

Miles to go

Would you choose that soda if you were told how many miles you needed to walk to burn off the calories?

You'd choose a lower calorie drink if you saw signs explaining how many miles you would need to walk to burn off the calories in that sugary drink. Research at Johns Hopkins, reported in the American Journal of Public Health, found that simply showing calories is not enough to change bad eating habits.

But when calories are tied to miles of walking, then behavior changes.

Teens who shopped in neighborhood stores in Baltimore were presented facts on signs about various soft drinks. Researchers found that the teens who saw the signs either bought lower-sugar choices or smaller bottles.

