

Did you know that overeating by just 100 calories a day can lead to an 11lb increase in weight in a year? That adds up to nearly four stone in just five years. That's similar to carrying around a heavy suitcase every day!

—BE—
**PORTION
SIZE**
—WISE—



BUT WHAT DOES 100 CALORIES ACTUALLY LOOK LIKE?

HERE ARE JUST A FEW EXAMPLES* TO GET YOU STARTED...

TWO GINGER NUT BISCUITS



NINE CRISPS



TWO WAFER FINGERS



FOUR SQUARES OF MILK CHOCOLATE



ONE THICK SLICE OF WHOLEMEAL BREAD



ONE LARGE APPLE



ONE BANANA



THREE WHOLE CUCUMBERS



ONE AND HALF BOILED EGGS



HALF A MINI PORK PIE



TEN FRUIT PASTILLES



FOUR AND A HALF BRAZIL NUTS



*The examples show an approximate amount, which have been rounded up or down slightly.