



SLIMMER PICKINGS

Little canapés, fancy bites and mini sized finger foods are tiny temptations that can add up fast, really cranking up the calories. So much so that according to Nutrition Australia, the average Aussie packs on 0.8-1.5kg over the Christmas period. Doesn't sound like much? Trouble is that most of us don't lose it over the course of the year. No wonder that over 60 per cent of adults are currently overweight or obese!

Want to know how much those little bites, snacks and seasonal treats add up to? Here are some favourite eats this time of year, how they add up calorie wise and how much exercise you'll have to do to burn them off.

Remember, fat contains the most calories – twice the amount of protein and carbohydrates. And, saturated fats – from animal products – also raise blood cholesterol, which in turn raises your risk of heart disease.

170G
ROAST
BEEF



230
CALORIES

42
minutes
walking

125G
FRIED
FISH



270
CALORIES

48
minutes
walking

100G
PORK
RIBS



211
CALORIES

22
minutes
aerobics

FRIED
CHICKEN
THIGH



250
CALORIES

29
minutes
swimming

SMALL
PARTY
PIE



100
CALORIES

18
minutes
walking

REGULAR
SAUSAGE
ROLL



349
CALORIES

25
minutes
rugby



WATCH YOUR SAUCES ...

Tomato sauce
1 tbsp, 20 CALORIES

French dressing
1 tbsp, 70 CALORIES

Ranch dressing
5 tbsp, 484 CALORIES



AND YOUR DESSERT

• Cherry
cheesecake
240 CALORIES

• Doughnut
115 CALORIES

• 3 x 12.5g
chocolate balls
240 CALORIES

• Mince pie
115 CALORIES

WANT TO FILL
UP WITHOUT
FILLING OUT?



VEGGIES + FRUIT

Mix your colours, the more colourful the better:

- **Dark greens** – spinach, cabbage, broccoli, kale and dark leafed lettuce
- **Vibrant oranges** – citrus fruits, sweet potato, pumpkin and carrots
- **Seasonal blues and purples** – like grapes, blackcurrants and eggplants
- **Vivacious reds** – tomatoes, cranberries, red apples, pomegranates and capsicums.



PROTEIN + DAIRY

Pump up your protein:

- **Lean meats** – skinless chicken breast, lean beef, turkey and kangaroo
- **Protein packed dairy** – Greek yoghurt, cottage cheese, eggs and milk
- **Oily fish** – salmon, tuna, mackerel and sardines
- **Nuts** – Brazil nuts, almonds, walnuts and seeds are great, too
- **Beans and legumes** – tofu, lentils, split peas and chickpeas.



WHOLEGRAINS

Include wholemeal or whole grain foods:

- Dark seeded breads
- Brown or wild rice
- Whole grain breakfast cereals
- Oats
- Quinoa
- Wheatgerm
- Corn or unbuttered/unsalted popcorn
- Crispbreads
- Bulgar wheat.

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