

# THINK B4 YOU EAT<sup>®</sup>

CALORIES COUNT

In Partnership with:

Diet Detective



## LIGHTEN UP:

For good taste and good heart health, enjoy a serving of fish 2 times a week. Grilling a filet is easy as pie, without the fat saturated crust.

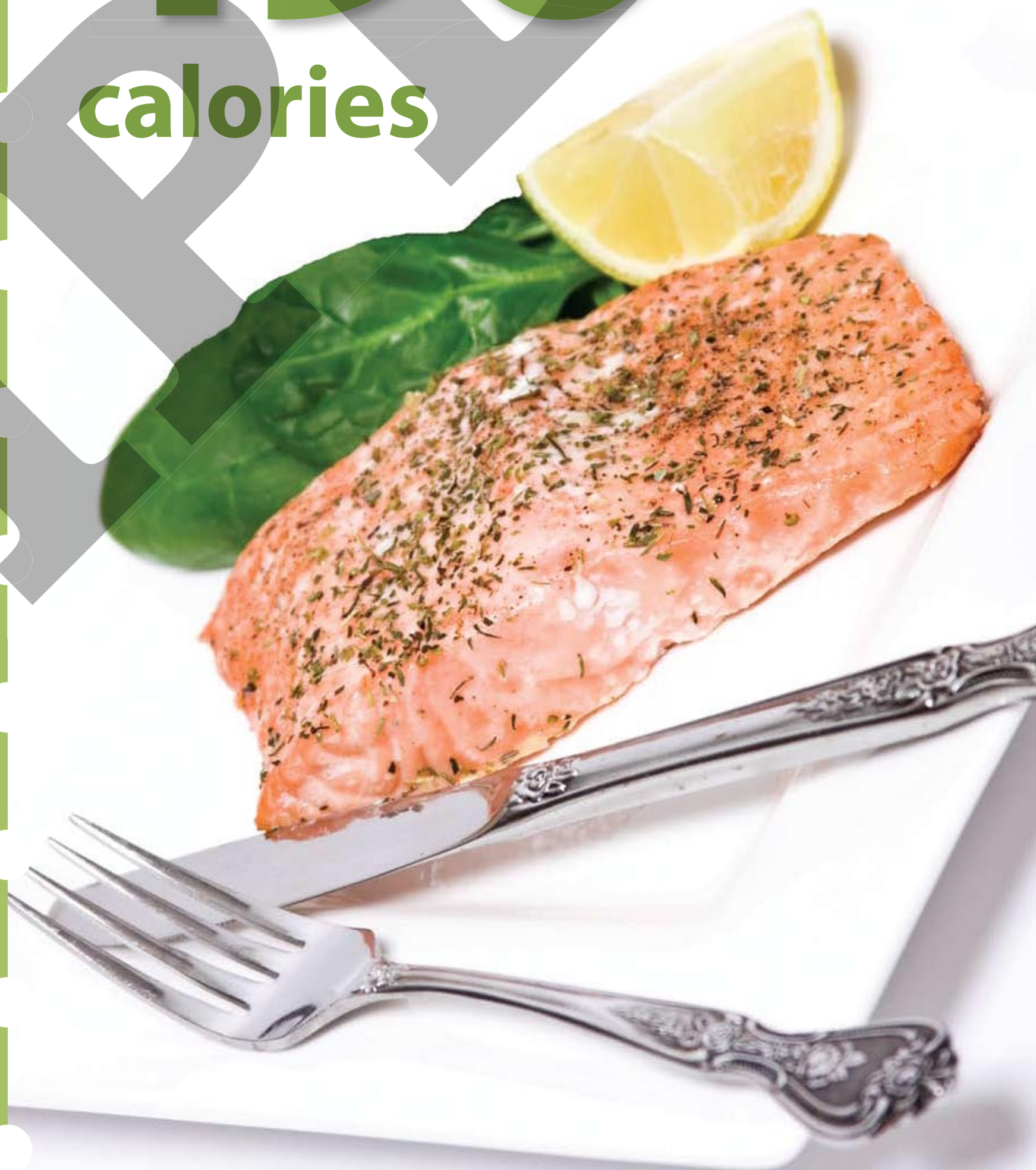
## Climb Stairs for 2 Hours

Burning up 699 calories in a chicken pot pie takes 2 hours of stair climbing. Whew!



699  
calories

196  
calories



## Climb Stairs for 30 Minutes

You can burn up 196 calories in a 3-ounce salmon filet with 30 minutes of stair climbing.