

# THINK B4 YOU EAT®

CALORIES COUNT

In Partnership with:

Diet Detective



1457  
calories



## Walk for 7 Hours

Burning up the 1457 calories in this stack of flapjacks takes 7 hours of walking. Better get going.

### LIGHTEN UP:

Breakfast is the most important meal of the day. A healthy, balanced breakfast breaks your "fast" first thing, supplies steady energy for hours, and helps aid weight loss.

## Walk for 1 Hour

You can burn up the 210 calories in this bowl of cereal with 1 hour of walking — what a healthy way to start your day.



210  
calories