

### PROBLEM 2.17



Fig. P2.17

- ⊙ Exercise value = 620 kcal
- ⊙ Caloric value, 1 cup of vanilla ice cream = 264 kcal (Internet)

To break even calorie-wise, Jack may have

$$\frac{620 \text{ kcal}}{264 \text{ kcal/cup}} = 2.35 \text{ cups}$$