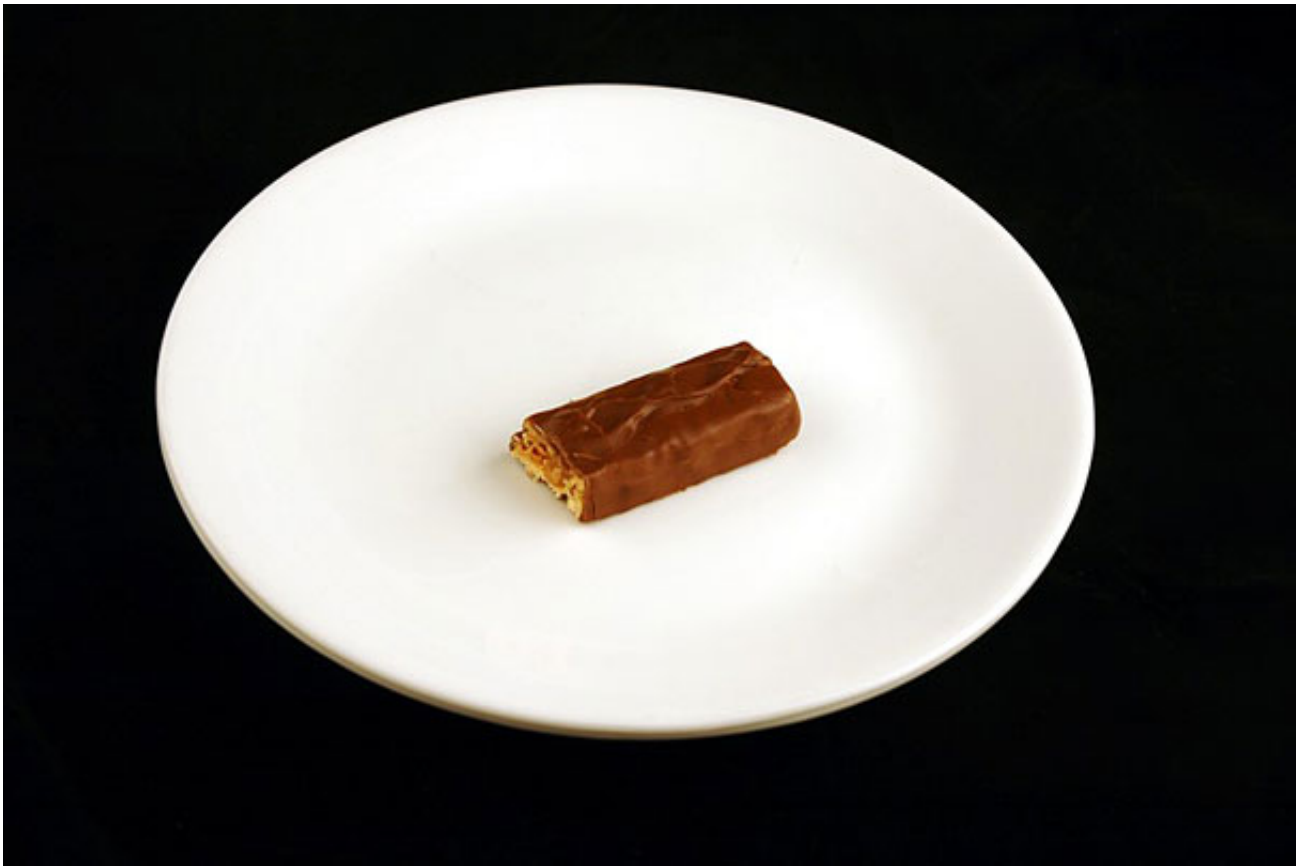
Click to get our top posts



Broccoli (588 grams / 20.7 oz)



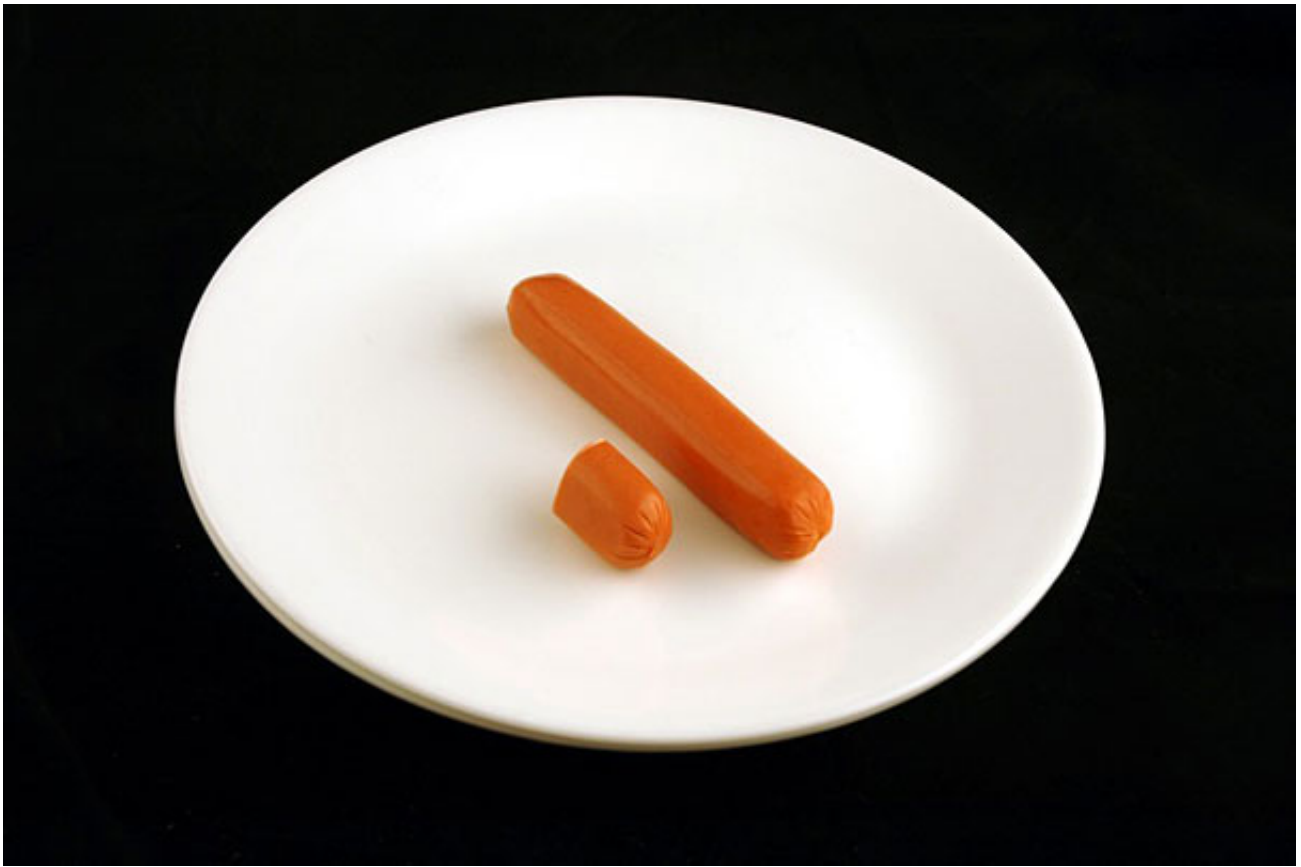
Snickers Chocolate Bar (41 grams / 1.45 oz)



Cooked Pasta (145 grams / 5.11 oz)



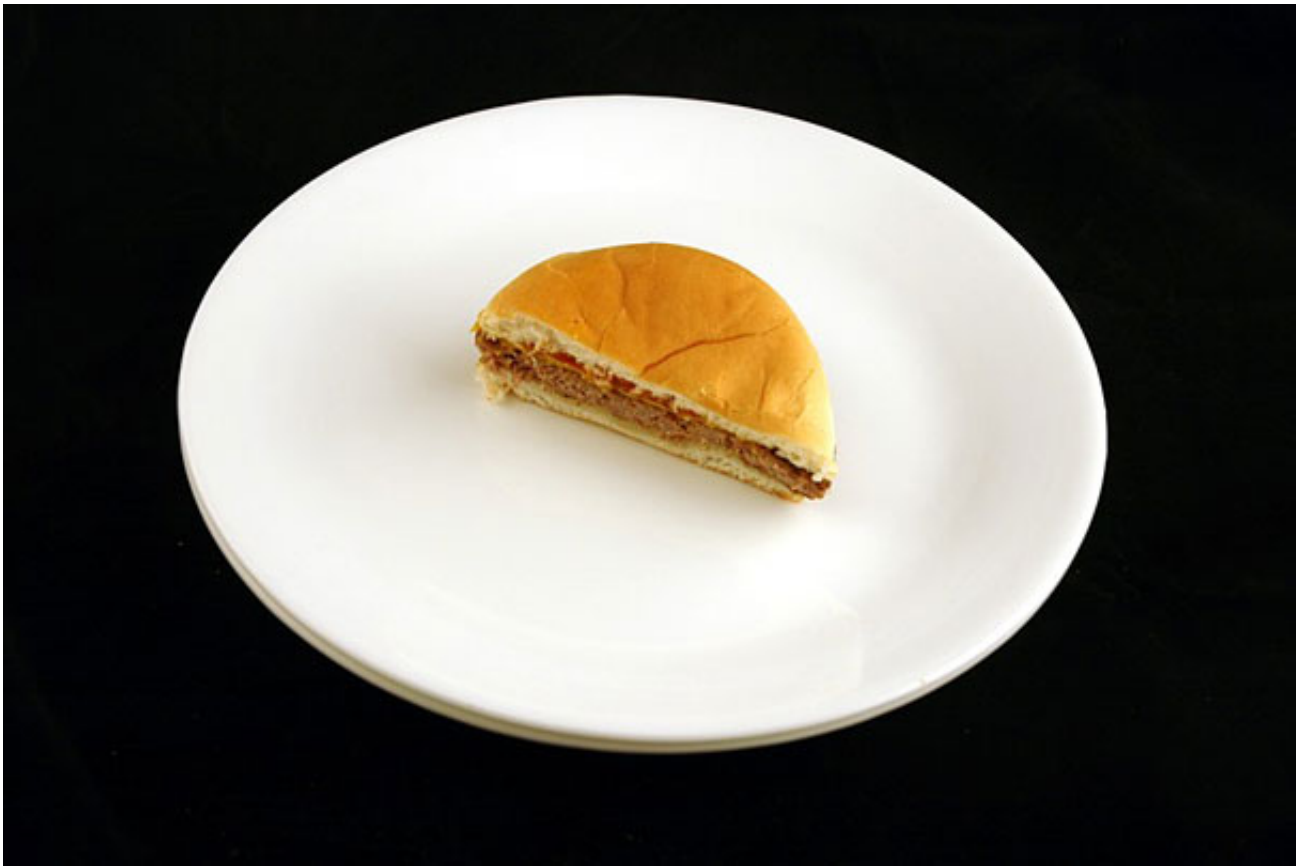
Hot Dogs (66 grams / 2.33 oz)



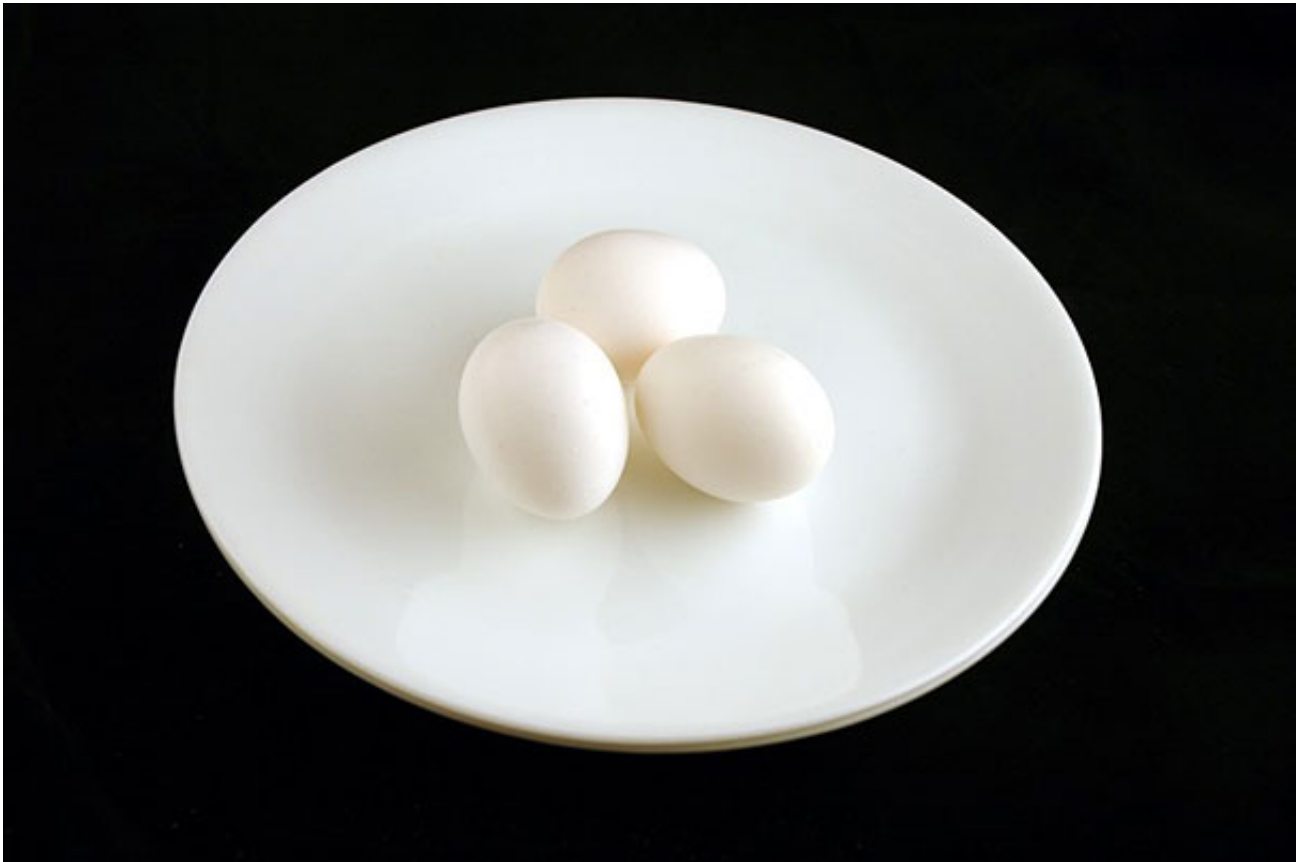
Kiwi Fruit (328 grams / 11.6 oz)



Jack in the Box Cheeseburger (75 grams / 2.6 oz)



Eggs (150 grams / 5.3 oz)



Celery (1425 grams / 50.3 oz)



Blackberry Pie (56 grams / 1.97 oz)



Mini Peppers (740 grams / 26.1 oz)



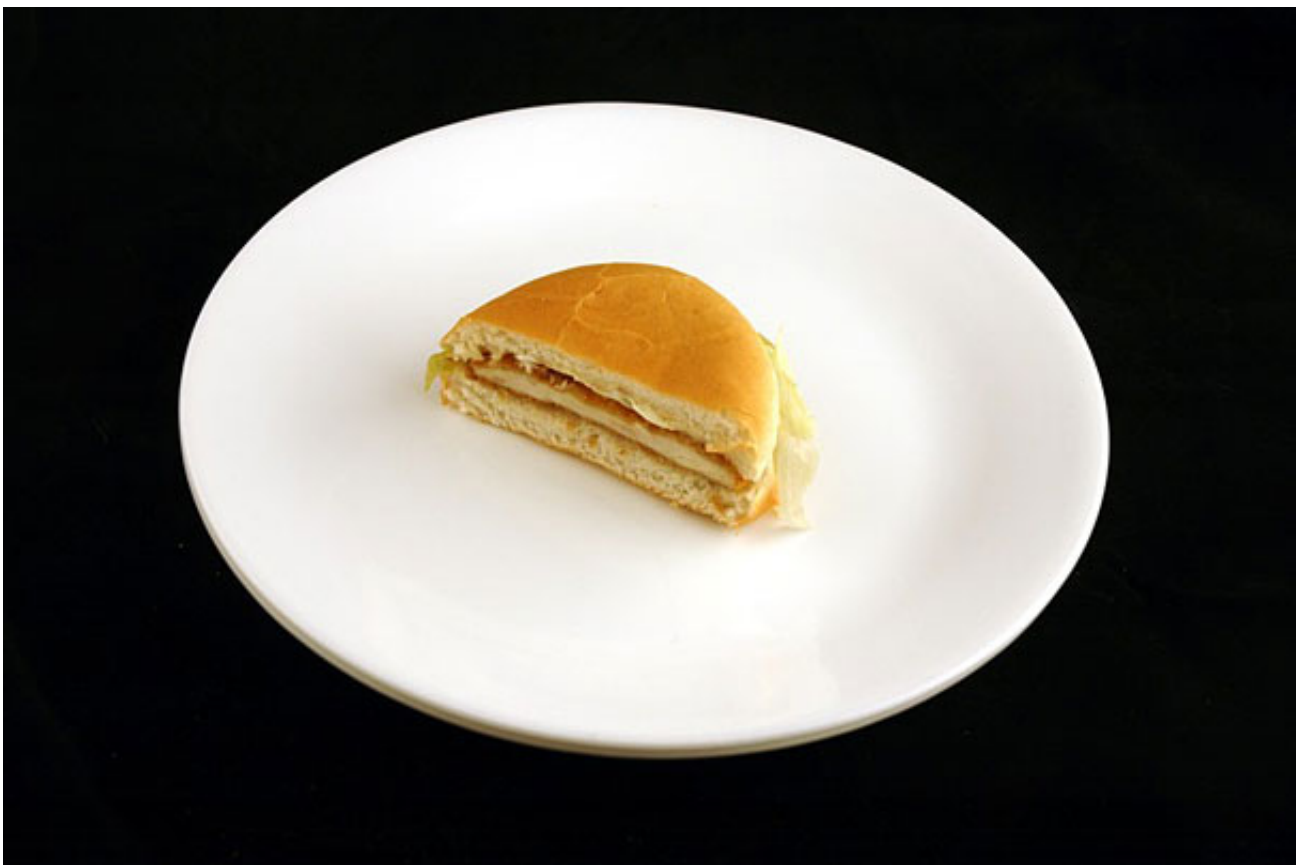
Canned Black Beans (186 grams / 6.56 oz)



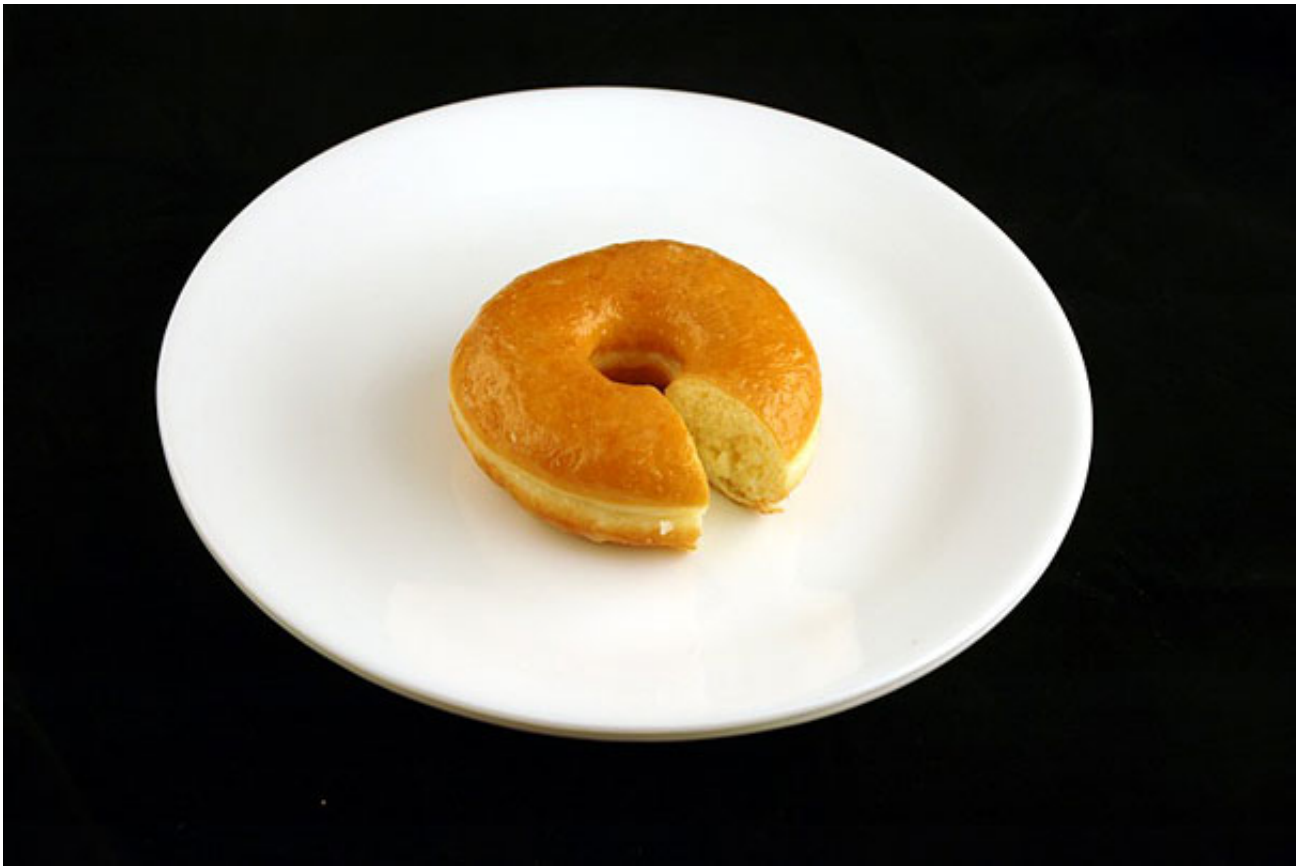
Werther's Originals Candy (50 grams / 1.76 oz)



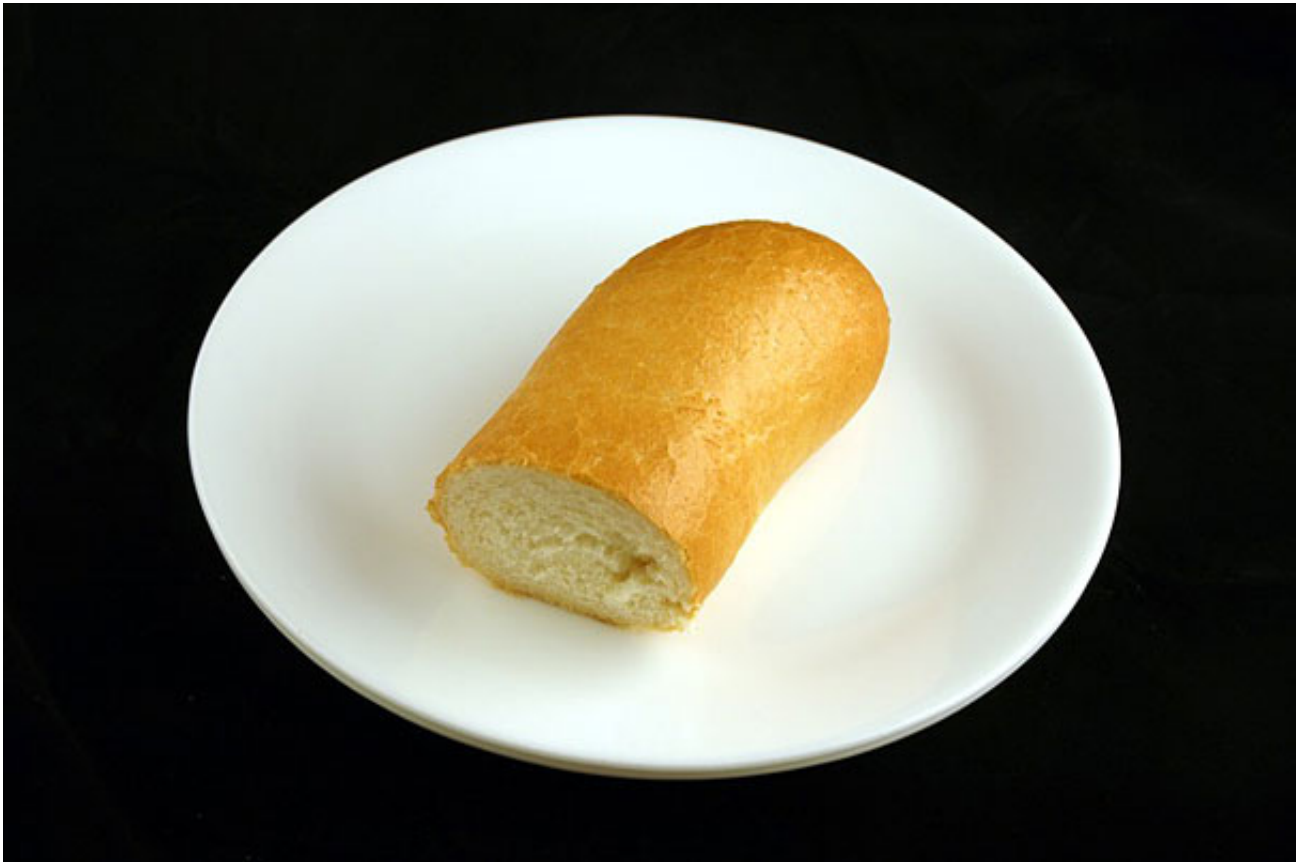
Jack in the Box Chicken Sandwich (72 grams / 2.5 oz)



Glazed Doughnut (52 grams / 1.8 oz)



French Sandwich Roll (72 grams / 2.5 oz)



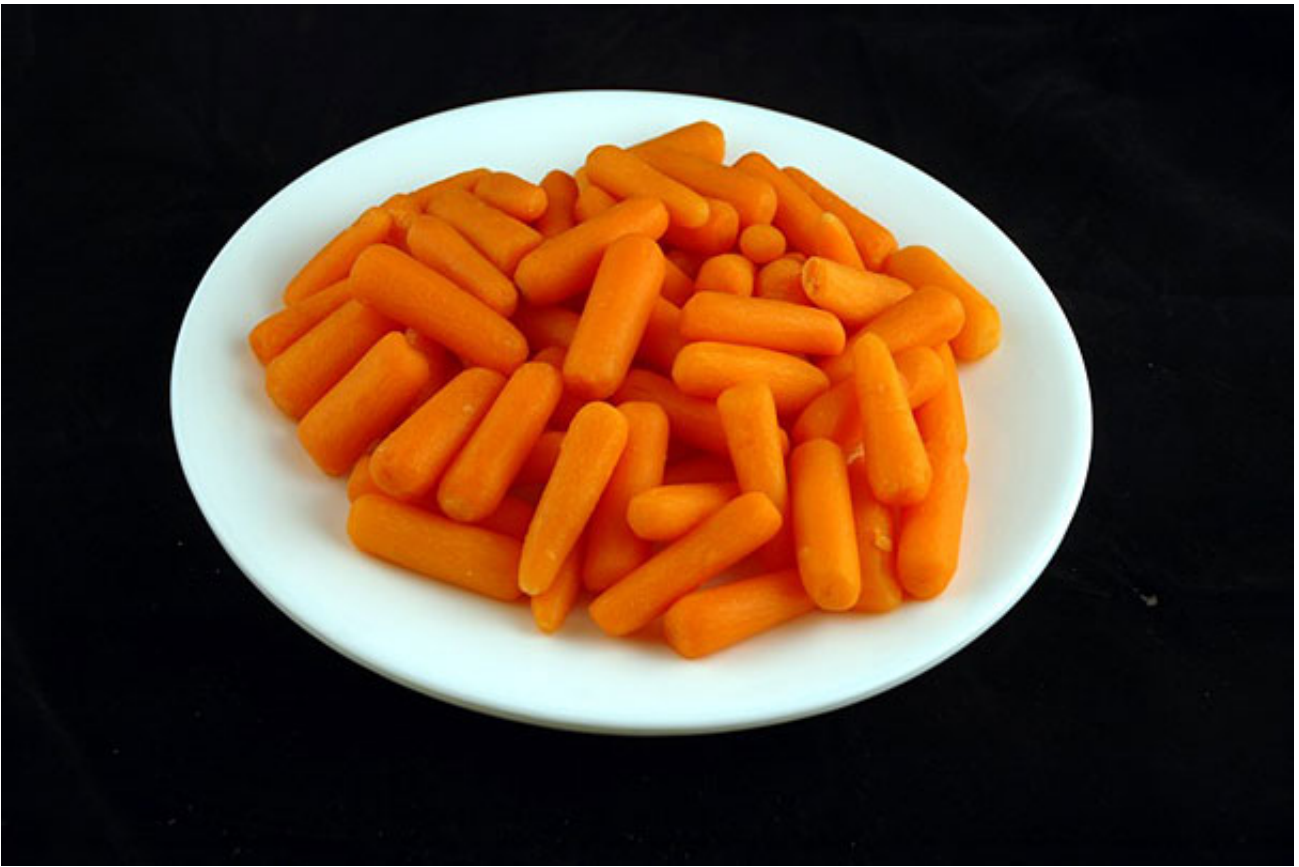
Avocado (125 grams / 4.4 oz)



Canned Sweet Corn (308 grams / 10.9 oz)



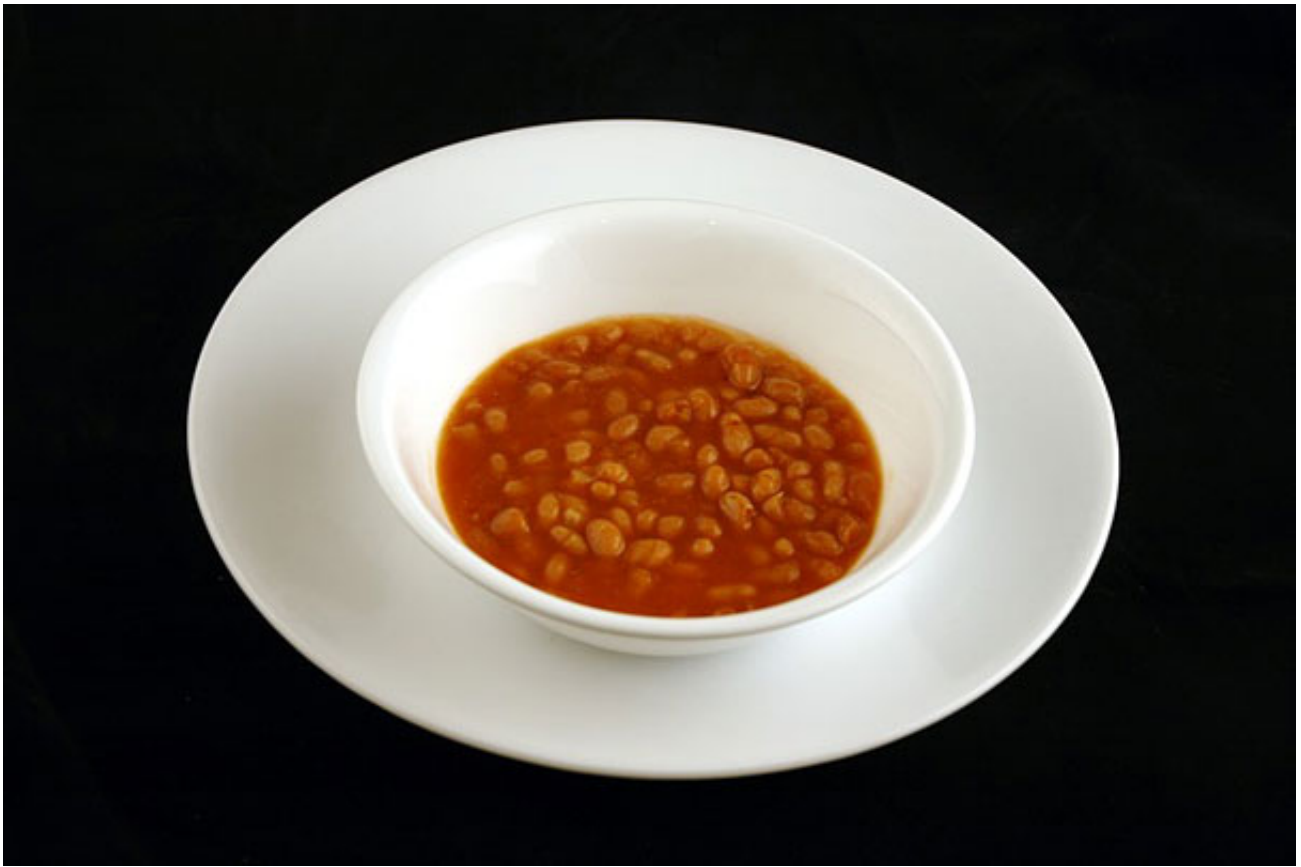
Baby Carrots (570 gram / 20.1 oz)



Canned Green Peas (357 grams / 12.6 oz)



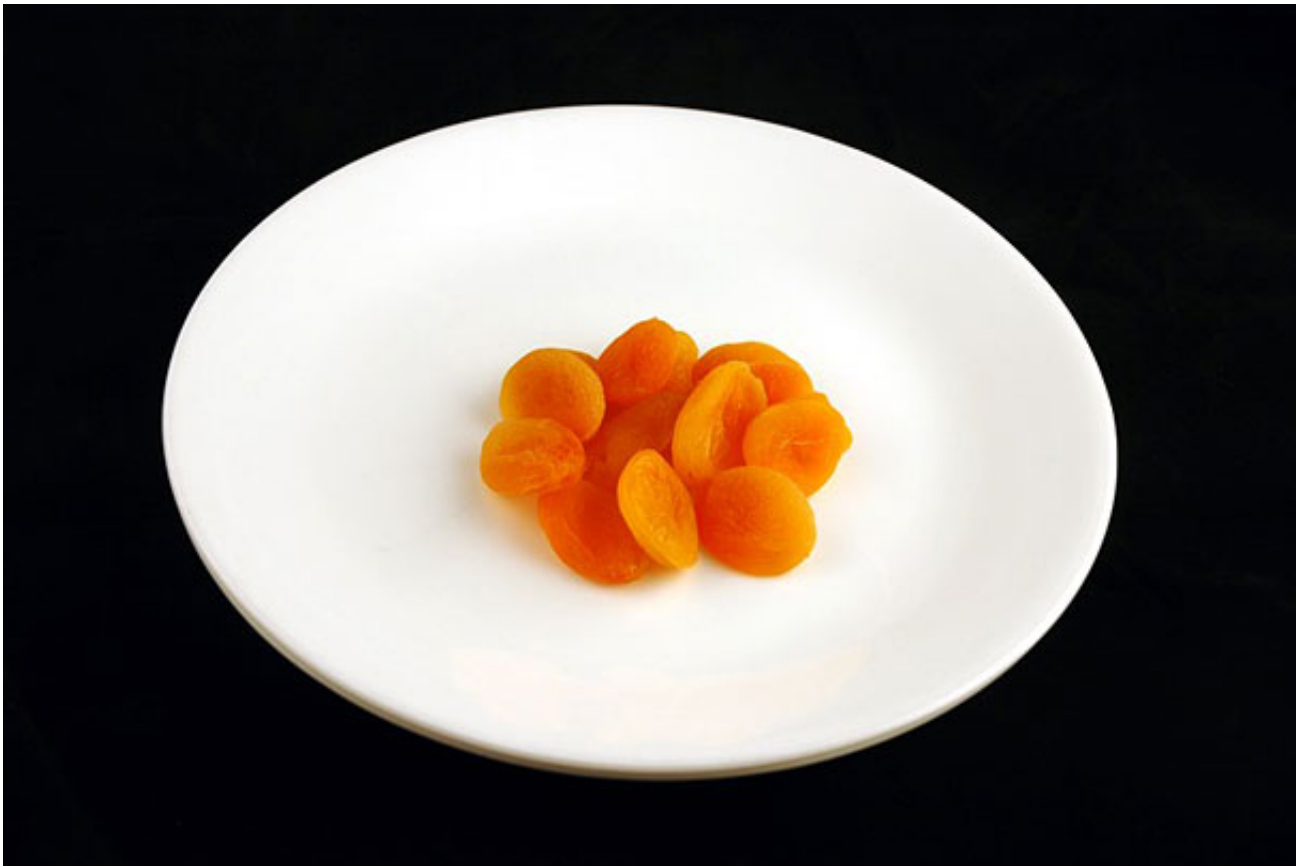
Canned Pork and Beans (186 grams / 6.56 oz)



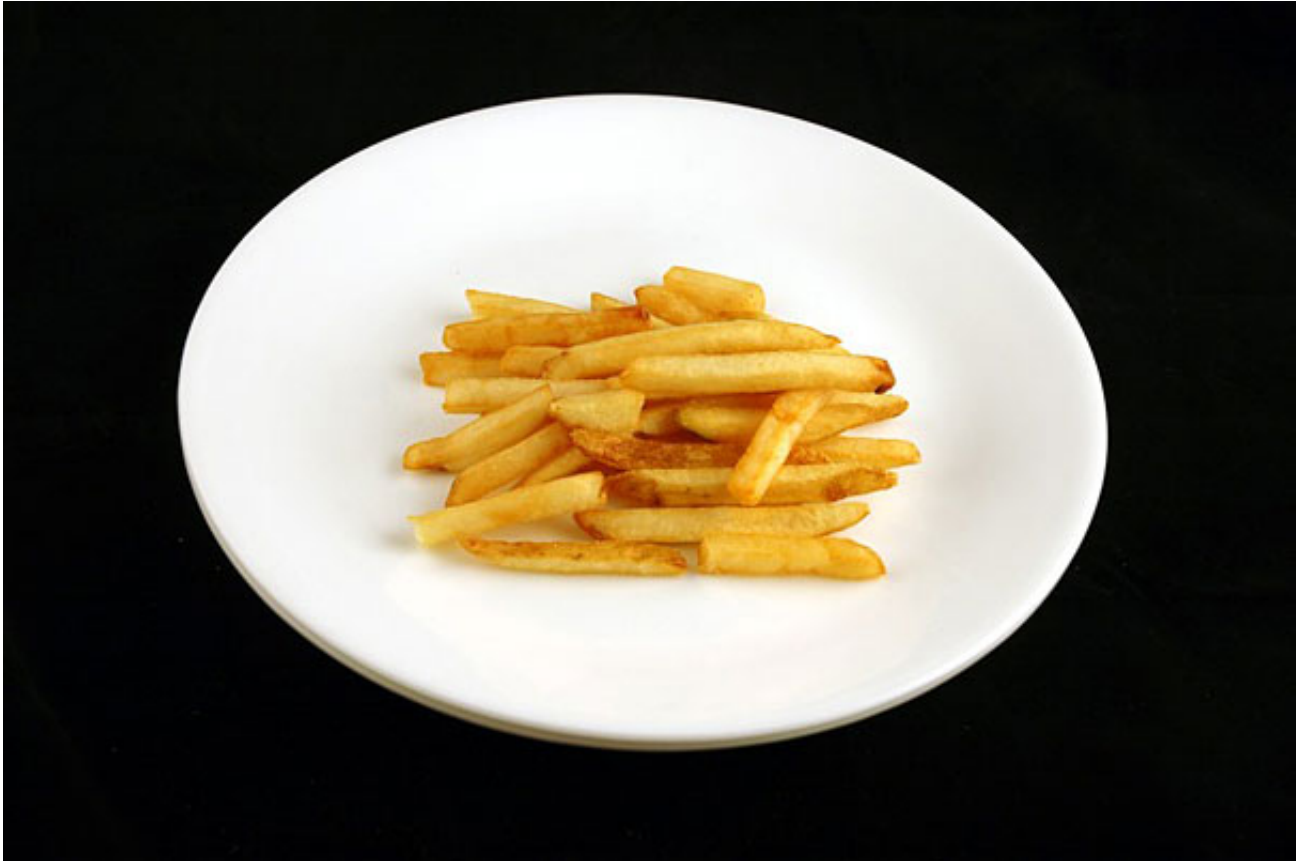
Doritos (41 grams / 1.44 oz)



Dried Apricots (83 grams / 2.9 oz)



Jack in the Box French Fries (73 grams / 2.6 oz)



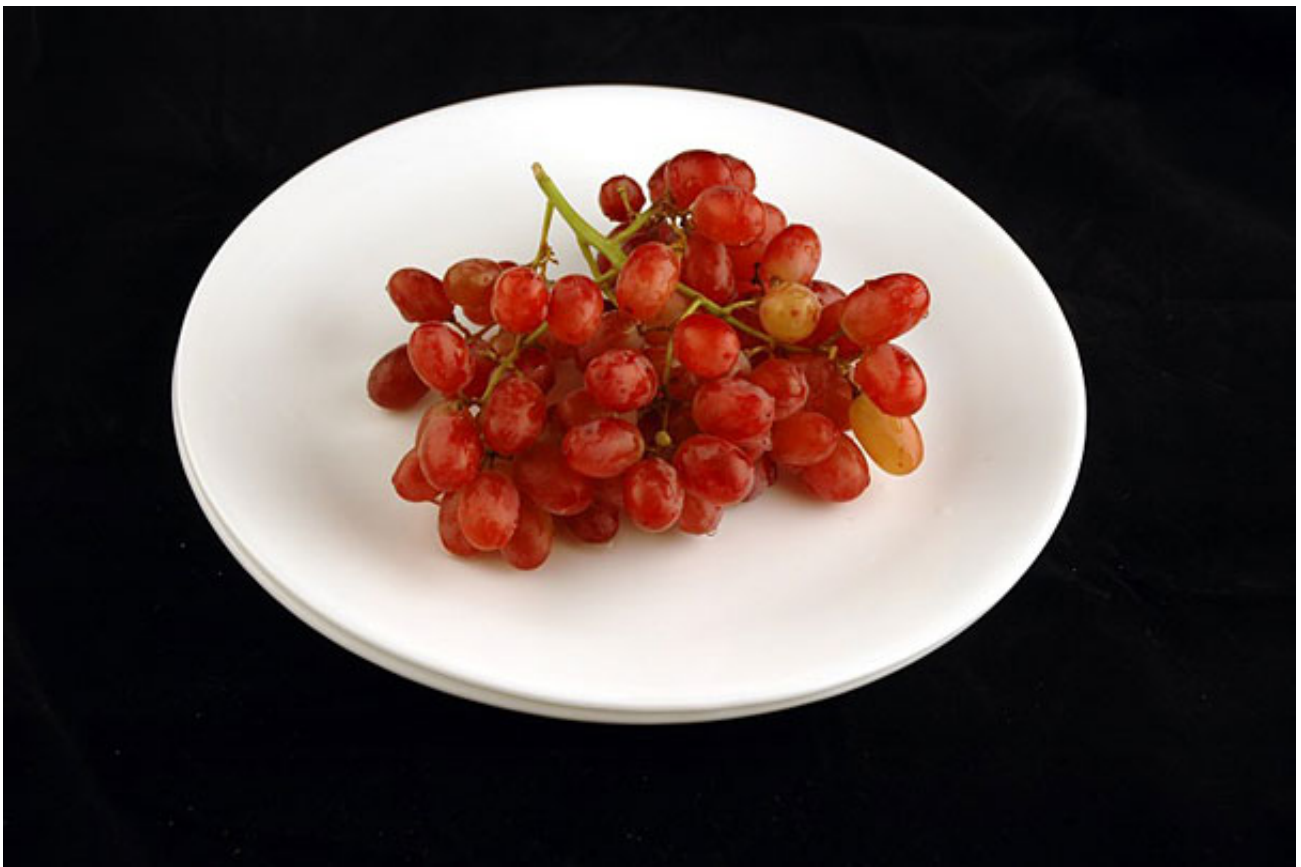
Fried Bacon (34 grams / 1.2 oz)



Fruit Loops Cereal (51 grams / 1.8 oz)



Grapes (290 grams / 10.2 oz)



Splenda Artificial Sweetener (50 grams / 1.8 oz)



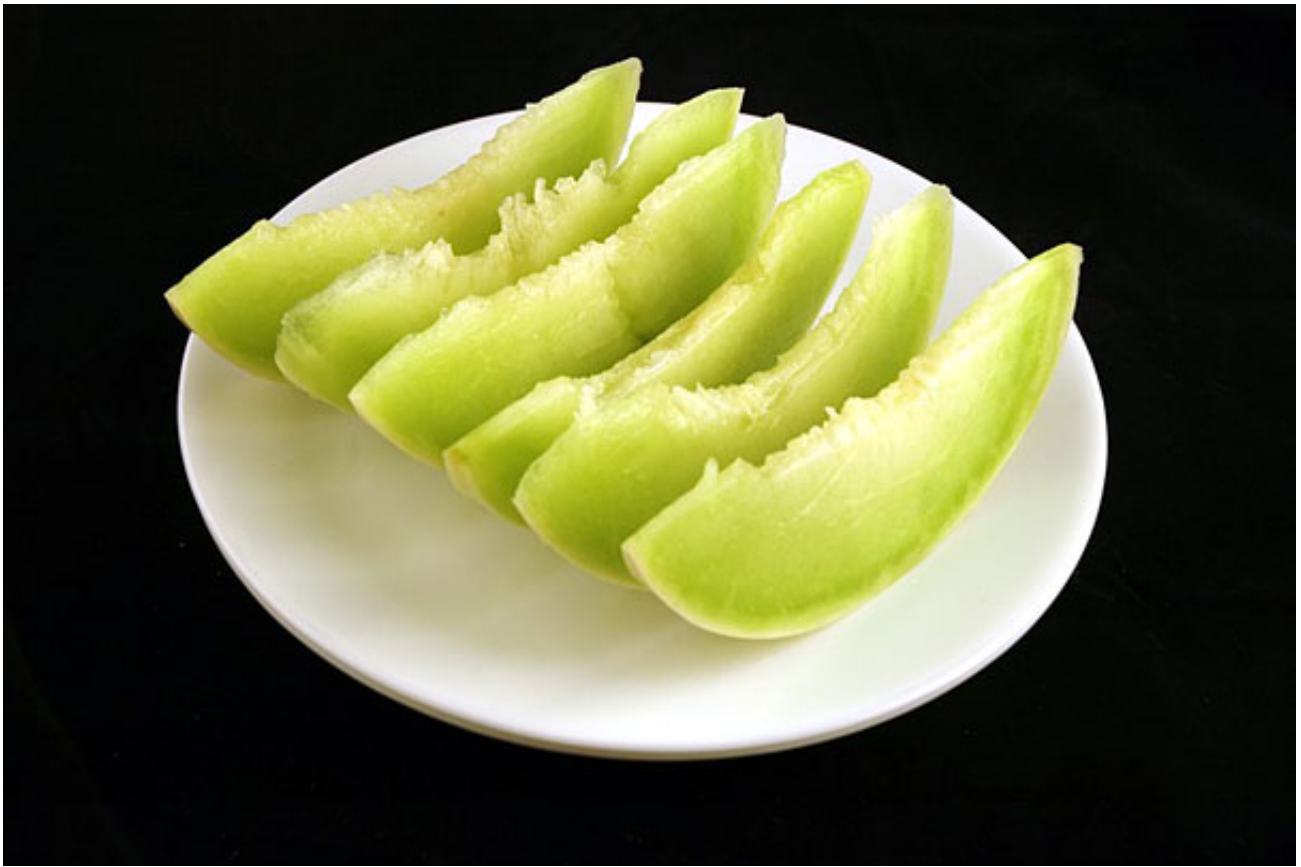
Gummy Bears (51 grams / 1.8 oz)



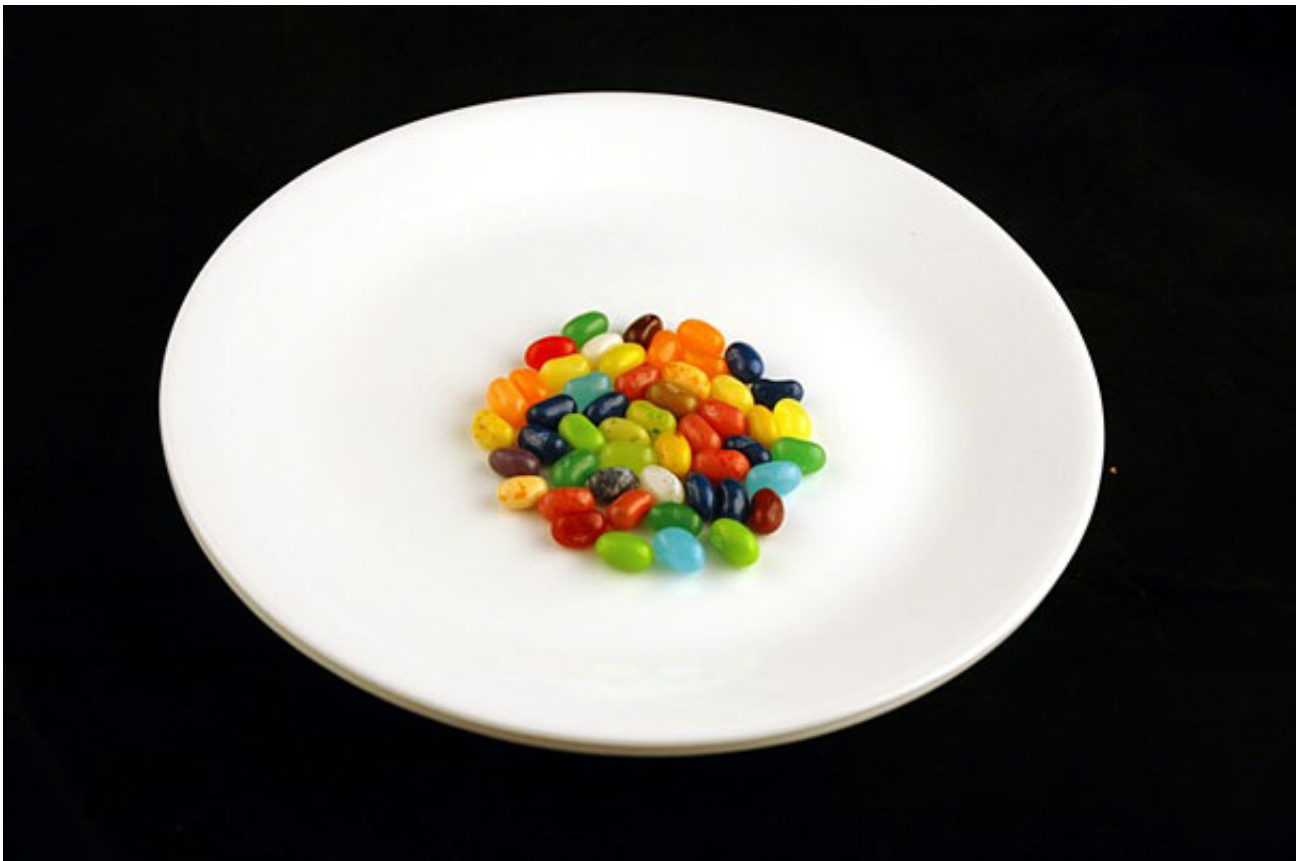
Hershey Kisses (36 grams / 1.27 oz)



Honeydew Melon (553 grams / 19.5 oz)



Jelly Belly Jelly Beans (54 grams / 1.9 oz)



Ketchup (226 grams / 7.97 oz)



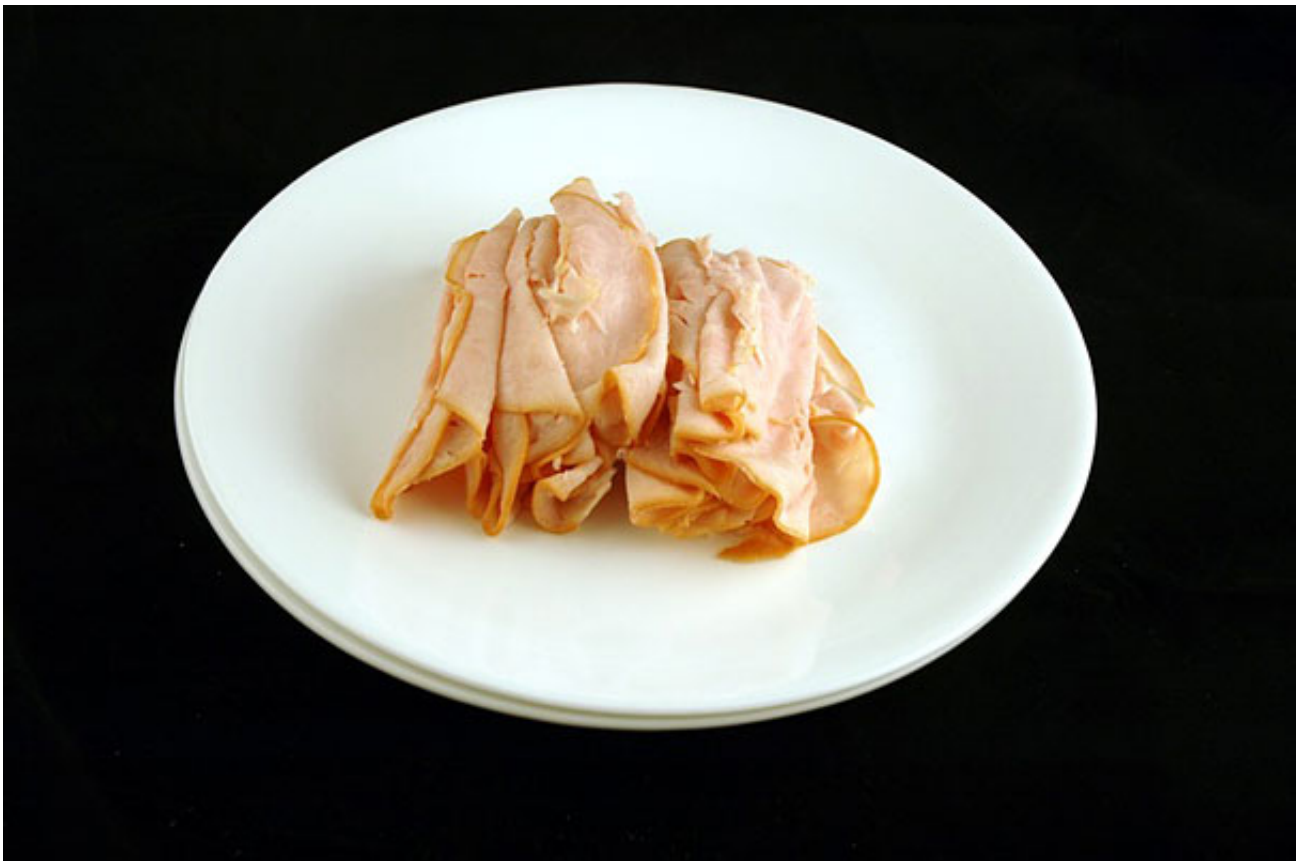
M&M Candy (40 grams / 1.4 oz)



Red Onions (475 grams / 16.75 oz)



Sliced Smoked Turkey (204 grams / 7.2 oz)



Coca Cola (496 ml / 16.77 oz)



Canola Oil (23 grams / 0.8 oz)



Smarties Candy (57 grams / 2 oz)



Tootsie Pops (68 grams / 2.4 oz)



Whole Milk (333 ml / 11.3 fl oz)



Balsamic Vinegar (200 ml / 6.8 fl oz)



Lowfat Strawberry Yogurt (196 grams / 6.9 oz)



Canned Chili con Carne (189 grams / 6.7 oz)



Canned Tuna Packed in Oil (102 grams / 3.6 oz)



Fiber One Cereal (100 grams / 3.5 oz)



Flax Bread (90 grams / 3.17 oz)



Blueberry Muffin (72 grams / 2.5 oz)



Bailey's Irish Cream (60 ml / 2.02 fl oz)



Cranberry Vanilla Crunch Cereal (55 grams / 1.9 oz)



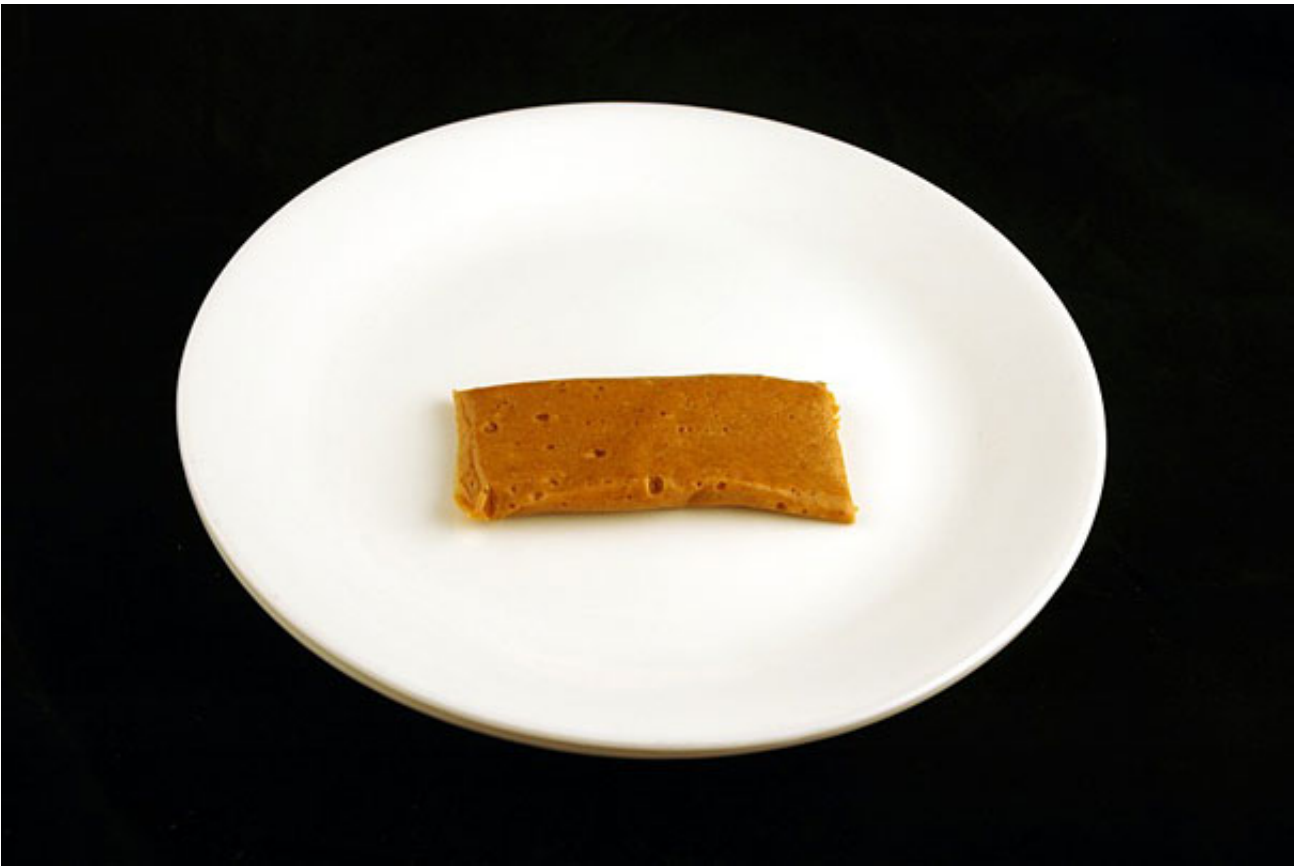
Cornmeal (55 grams / 1.94 oz)



Wheat Flour (55 grams / 1.94 oz)



Peanut Butter Power Bar (54 grams / 1.9 oz)



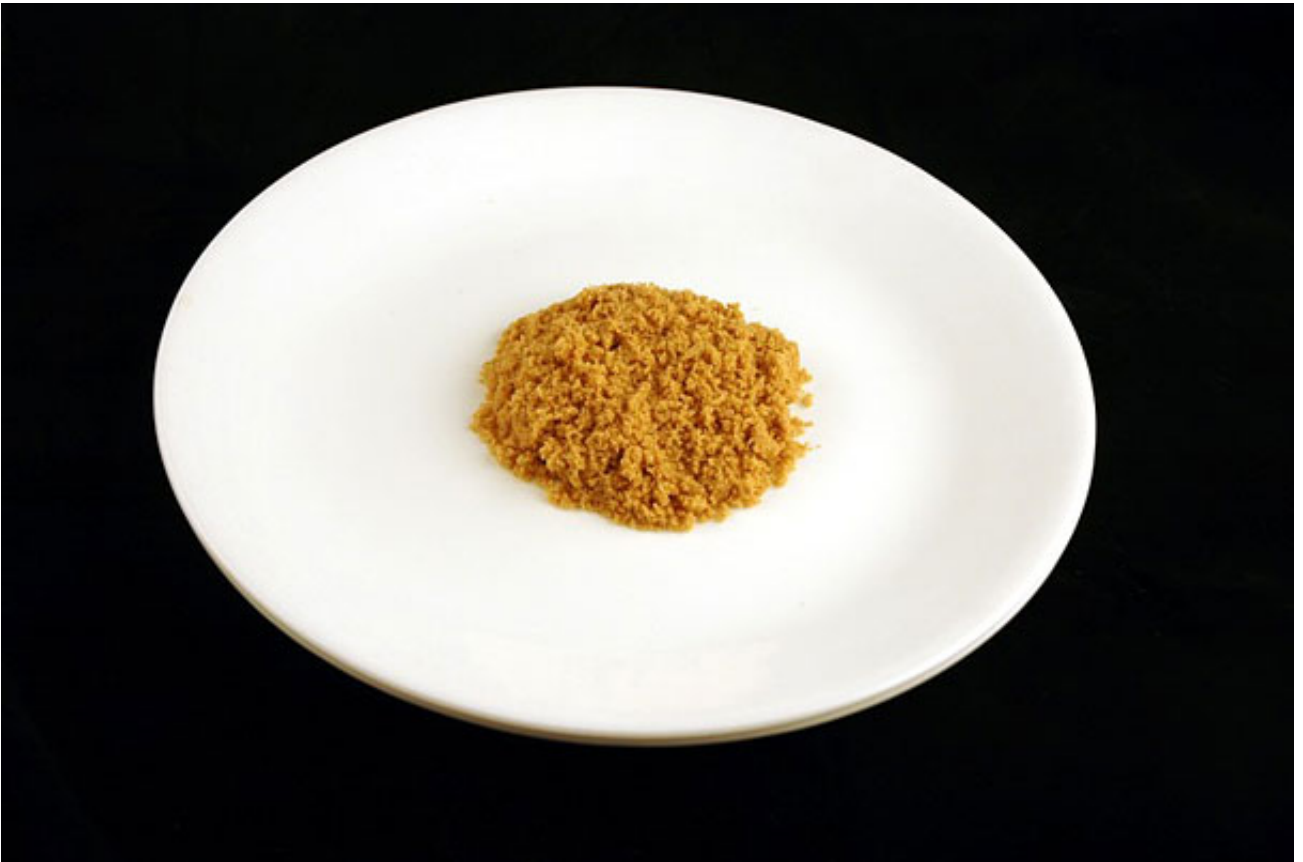
Puffed Rice Cereal (54 grams / 1.9 oz)



Puffed Wheat Cereal (53 grams / 1.87 oz)



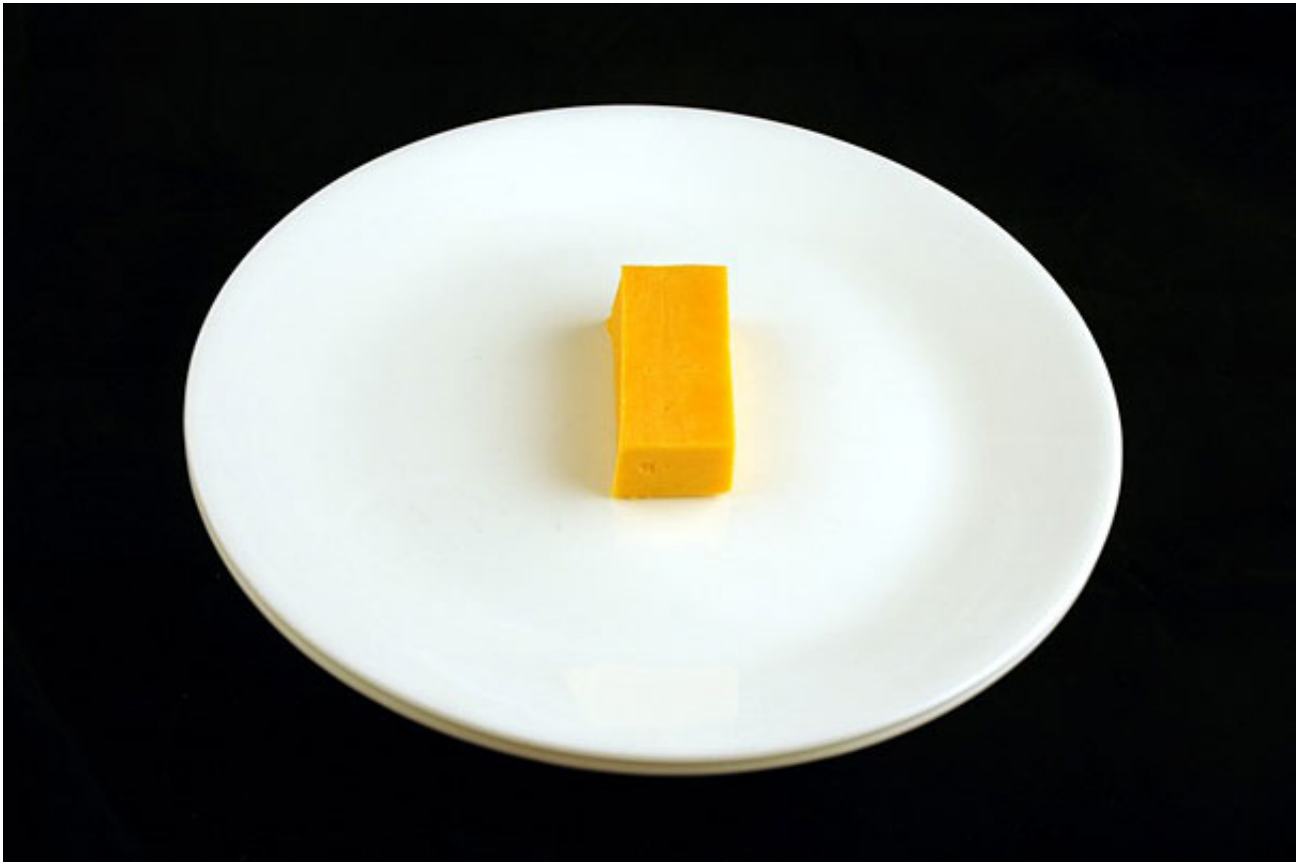
Brown Sugar (53 grams / 1.87 oz)



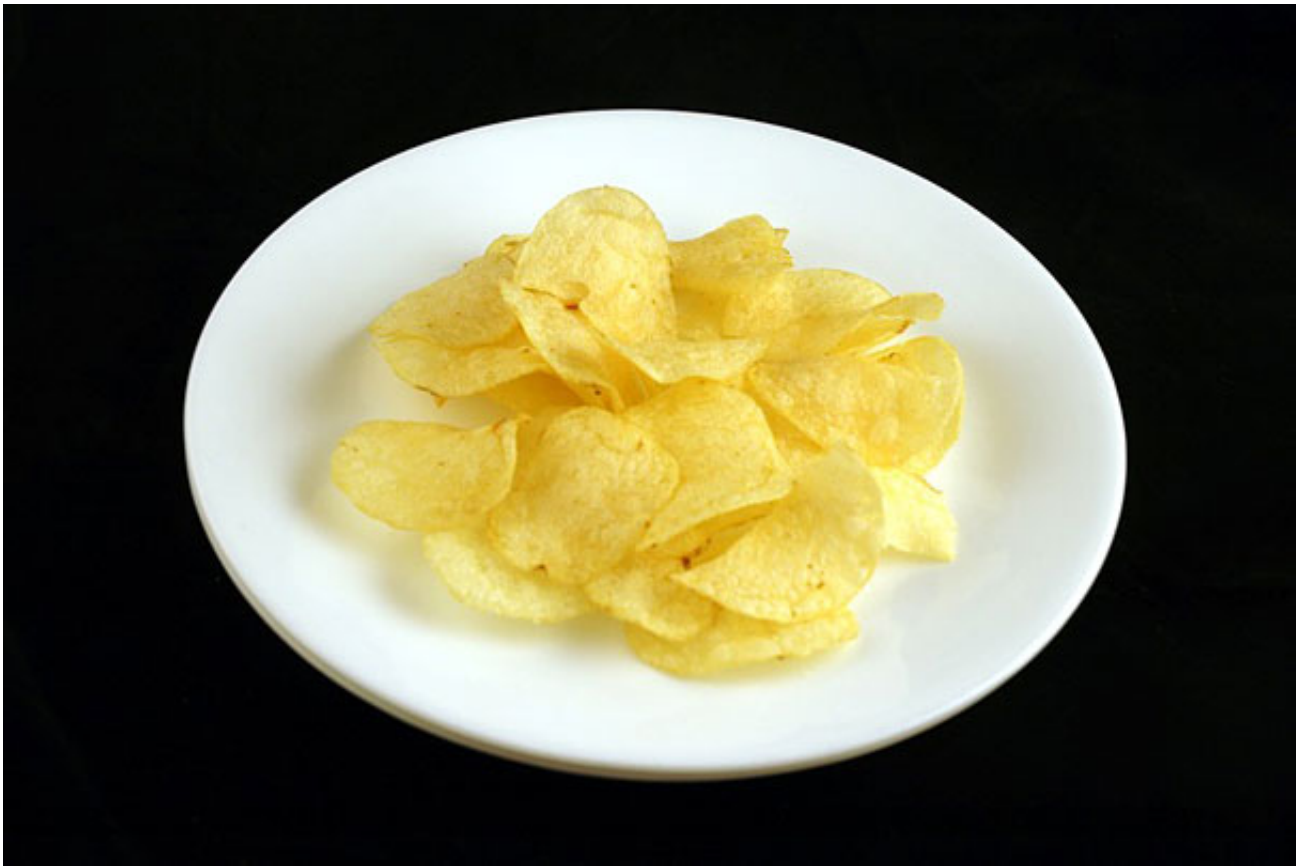
Salted Pretzels (52 grams / 1.83 oz)



Medium Cheddar Cheese (51 grams / 1.8 oz)



Potato Chips (37 grams / 1.3oz)



Sliced and Toasted Almonds (35 grams / 1.23 oz)



Peanut Butter (34 grams / 1.2 oz)



Salted Mixed Nuts (33 grams / 1.16 oz)



What do you think ?

What do you think?

140

POST

DolcelynImperio-Smith

6 days ago

Enlightening

1 [reply](#)

AnneKolsky

2 days ago

Great visual! Thank you for sharing.

1 [reply](#)

ChrisBaldwin

18 days ago

**ha, very cool! Lets post something like this on www.lipoma.net as its very relevant... hit me up over there for a guest post!
cheers, chris.**

0 [reply](#)

LoisBeasley

1 hour ago

im really upset about the gummy bears, i eat a bag a week

0 [reply](#)

RaoulBlackburn

2 days ago

ok so we must stop eating all the food in the world...

-1 **reply**

RaychelMurray

2 days ago

It's not about not eating them; it's about portion size...

1 **reply**

read more comments

137 comments



Add a comment...

Also post on Facebook

Posting as **Paul Nicolarakis** ▾

Comment



Caitlin Sinnett · Food Service Supervisor at Regina General Hospital

Those aren't smarties.... Those are called rockets Lol

Reply · **Like** · 20 · **Follow Post** · February 2 at 7:44am



Christine Ellis · Day-camp Leader at City of Waterloo

Apparently they call them smarties in the States.... Strange eh?

Reply · **Like** · 31 · February 2 at 9:03am



Crystal Calliou · **Follow** · Owner at Tech & Photo Essentials

Yes they do... exact same candy, exact same wrapper only it says Smarties on it. They don't have REAL Smarties in the States. :P

Reply · **Like** · 23 · February 5 at 3:09pm

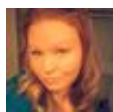


Juan Antonio González · Works at National Instruments

http://media.tumblr.com/f61256beb5ef743c4525452487a99a6f/tumblr_inline_mnofi0fsw61qz4rgp.jpg

Reply · **Like** · February 5 at 4:43pm

[View 6 more](#)



Kristy Charleen Trimmell · Central High School Springfield, MO

Both Juls and Joseph are right. Counting calories WILL make you lose weight, however, once that weight is gone, if you don't maintain a low number for your calorie intake, you will gain the weight back. Eating healthy and exercising is the only way to get rid of the excess weight AND keep it off. Juls, if you notice Joseph said he had a "cheat day" which means he isn't eating junk food all week long.



Joseph Baltz · Top Commenter · Sergeant at United States Army

Absolutely. Through the summer I drank went to the lake are hamburgers and hotdogs everyday and quit training. I regained all the weight back in less than 9 months. Eating healthy means replacing the vital nutrients that are specific to you that you are blowing through based on your daily activities. I need protein and carbs. Not pure starch and sugar. When consuming sugar I can literally watch the weight stack up. If I keep my calories at 1700 and about 50g of protein a day I lose when I add exercise and level out when I am happy where I am at. If I bump up to 5000c then I gain weight extremely fast. At then end it still comes back to in v out.

Reply · Like · 13 · January 30 at 10:34am



Jennifer Christie Gudelis · Top Commenter · Holmdel, New Jersey

Joseph Baltz LOL no happy medium for you, eh?

Reply · Like · 3 · January 31 at 2:24am



Krissey Dye · Top Commenter · Cashier at Food Lion

Your body actually has the hardest time breaking down proteins. Most people get enough just be eating healthy. You really only need more protein if you're body building.

Reply · Like · Yesterday at 1:29pm

[View 1 more](#)



Tammy Franklin · Works at Genesis VNA

I'll take the bacon

Reply · Like · 6 · Follow Post · February 5 at 2:41pm



Melissa Harper · Midland, Texas

I'm obviously not eating the right amount of bacon.

Reply · Like · 4 · Yesterday at 6:24am



John Douglas · Works at Princess Cruises

The right amount of bacon is "all of the bacon".

Reply · Like · 46 · Yesterday at 10:01am



Guy Williams · Follow · Top Commenter · Proprietor at Thefairtradeshop.co.uk

Interesting. Maybe worth pointing out that all the fruit & veg portions except the avocado are much more than you would / could eat at one sitting ?

Reply · Like · 5 · Follow Post · February 6 at 1:32am



Peggy Sue Hollingsworth · Houston, Texas

You could, however, juice that portion!

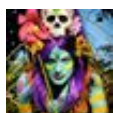
Reply · Like · 7 · February 6 at 5:48am



Guy Williams · Follow · Top Commenter · Proprietor at Thefairtradeshop.co.uk

[Peggy Sue Hollingsworth](#) I hadn't thought of that, but would / could anyone actually down the juice of 1.4kg celery / over a lb of red onions, over a half kg of carrots, melon, or broccoli? Sounds too much, like you'd OD on all those trace elements, vitamins & minerals, ...or something

Reply · Like · 4 · February 6 at 9:48am



Laurie Foster · Follow · Top Commenter · Comic Inker at Unlikely Heroes Studios

Guy Williams Or you'd just get the shits from that many vegetables. :P

Reply · Like · 5 · February 6 at 10:51am

[View 5 more](#)



Ty Curtis · Mount Pleasant, South Carolina

Which do you really think will store fat on your body faster: .8 oz of Canola oil or 16 oz of cola (with sugar)? If you don't know then you are naive enough to think all foods affect the body the equally as long as the calories are the same.

[Reply](#) · [Like](#) · [2](#) · [Follow Post](#) · Yesterday at 12:52pm



Krissey Dye · Top Commenter · Cashier at Food Lion

Sugars are carbs, the nervous system requires a steady supply of carbs/sugars. The body breaks them down quite well. It has a harder time with lipids, oils and fats. Some are necessary, some are completely unusable by the body.

[Reply](#) · [Like](#) · Yesterday at 1:33pm



Ty Curtis · Mount Pleasant, South Carolina

The body in general doesn't need simple carbohydrates in the form of refined sugars. - just not good for you. Contributes to obesity in many students I work with.

[Reply](#) · [Like](#) · [4](#) · Yesterday at 2:11pm

[View 49 more](#)

Facebook social plugin

About the author

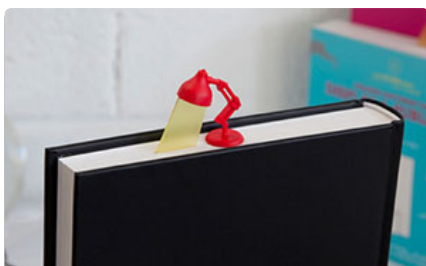
Ieva

Community Member



This lazy panda forgot to write something about itself.

MOST POPULAR STORIES ON BORED PANDA



16+ Cool And Creative



25+ Nerdy Valentine's



Japanese Army Uses 3,500

Bookmarks For Bookworms

Day Cards For Nerds Who Aren't Afraid To Show It

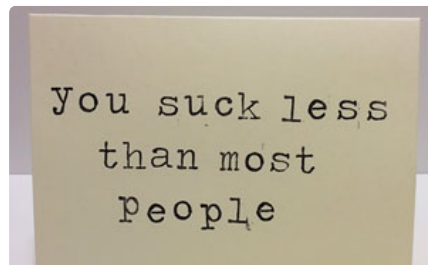
Tons Of Snow To Create Massive Star Wars Sculpture For Snow Festival



Fox Village In Japan Is Probably The Cutest Place On Earth



15 Artists Collaborate To Make London Children's Hospital Cozier For Kids



21+ Honest Valentine's Day Cards For Unconventional Romantics

TRENDING STORIES ON BORED PANDA



The Most Unique Festivals Around The World



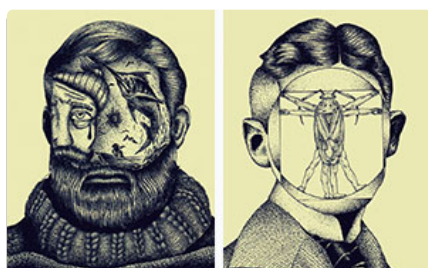
My Gel Pen Drawings Inspired By Literature, Legends And Fairy Tales



My Pictures From My Trips With Kenyan Fishermen



Beautiful Portraits Made Of Various Herbs And Dried Flowers



I Combine Authors And Their Novels Into One Painting



Deadly Viruses Painted On Human Body Raise Awareness Of Neglected Diseases

Subscribe to Boredpanda's newsletter.

30,000,000+ monthly readers

enter your email address

SUBSCRIBE

Tags

200 calories, calorie comparison, calories, calories in different foods, food, healthy diet, healthy nutrition, nutrition, WiseGEEK