

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



Florida Fish and Wildlife Conservation Commission

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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. Bears that eat 5,000 calories a day may increase to 20,000 calories a day during this period. The diet of the average black bear is normally 80 percent vegetable, 15 percent insect, and 5 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.



Rick Sinnott ADFG

Menu Item	Calories	Equivalent number
Hummingbird nectar (16 oz)	385	101
Bananas (6 med)	920	242
Bread (1 loaf)	1,280	337
Hot dogs (1 lb)	1,456	384
Black oil sunflower seeds (1 lb)	1,740	458
KFC Fried Chicken combo	1,770	467
Hickory nuts (1 lb)	2,051	540
Watermelon (10" whole)	2,464	649
Potato chips (1 lb)	2,560	674
Chocolate chip cookies (1 lb)	3,200	843
Dry feed corn (1 lb)	4,580	1,206
Vanilla Ice cream (1 gallon)	4,960	1,305
Birdseed (7 lbs)	12,180	3,206
Purina dog chow (25 lb)	42,425	11,165