

10 Calorie-Dense Food and Drink and Their Activity Equivalent

How long you have to exercise to burn off calories in Wendy's Food



Wendy's

Food Type

Cal. Aprox



Walk Off KCAL
(Medium walk 3-5mph)



Run Off KCAL
(Slow running 5mph)

Small Fries	270	50 min	30 min
Med. Fries	350	1 hr 4 min	24 min
Large Fries	470	1 hr 28 min	46 min
Cheese Fries	440	1 hr 15 min	35 min
Chili Cheese Fries	520	2 hr	1 hr
Baconator Fries	460	1 hr 28 min	46 min
Small Frosty	340	1 hr	30 min
Med. Frosty	360	1 hr 5 min	25 min
Large Frosty	480	1 hr 30 min	47 min
Jr. Hamburger	250	44 min	25 min
Jr. Cheeseburger	290	53 min	28 min
Double Stack	410	1 hr 17 min	40 min
Grilled Chicken	370	1 hr 10 min	26 min
Chicken Biscuit	500	1 hr 40 min	50 min
Honey Butter Biscuit	310	57 min	30 min
Dave's Double	850	2 hr 30 min	1 hr 20 min