



## Changing how you eat to save 2000 KJ

Making small changes in what you eat throughout the day can add up to lots of kilojoules. Here is an example:

| <u>Original Meals:</u>  | <u>With Healthier Changes:</u>  | Kilojoules saved:                           |
|---|---|---|
| Breakfast<br>1 scone (600 kJ)<br>with 1 <b>Tbsp</b> margarine (300 kJ)<br>Coffee<br>with 1 <b>Tbsp</b> cremora (140 kJ)<br><b>4 tsp</b> sugar (270 kJ)  | Breakfast<br>with 1 <b>tsp</b> margarine (100 kJ)<br>with 1 <b>tsp</b> cremora (40 kJ)<br><b>2 tsp</b> sugar (130 kJ)         | Breakfast<br>- 200 kJ<br>-100 kJ<br>-140 kJ |
| <hr/> Lunch<br>2 pieces <b>fried</b> chicken (2000 kJ)<br>1 cup mash (900 kJ)<br>with <b>1/2 cup</b> gravy (340 kJ)<br>1 can <b>cool drink</b> (580 kJ) | <hr/> Lunch<br>2 pieces <b>grilled</b> chicken (1250 kJ)<br>with <b>1/4 cup</b> gravy (170 kJ)<br>1 glass <b>water</b> (0 kJ) | Lunch<br>- 770kJ<br>- 170kJ<br>- 580kJ      |
| <hr/> Supper<br>Pasta with <b>mince</b> (2250 kJ)<br>1 glass water (0 kJ)   | <hr/> Supper<br>Pasta with <b>half mince, half vegetables</b> (1675 kJ)   | Supper<br>- 575 kJ                          |
|   |   | <b>TOTAL KJ SAVED:<br/>2,535</b>            |