

## Black Bear Calorie Counter

It's easy to understand why human food is so appealing to a black bear. It takes many hours for a black bear to forage on natural foods in order to get the 12,000 plus calories it can down in five minutes at a bird feeder or on garbage.

| MENU ITEM                 | SIZE          | CALORIES |
|---------------------------|---------------|----------|
| Hummingbird nectar        | 16 ounces     | 385      |
| Eggs                      | 1 dozen       | 888      |
| Bananas                   | 6 medium      | 920      |
| Honey                     | 1 cup         | 1031     |
| Bread                     | 1 loaf        | 1280     |
| Hot dogs                  | 1 pound       | 1456     |
| Black oil sunflower seeds | 1 pound       | 1740     |
| Crackers                  | 1 box         | 2037     |
| Watermelon                | 10 inch whole | 2464     |
| Potato chips              | 1 pound       | 2560     |
| Chocolate chip cookies    | 1 pound       | 3200     |
| Dry feed corn             | 1 pound       | 4580     |
| Peanut butter             | 28 ounces     | 4750     |
| Birdseed                  | 7 pounds      | 12,180   |
| Purina dog chow           | 25 pounds     | 42,425   |