

# Small Changes **CAN** Make a Difference!



1 20-ounce  
cola  
240 calories

2 slices of  
cheese pizza  
580 calories

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**820 Calories**



1 sparkling  
mineral water  
0 calories

1 slice of  
cheese pizza  
290 calories



1 apple  
80 calories

1 salad  
65 calories

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**435 Calories**

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**CALORIE DIFFERENCE: 385**

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**How long would you have to walk briskly  
to burn off the extra 385 calories?**

**1 HOUR and 14 MINUTES!\***

\*Based on a 160-pound person.