

Free Bonus #1!

200 CALORIES.... & COUNTING

Have you really thought about what 200 calories looks like? Check out the following comparisons, and you'll be more aware of what you're eating and how many calories you're gobbling down!

The plate is the same size. So take a good look at the portion sizes.



Broccoli
588 grams = 200 Calories



Coca Cola
496 ml = 200 Calories



Red Onions
475 grams = 200 Calories



French Fries
73 grams = 200 Calories



Eggcel™ 100% Pasteurised Liquid Egg Whites
1.75 cups = 200 Calories



Sesame Seed Bagel
70 grams = 200 calories



Canned Tuna Packed in Oil
102 grams = 200 Calories



Blueberry Muffin
72 grams = 200 Calories