

## In a Bear's Quest for Calories...

In the late summer and early fall, bears are driven to consume as many calories as possible in preparation for denning through the hungry winter months. The diet of the average black bear is normally 70 percent vegetable, 20 percent insect, and 10 percent small animals, reptiles and eggs. However, living around humans, bears have developed a taste for people's garbage because it is often higher in calories than their natural food sources. In the table below, common types of human foods are contrasted with how many acorns a bear would have to eat to get the same amount of calories.

<b>Menu Item</b>	<b>Calories</b>	<b>Equivalent # of Acorns</b>
Hummingbird nectar (16 oz)	385	101
Eggs (1 dozen)	888	234
Bananas (6 med)	920	242
Honey (1 cup)	1,031	272
Bread (1 loaf)	1,280	337
Fish, clams & oysters (1 lb)	1,314	346
Hot dogs (1 lb)	1,456	84
McDonald's double cheeseburger combo	1,620	427
Black oil sunflower seeds (1 lb)	1,740	458
Pecans (1 lb)	1,766	465
KFC Fried Chicken combo	1,770	467
Crackers (1 box)	2,037	536
Hickory nuts (1 lb)	2,051	540
Huckleberries (1 lb)	2,105	554
Watermelon (10" whole)	2,464	649
Bacon (1 lb)	2,532	666
Potato chips (1 lb)	2,560	674
Jelly donuts (1 doz)	2,640	695
Chocolate chip cookies (1 lb)	3,200	843
Chocolate cake (18 oz)	4,370	1,150
Dry feed corn (1 lb)	4,580	1,206
Peanut Butter (28 oz)	4,750	1,250
Vanilla Ice cream (1 gallon)	4,960	1,305
Birdseed (7 lbs)	12,180	3,206
Grease/Shortening (3 lb)	12,430	3,271
Pepperoni Pizza (1 large)	17,352	4,566
Purina dog chow (25 lb)	42,425	11,165



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