THINK B4 YOU EAT®

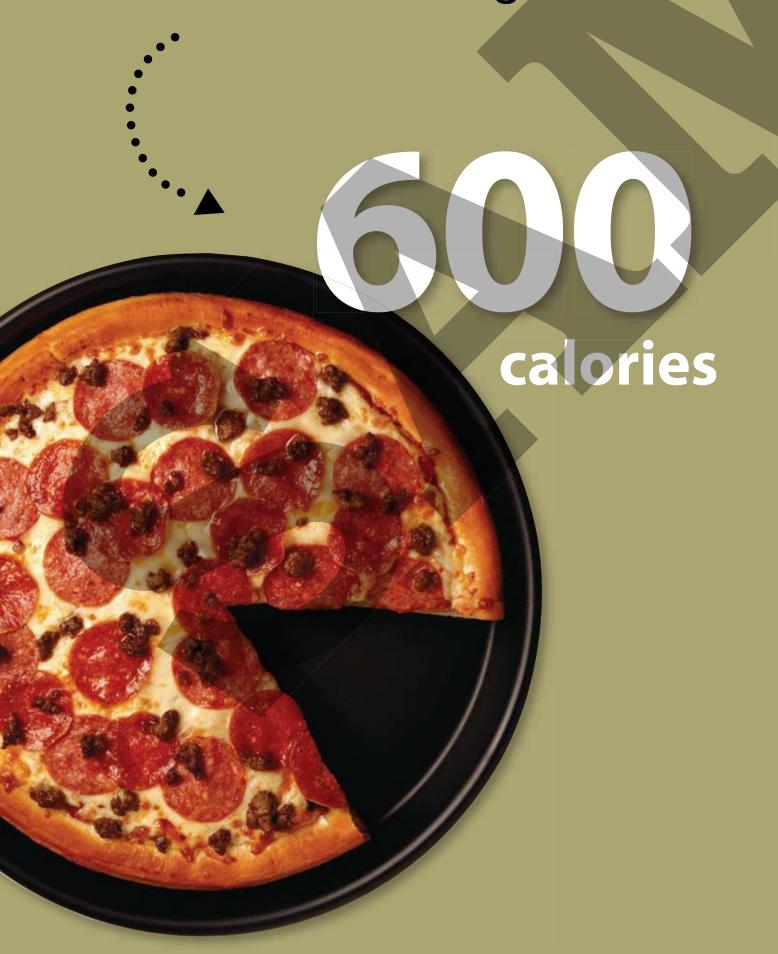
CALORIES COUNT

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 I hour and 20 minutes of biking.





. 1800 calories

Bike for 25 Minutes

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