

Think before you drink!



BlueCross BlueShield of Mississippi

It's good to be Blue.

Put your beverage intake into perspective with the comparisons below:



Mountain Dew (20 fl. oz.)
290 Calories



1 hour walking (3.5 mph)



Rockstar Energy Drink (24 fl. oz.)
420 Calories



1 hour low impact aerobics



Pina Colada (12 fl. oz.)
500 Calories



1 hour & 40 minutes water aerobics



McDonald's McCafe Chocolate Shake
(12 fl. oz.)
570 Calories



1 hour & 10 minutes bicycling



Starbucks Peppermint White Chocolate Mocha
(venti, 20 fl. oz.)
640 Calories



1½ hours stair stepper machine