

THINK B4 YOU EAT®

CALORIES COUNT

In Partnership with:



630
calories



Clean House for 3 ½ Hours

Burning up the 630 calories in this chocolate chip muffin takes 3 ½ hours of house cleaning.

LIGHTEN UP:

Power up mid-morning with high-energy, low fat yogurt. It won't weigh you down like a big fat muffin.

Clean House for 51 Minutes

You can burn up the 154 calories in a cup of low fat plain yogurt and berries by cleaning house for 51 minutes.



154
calories