

Carrots



Cheetos



Hershey Kiss



Using Up the Calories in My Food: *How long would I have to run?*

Food	Calories	Running time	
1 baby carrot	4	~30 sec.	
1 hot cheeto	8	~1 min.	
1 Hershey kiss	22	~2 min, 45 sec	



Public Health

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