

## JUST ONE SODA PER DAY

SODA

One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



Choose the one you think is the correct answer:



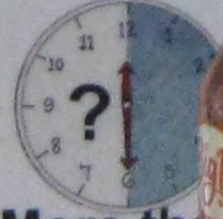
0-10  
Minutes



10-20  
Minutes



20-30  
Minutes



More than  
30 Minutes

5

HEPFDC www.hepfdc.org

## JUST ONE SODA PER DAY

SODA

One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



The correct answer is:



More than  
35 Minutes!

6

HEPFDC www.hepfdc.org



# 4. How Long Does It Take?