Dr. Ann Says...
Rethink That Snack!

Check out the exercise a 150 pound person would have to do to burn off the calories in these popular snacks.

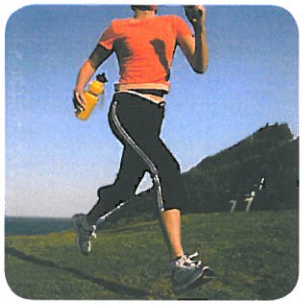
4 Oreo Cookies
160 calories

Brisk Walking
33 minutes

Starbucks Caramel Frappacino (16oz.)
410 calories

Swimming Laps
1 hour 3 minutes

Snickers Chocolate Bar
250 calories



Jogging
30 minutes

Smoothie King Lean Strawberry (32 oz.)
412 calories

Elliptical Trainer
1 hour 12 minutes

Yoplait Original Mango
170 calories

Weight Lifting
45 minutes

Pringles Original Grab n' Go (1 Can)
210 calories

Bicycling
32 minutes

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