THINK B4 YOU EAT®

CALORIES COUNT

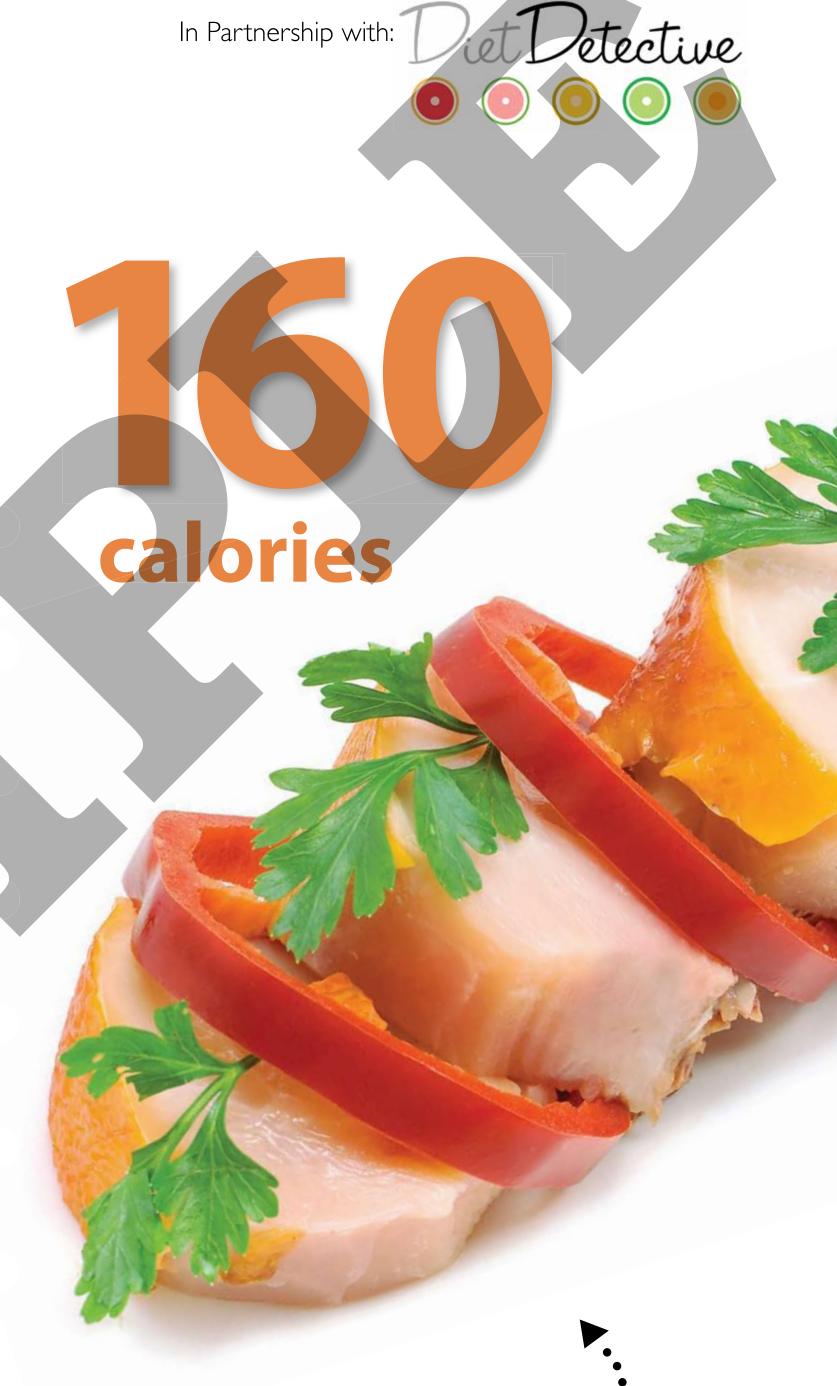
Swim for 1 Hour, 15 Minutes

Burning up 585 calories in I fast food fried extra crispy chicken breast will take a very long swim afterward — I hour and 15 minutes. •



LIGHTEN UP:

Fried chicken is an old-time recipe for wrecking your diet. **The healthiest chick pick:** skinny skinless breast grilled with a light marinade.



Swim for 20 Minutes

Burning up 160 calories in 4.6 ounces of chicken breast dressed with veggies and herbs takes a 20-minute swim.