

# The Cautionary Tale of an Oatmeal Cookie

Or the 420 Day Year

*This chewy, buttery cookie is absolutely packed with raisins, sweet-tart cranberries and oats. Outrageous! Or should that be "oatrageous," perhaps? As long as we're keeping up with the word play, it's worth mentioning that demand for these cookies is so high, that at the end of the day, "outrage" often turns to "outage." 370 calories, (120 from fat), 5g protein info from Starbucks.com*

**55 Days!** Imagine fasting for 55 days, what a challenge. 15 days longer than Jesus fasted in the desert. Nearly 2 months of the year without food. Weight gain would be the very least of one's concerns.

**Afternoon recess...** everyone's favorite part of elementary school. **Skipping lunch,** I began visiting our local Starbucks to hangout, enjoy an iced tea (or two :-), along with one of their fabulous "Outrageous Oatmeal Cookies." I've enjoyed the rest, become well known to our local baristas and gained 20 pounds!

**The math works like this:**

$$1 \text{ cookie} \times 5 \text{ days} = 1,850 \text{ calories.}$$

If I hang out for much of the summer:

$$10 \text{ weeks} \times 1,850 \text{ calories} = 18,500 \text{ calories.}$$

If it becomes a routine I love, and who doesn't love recess and cookies?, and keep for 50 weeks of the year:

$$5 \times 18,500 = 92,500 \text{ calories!}$$

If our goal is to eat 1,800 calories a day or less... (drum roll please), I've just added 51, 1,800 calorie days, onto my waistline!

What if the calorie count on each cookie is more like 400, (or more), which I suspect: **250 days x 400 = 100,000 cal/1,800 = 55 days!**

**It's a cautionary tale...** you might not even like cookies... it could be bread, pasta, pizza, soda... get the picture? And these equations leave out weekends, evenings, birthdays, holidays and guests.

**55 days!**