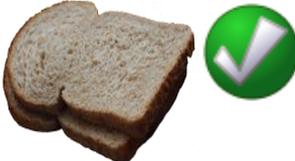
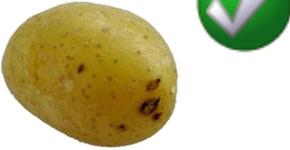




Ways to Eat Fewer Kilojoules

Breakfast	Healthy Choice	Energy Points saved	Kilojoules saved
<p>1 cup of porridge</p> 	<p>1 cup of oats</p> 	1/4	29
<p>1 cup of full cream milk</p> 	<p>1 cup of low fat milk</p> 	1/2	78

Lunch	Healthy Choice	Energy Points saved	Kilojoules saved
<p>1 fat cake</p> 	<p>2 slices of brown bread</p> 	1	212
<p>Hot potato chips (fried)-2 cups</p> 	<p>1 Boiled potato</p> 	2	410



Supper	Healthy Choice	Energy Points saved	Kilojoules saved
Chicken with fat (fried)-thigh 	Chicken thigh roasted 	2	400
Samp and beans with fat 	Samp and bean without fat 	4	925

Snacks	Healthy Choice	Energy Points saved	Kilojoules saved
Chips Packet 	Naartjie 	1	293
Doughnut, plain 	Banana 	4	859



Drinks	Healthy Choice	Energy Points saved	Kilojoules saved
<p>1 can coke (375 ml)</p> 	<p>Water</p>  	<p>3</p>	<p>675</p>
<p>1 glass beer</p> 	<p>1 glass red wine</p>  	<p>1/2</p>	<p>70</p>