

Week Six

How Calories Add Up - the Hidden Numbers



Did you know that:

- By consuming a single slice of chocolate cake daily, in addition to regular meals, over the course of a year could lead to an 11 kg weight gain!
- By consuming an extra tablespoon mayonnaise daily, you will gain 4.7Kg in a year!
- By consuming an extra bar of milk chocolate daily, you will gain about 1.8kg in a year!
- By consuming one extra handful chips/crisps daily, you will gain 5kg in a year!
- By consuming one extra slice of pizza daily, you will gain 13.7kg in a year!
- By consuming 125 ml (¼ pint; 5 fl oz) white wine daily, you will gain 5.6Kg in a year!
- By consuming extra 250 ml (½ pint; 10 fl oz) cider daily, you will gain 4.8Kg in a year!