

# THINK B4 YOU EAT®

CALORIES COUNT

In Partnership with:

*Diet Detective*

## LIGHTEN UP:

What's for lunch? Grab a greasy piece of pizza and be done – or relax over a nutritious bowl of vegetable soup to power you right through the afternoon.

## Bike for 1 Hour, 20 Minutes

Burning up the 600 calories in 2 slices of pepperoni pizza will take 1 hour and 20 minutes of biking.

600  
calories



180  
calories

## Bike for 25 Minutes

You can burn up the 180 calories in this vegetable chicken noodle soup with a 25-minute bike ride.