

WALKING OFF the midway munchies

How far will you need to walk to burn off the calories of some of your favorite state fair foods? University of Nebraska Extension has it all calculated:

- Corn dog, large: 4.5 miles
- Cotton candy: 1.5 miles
- Fried candy bar on a stick: 4.5 miles
- Funnel cake, 6-inch diameter: 3 miles
- Soft drink, 32 oz.: 2.5 miles
- Sno-cone: 2.5 miles
- Soft pretzel: 3 miles

So wear comfortable shoes and plan to walk off what you eat. But be prudent. Choose a small soft drink or bring along bottled water. Save your calories for the splurges. Split a funnel cake among friends; share that fried candy bar so everyone gets a bite. Limit yourself to one treat.

