

TO BURN OFF A BIG MAC MEAL WALK THIS FAR

Enjoying a McDonald's Big Mac Meal, that would be the Big Mac, french fries and a milkshake every once in a while won't make you fat, right? Not if you walk off those extra calories.

Nutritionists helpfully computed just how far you have to walk to shake off the 1,411 calories from that Big Mac lunch: 9.5 miles.

Even most McDonald's salads require a 2.5 mile walk to ward off the extra calories, thanks to the fatty salad dressings that can have more calories than the burgers.

Here is a list of several favorite fast food items and how many miles you'll have to walk to get rid of those extra calories:

>Meat pizza: 930 calories requires a 6.2 mile walk

>KFC meal: 910 calories requires a 6.06 mile walk

>Apple: 45 calories requires a 0.3 mile walk

>Stick of celery: 2 calories requires a 0.013 mile walk