

## ***1) TIME AND SPACE***

***How long does it take to eat 4.5 tons of food a day ?  
Large herbivores like elephants can eat up to 500-  
600 pounds of food a day, but it takes them a long  
time– 12-18 hours!***

***Obviously Flash would be eating at super speed, so  
he wouldn't take all day to eat. But still .... If he  
needs this many calories,  
eating would take up a sig-  
nificant portion of his day.***

***Also ..... Also how long does  
it take to buy and prepare***

***that much food and where does he store it?***



## **2) DEATH**

***The Flash is a superhero, the all get captured time to time.***

***To maintain a basic metabolic rate, humans need about 1550 calories a day. That's 64.6 calories per hour. The Flash's metabolism would be waayyyy higher. Thus he'd be in dire straits if he was held captive for a couple of hours. Half a day without food? He's dead***



### **3) COST**

***How much does 4.5 tons of food cost per day?***

***Lets say Barry got all his calories from Hot Dogs one day. The calories in 28146 hot dogs contain the calories in roughly 50 times The Flash's bodyweight. If a pack of 8 hot dogs was to cost £.288 , the Flash would need about 3518 packs a day. That's £10,131.84 A DAY!***

***A year on hot dogs? £3.7 million***



#### ***4) WASTE***

***50 times your body weight in food. Even the Flash wouldn't metabolize and fully digest every last nit of food he ate. For example, if there's any cellulose in the food he eats, as a human, he can't digest that. That's what we call fiber and it scrubs out the intestines***

***So there's going to be waster***

***A normal human at 170 pounds would poop about a pound a day. About a quarter of the food they eat. If the Flash is eating 4.5 tons of food a day, he produces a little over a ton (2125 pounds) of poop per day!***