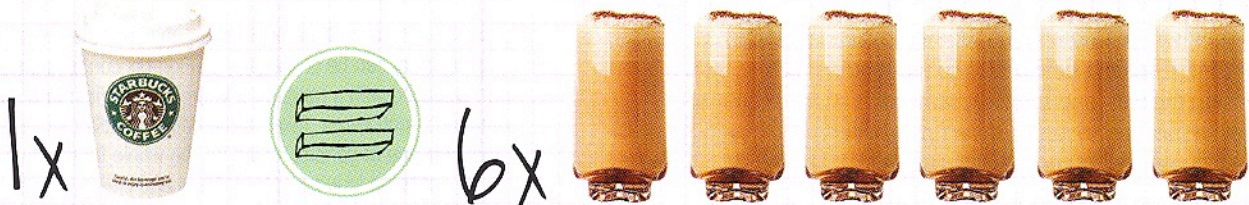


# Snack maths

## WEIGH IT UP!

Fancy a snack? Vanessa Schuldt reveals clever ways to outsmart those cravings ... and how to save some kilojoules along the way



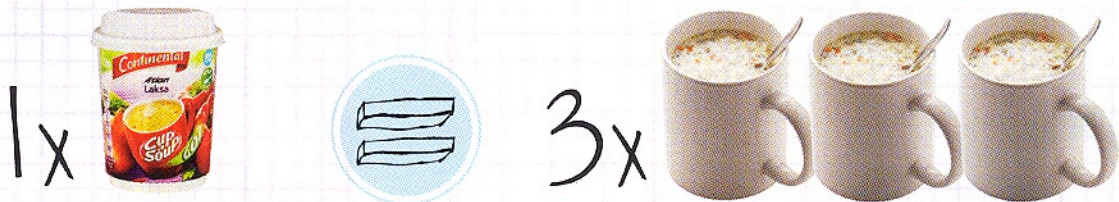
1x short (237ml) Starbucks Signature Hot Chocolate with full-cream milk and cream (1226kJ)

6x Jarrah Chocolatté Frothy Classic chocolate drinks (1176kJ)



1x McDonald's Crispy Chicken Snack Wrap (1130kJ)

1.5x McDonald's Seared Classic Chicken Salads (1071kJ)



1x 250ml serve of Continental Cup-a-Soup Go Asian Laksa (601kJ)

3x 250ml serves of Continental Cup-a-Soup Classic Chicken Noodle Soup (564kJ)



1x Krispy Kreme cinnamon doughnut (863kJ)

5.5x SunRice Apple & Cinnamon Flavoured Rice Cakes (880kJ)

PHOTOGRAPHY: BAUBER/SYNDICATION.COM/AU / CORBIS / GETTY IMAGES



1x

serve Aunt Betty's Steamy Puds Golden Fruit pudding (1170kJ)



2x

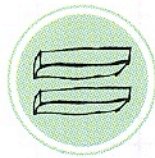


Betty Crocker 97% Fat Free Blueberry Muffins (1172kJ)

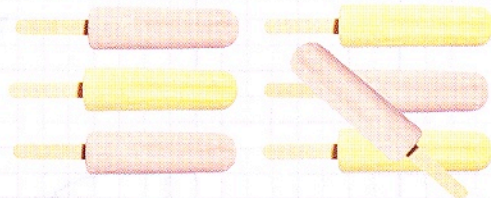


1x

serve Woolworths Lemon Flavoured Cheesecake (1400kJ)



7x



Bulla Fruit'nYogurt Minis frozen yogurt sticks (1394kJ)



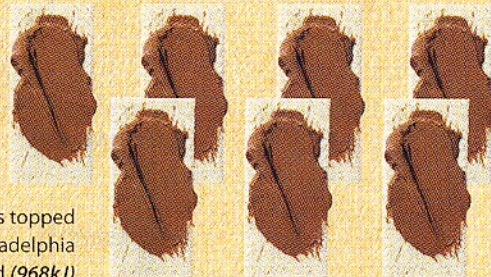
1x

chocolate-filled croissant (965kJ)



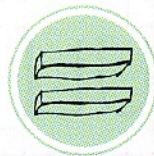
7x

Arnott's Rye Cruskits topped with 30g Kraft Philadelphia Cadbury chocolate spread (968kJ)



1x

OMG! Creme Caramel (900kJ)



3x



Nestlé Soleil Diet Crème Caramel (960kJ)



1x

Chiko Roll (1253kJ)



7x

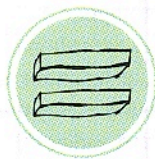


serves Chan's Yum Cha At Home Seafood Prawn Hargow (1278kJ)



1x

McCain Cheese & Bacon Pizza Pocket (1027kJ)



3x



halves Helga's Traditional Wholemeal Sandwich Thins, topped with 2 tbsp tomato sauce and 20g Bega So Light (50% Reduced Fat) Tasty Grated Cheese (1117kJ)