

100g
of cooked
spaghetti



1
medium
latte
(240ml)



1
serving
spoon of
chicken
curry
(70g)



**Any of these extra 100 Calories
a day could mean
10lbs of weight gain a year**

13
peanuts



3
sweets



3 1/2
grilled
cocktail
sausages



1 1/2
digestive
biscuits



EAT A LITTLE LESS AND

**CHOOSE
TO
LIVE
BETTER**