

# HOW LONG DOES IT TAKE TO BURN OFF...

**PALOMAR  
HEALTH**



**230**  
CALORIES

**WALK**   
**39**  **43**   
MINUTES MINUTES

**RUN**   
**17**  **21**   
MINUTES MINUTES

**BETTER CHOICE**

No artificial flavors and rich in antioxidants for your skin, hair, nails and body!



**120**  
CALORIES



**250**  
CALORIES

**WALK**   
**42**  **47**   
MINUTES MINUTES

**RUN**   
**29**  **32**   
MINUTES MINUTES

**BETTER CHOICE**

Filled with protein and healthy fats to keep hunger away.



**150**  
CALORIES



**240**  
CALORIES

**WALK**   
**40**  **45**   
MINUTES MINUTES

**RUN**   
**25**  **27**   
MINUTES MINUTES

**BETTER CHOICE**

No high fructose corn syrup and high in whole grains for a nutritious snack.



**140**  
CALORIES



**280**  
CALORIES

**WALK**   
**44**  **52**   
MINUTES MINUTES

**RUN**   
**23**  **27**   
MINUTES MINUTES

**BETTER CHOICE**

No partially hydrogenated oils and high in fiber for a healthy tummy.



**130**  
CALORIES