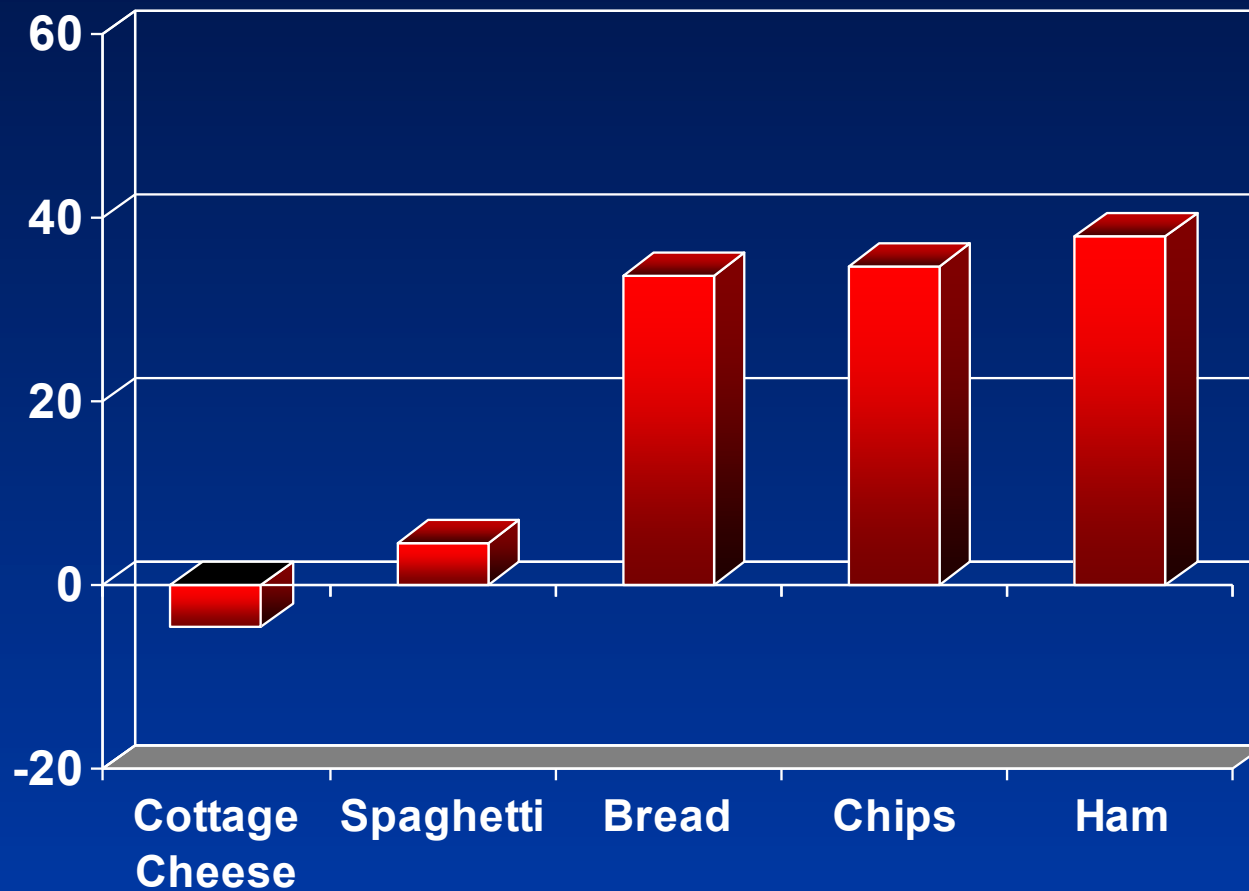
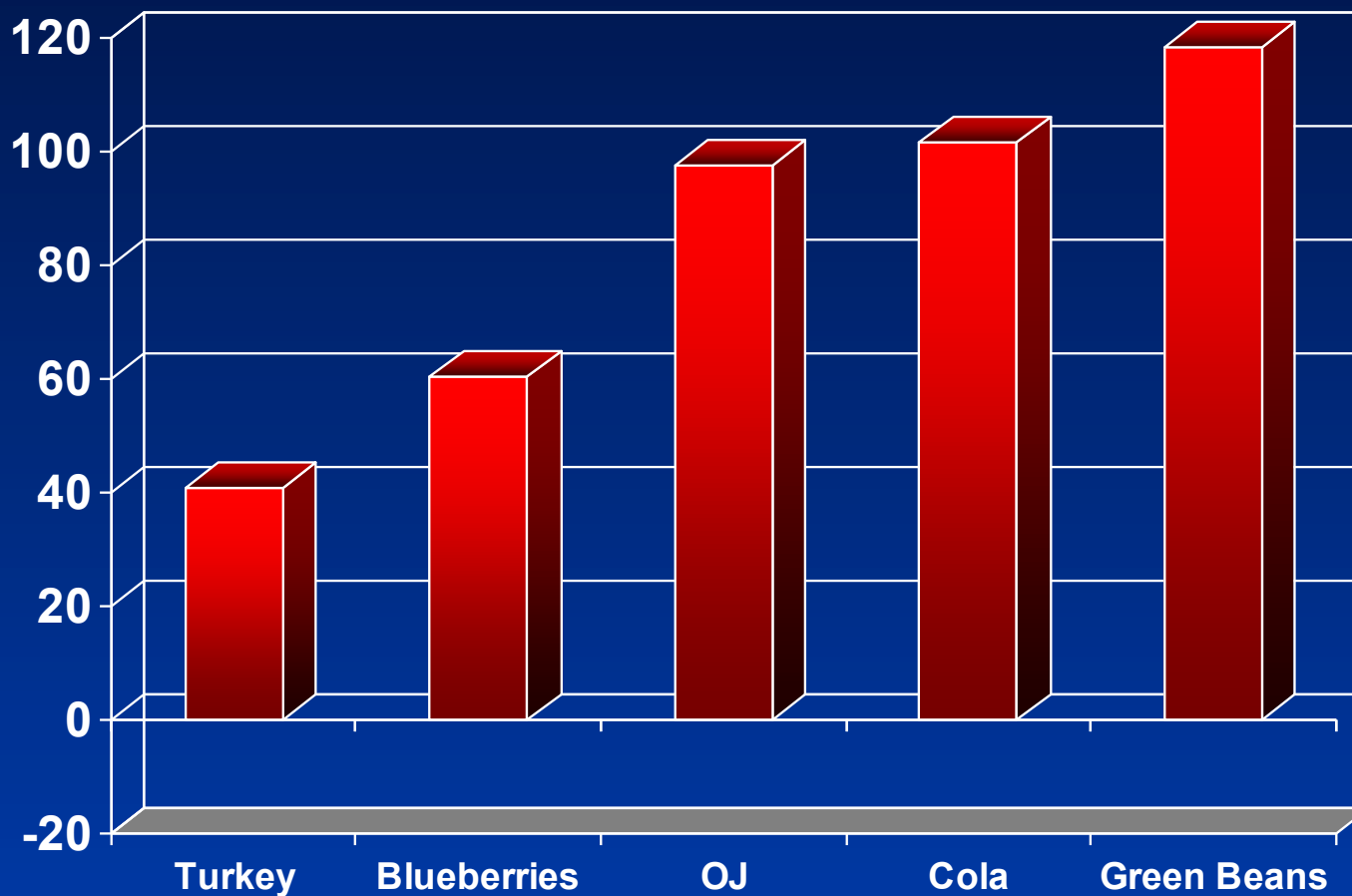


## % Error in Calorie Estimates



## % Error in Calorie Estimates



Lansky & Brownell  
*Amer J Clin Nutrition*, 1982

- **Average errors**  
**+53% for calories**  
**+64% for quantity**
- **Notable disconnects (cal/oz)**  
**Potato chips      - 49%**  
**OJ                      +206%**