

# 100% fruit juice or 100% real fruit? Do the Math



= 75 lb. child  Walk 5 miles to burn off the calories\*

= 150 lb. adult  Walk 2.5 miles to burn off the calories\*

\* walking 3 mph

## TOO MUCH juice **doesn't add up** to a healthy family.

### Choose water and an apple instead— cut your calories in half!



Partnership for a Healthy Lincoln

