

Bear Calorie Counter

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Living With Bears Handbook

Provided by People	Calories
Birdseed, 1 pound black oil sunflower seeds	2,585
Bird feeder filled with 7 pounds of birdseed.	18,095
Hummingbird feeder, 32 ounce	3,200
Apples in the orchard, one bushel ¹	6,720
Dry dog food, 3 cups	1,200
Honey, 1 cup	1,024
Beehive ² , ten-frame hive, developing bees & honey	68,672
Chickens (minus feathers), three (the rest got away)	4,500
Eggs, one dozen (eggs can't fly)	888
Cherry pie, cooling on windowsill	2,460
Grab bag snack chips, 2½ ounces	400
Jelly donut	310
Pizza slice	375
Peanut butter & jelly sandwich	490
Bacon grease, ½ cup	936
Chocolate chip cookies, 1-pound package	3,200
Fried chicken, 10-piece bucket	2,735
Picnic basket, left on table ³	9,510
Cooler, left under table ⁴	6,536

¹ A bushel of apples weighs about 42 pounds. A mature dwarf apple tree produces an average yield of 1 to 6 bushels of apples. One Red Delicious apple is about 110 calories.

² Beehive with 10 deep frames of brood: 40 pounds of honey (54 cups) yields 55,296 calories; approximately 66,800 developing bees (larva and pupae) at 2.5 calories per gram yields 13,376 calories, for a total calorie load of 68,672.

³ Picnic basket: one package hot dog buns, one box of graham crackers, 4 chocolate bars, 16-oz. bag of potato chips, 14 oz. package of Oreos, a bag of marshmallows.

⁴ Cooler: one pound of hot dogs, one pound of potato salad, one 12-pack of regular beer, two 2-liter bottles of soda, one 16-oz container of chip dip.

Provided by Nature	Calories
Huckleberries, 1 pound	166
Cranberries, 1 pound	210
Blueberries, 1 pound	256
Raspberries, 1 pound	229
Cherries, 1 pound	288
Acorns (60-80), 1 pound	2,082
Tent Caterpillars, 537 to a pound	430



FOOD FOR THOUGHT To get the 20,000 calories a day needed while fattening up before hibernation, a bear would need to eat 672 acorns, 78 pounds of blueberries, nearly 25,000 tent caterpillars or **ONE 7-pound birdfeeder filled with black oil sunflower seeds.**