

# THINK B4 YOU EAT<sup>®</sup>

## CALORIES COUNT

### LIGHTEN UP:

Enjoy a high-energy lunch on the light side with lean meats, veggies and whole-grain bread.

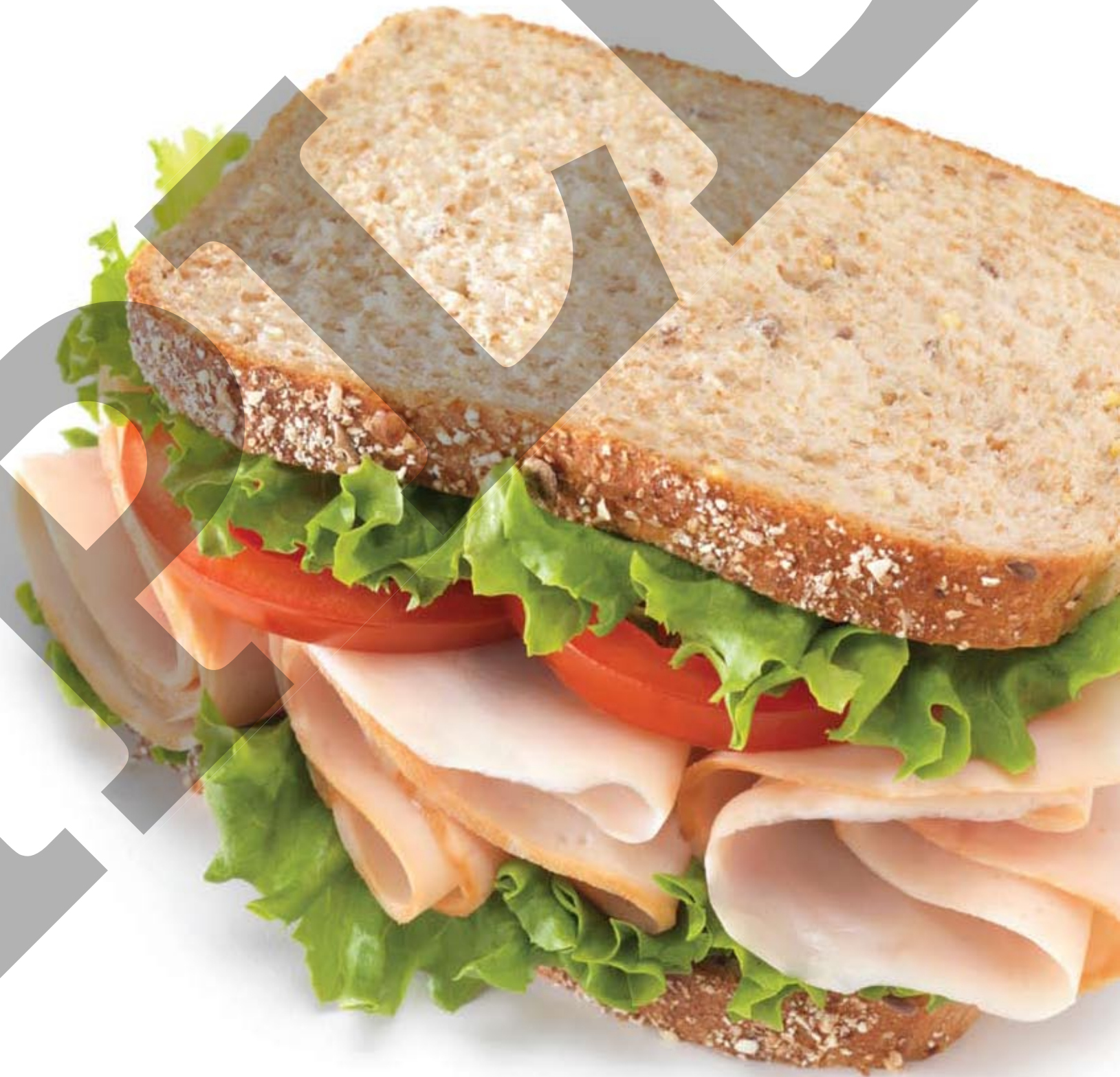
### Dance for 1 Hour, 37 Minutes

Burning up 512 calories in this hamburger takes 1 hour and 37 minutes of dancing nonstop.

**512**  
calories



In Partnership with: *Diet Detective*



**250**  
calories

### Dance for 47 Minutes

You can burn up the 250 calories in this turkey sandwich by dancing for 47 minutes.