

THINK B4 YOU EAT[®]

CALORIES COUNT

In Partnership with:

Diet Detective



LIGHTEN UP:

Create some new desserts with fresh or frozen fruit. A big bowl of berries and melon is so easy, sweet and juicy.

Walk for 6 Hours

Burning up the 1200 calories in this ice cream sundae takes 6 hours of walking. How sweet is that?



1200
calories

110 calories



Walk for 30 Minutes

You can burn the 110 calories in this fruit bowl with a 30-minute walk. Enjoy an after-dinner walk before dessert.