

# THINK B4 YOU EAT<sup>®</sup>

CALORIES COUNT

**500**  
calories



## Play Tennis for 1 Hour

Burning up a half order of fast food nachos with 500 calories will take 1 hour of tennis.

### LIGHTEN UP:

Beware of bar menus and appetizers before dinner. Those little nibbles can be fatty, cheesy, fried and loaded with calories.

In Partnership with:

*Diet Detective*



## Play Tennis for 10 Minutes

You can burn up the 84 calories in this energizing shrimp cocktail with 10 minutes of tennis.

**84** calories