

THINK B⁴ YOU EAT[®]

CALORIES COUNT

LIGHTEN UP:

Chocolate creams are little calorie bombs. If you can't stop at 1, pick a piece of fruit instead.

Mow Lawn for 1 ½ Hours

Burning up the 450 calories
in these chocolates takes
1 ½ hours of lawn mowing.

450
calories



In Partnership with:

Diet Detective



62
calories



Mow Lawn for 10 Minutes

You can burn up the 62 calories
in an orange in 10 minutes of
lawn mowing.