# Bear Calorie Counter

**Provided by People** | **Calories**
---|---
Birdseed, 1 pound black oil sunflower seeds | 2,585
Bird feeder filled with 7 pounds of birdseed | 18,095
Hummingbird feeder, 32 ounce | 3,200
Apples in the orchard, one bushel\(^1\) | 6,720
Dry dog food, 3 cups | 1,200
Honey, 1 cup | 1,024
Beehive\(^2\), ten-frame hive, developing bees & honey | 68,672
Chickens (minus feathers), three (the rest got away) | 4,500
Eggs, one dozen (eggs can’t fly) | 888
Cherry pie, cooling on windowsill | 2,460
Grab bag snack chips, 2½ ounces | 400
Jelly donut | 310
Pizza slice | 375
Peanut butter & jelly sandwich | 490
Bacon grease, ½ cup | 936
Chocolate chip cookies, 1-pound package | 3,200
Fried chicken, 10-piece bucket | 2,735
Picnic basket, left on table\(^3\) | 9,510
Cooler, left under table\(^4\) | 6,536

1 A bushel of apples weighs about 42 pounds. A mature dwarf apple tree produces an average yield of 1 to 6 bushels of apples. One Red Delicious apple is about 110 calories.

2 Beehive with 10 deep frames of brood: 40 pounds of honey (54 cups) yields 55,296 calories; approximately 66,800 developing bees (larva and pupae) at 2.5 calories per gram yields 13,376 calories, for a total calorie load of 68,672.

3 Picnic basket: one package hot dog buns, one box of graham crackers, 4 chocolate bars, 16-oz. bag of potato chips, 14 oz. package of Oreos, a bag of marshmallows.

4 Cooler: one pound of hot dogs, one pound of potato salad, one 12-pack of regular beer, two 2-liter bottles of soda, one 16-oz container of chip dip.

**Provided by Nature** | **Calories**
---|---
Huckleberries, 1 pound | 166
Cranberries, 1 pound | 210
Blueberries, 1 pound | 256
Raspberries, 1 pound | 229
Cherries, 1 pound | 288
Acorns (60-80), 1 pound | 2,082
Tent Caterpillars, 537 to a pound | 430

**FOOD FOR THOUGHT** To get the 20,000 calories a day needed while fattening up before hibernation, a bear would need to eat 672 acorns, 78 pounds of blueberries, nearly 25,000 tent caterpillars or ONE 7-pound birdfeeder filled with black oil sunflower seeds.