

# Calorie Activity Wheel

A typical snack should fit into your daily meal plan without overspending your calorie budget<sup>1</sup>, however this does depend on the level of physical activity being undertaken. Based on individual activity levels and age, the average woman burns the following calories per day<sup>2</sup> as indicated in the chart below. Here are a few snack foods that you can pick from to meet your daily calorie needs, based on your activity level:



**PEPSICO**  
CANADA

1. American Dietetic Association "Smart Snacking" January 10, 2009  
 2. [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/1\\_1\\_1](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/1_1_1)