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

*Portions of this session were adapted and excerpted from the following book: O’Neill, B. and Ensle, K. (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, The State University of New Jersey, the University of Arizona Cooperative Extension, and the University of Florida Extension. For additional information about purchasing the Small Steps to Health and Wealth book, visit www.nraes.org. The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant number 2011-46100-31139.*