

THINK B4 YOU EAT[®]

CALORIES COUNT

In Partnership with:

Diet Detective



LIGHTEN UP:

Craving cookies? Taste temptation awaits you everywhere. Fruit is flavorful too and packed with nutrients.

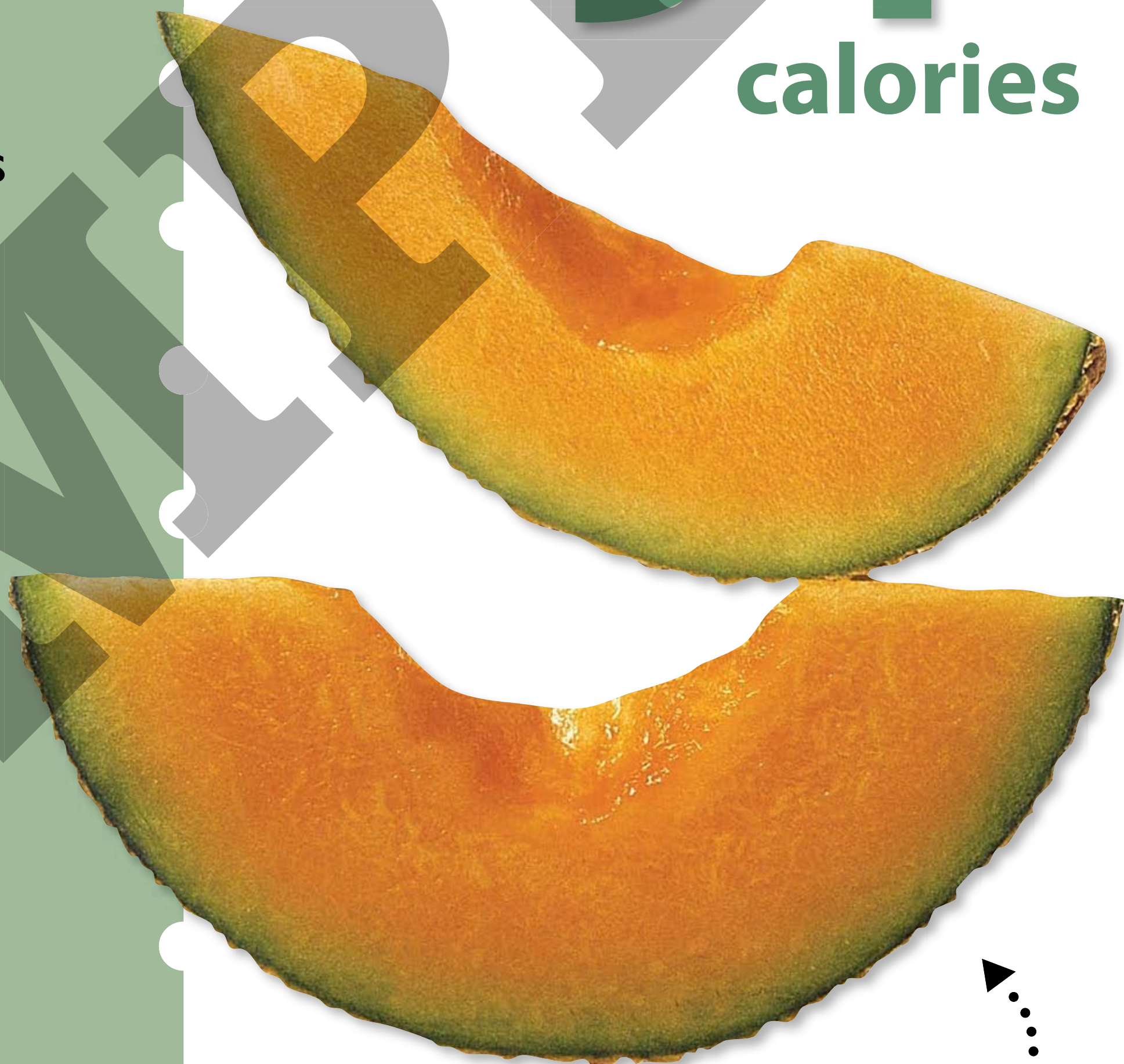
Golf for 2 Hours

Burning up the 660 calories in these 3 oatmeal raisin cookies takes 2 hours of cart-free golfing.



660 calories

94 calories



Golf for 17 Minutes

You can burn up the 94 calories in half a cantaloupe in 17 minutes of cart-free golfing – and keep your weight on course.