

THINK B4 YOU EAT[®]

CALORIES COUNT

LIGHTEN UP:

Potatoes are healthy fare but french fries are rich enough to seriously dent your daily calorie quota.

Bike for 16 Miles

Burning up the 600 calories in a medium order of french fries takes a 16-mile bike ride, over 2 hours.



600
calories

In Partnership with:

Diet Detective



120
calories

Bike for 3.5 Miles

You can burn up the 120 calories in a plain baked potato biking 3.5 miles in less than 20 minutes.