
BURN IT OFF!

What would you have to do to burn off the calories in these drinks?

But Wait, There's More!

Sugary drinks can be huge sources of empty calories.

What are empty calories?

These are sneaky calories that offer no nutrients or health benefits. That makes them “empty” of the vitamins, minerals, and macronutrients we need in our food.

According to MyPlate, “A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs.”

So if you really want that sugary drink, be sure to burn off those empty calories with some fun physical activities! Which will you try first?

Calories In, Calories Out

If you choose sugary drinks, do it in moderation, and remember these ways to burn off your beverage...

- **1 Can of Soda:** Walking Briskly for 21 Minutes
- **16 Ounces of Hot Cocoa with Whipped Cream:** Jogging for 43 Minutes
- **1 Cup of Fruit Punch:** Biking for 15 Minutes
- **1 Bottle of Sweet Tea:** 30 Minutes of Yoga
- **1 Sport Drink:** Hiking for 29 Minutes

