

## BEEF PIE + MASHED POTATO + LARGE CHIPS + GRAVY

4,742 KJ

109% ↑ 87%  
DAILY FAT (SAT)

237 MINS  
185 MINS

SWAP

## CHICKEN & MAYO SANDWICH

1,672 KJ

23% ↑ 18%  
DAILY FAT (SAT)

84 MINS  
65 MINS

## BEEF & CHEESE BURGER

2,930 KJ

97% ↑ 78%  
DAILY FAT (SAT)

147 MINS  
115 MINS

SWAP

## GRILLED CHICKEN & CHEESE BURGER

2,300 KJ

32% ↑ 26%  
DAILY FAT (SAT)

115 MINS  
90 MINS

## MARS BAR 72g

1,368 KJ

30% ↑ 24%  
DAILY FAT (SAT)

68 MINS  
53 MINS

SWAP

## PROTEIN BAR 60g

879 KJ

15% ↑ 12%  
DAILY FAT (SAT)

44 MINS  
34 MINS

## POTATO CHIPS 45g

918 KJ

5% ↑ 4%  
DAILY FAT (SAT)

46 MINS  
36 MINS

SWAP

## MEDIUM FRESH FRUIT (APPLE/ORANGE/BANANA)

300 KJ

0% ↑ 0%  
DAILY FAT (SAT)

15 MINS  
12 MINS

## BBQ MEATLOVERS DEEP PAN PIZZA (4 SLICES)

3,656 KJ

64% ↑ 51%  
DAILY FAT (SAT)

183 MINS  
143 MINS

SWAP

## SUPREME CLASSIC BASE PIZZA (4 SLICES)

2,588 KJ

50% ↑ 40%  
DAILY FAT (SAT)

129 MINS  
101 MINS

Minutes of exercise assumes brisk walking.

CALCULATIONS ARE BASED ON: A MALE OF 90KG WITH A SMALL ENERGY DEFICIT FOR GRADUAL, HEALTHY WEIGHT LOSS. DAILY ENERGY ALLOWANCE = 9,500KJ, DAILY SATURATED FAT ALLOWANCE = 25G. A WOMAN OF 70KG WITH A SMALL ENERGY DEFICIT FOR GRADUAL, HEALTHY WEIGHT LOSS. DAILY ENERGY ALLOWANCE = 7,400KJ, DAILY SATURATED FAT ALLOWANCE = 20G

The information in this poster is of a general nature and does not take into account any specific health conditions. This is a tool to assist in making better food and drink choices by reducing energy and saturated fat intake to improve overall health. You must not rely on the information on this poster as an alternative to medical advice from your doctor or healthcare provider. If you have any specific medical questions, you should consult your doctor.