



live life well.



TIP OF THE WEEK

Cheeseburger Portion Distortion

20 Years Ago



333 calories

Today



590 calories

Difference 257 calories!

How long would you have to lift weights to burn about **257 calories***?

1 hour and 30 minutes



*Based on 130-pound person

For complete list of "Portion Distortion" food items, please visit the National Heart Lung and Blood Institute <http://hin.nhlbi.nih.gov/portion>