
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 **20-ounce beverages**...

- **Soda:** Running for 50 Minutes
- **Hot Cocoa with Whipped Cream:** Walking Briskly for 90 Minutes
- **Fruit Punch:** 45 Minutes of Yoga
- **Sweet Tea:** 25 Minutes of Biking
- **1 Sport Drink:** Hiking for 20 Minutes

