

THINK B4 YOU EAT®

CALORIES COUNT

Swim for 1 Hour, 15 Minutes

Burning up 585 calories in 1 fast food fried extra crispy chicken breast will take a very long swim afterward – 1 hour and 15 minutes.



585
calories

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.

In Partnership with:

Diet Detective



160
calories



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.