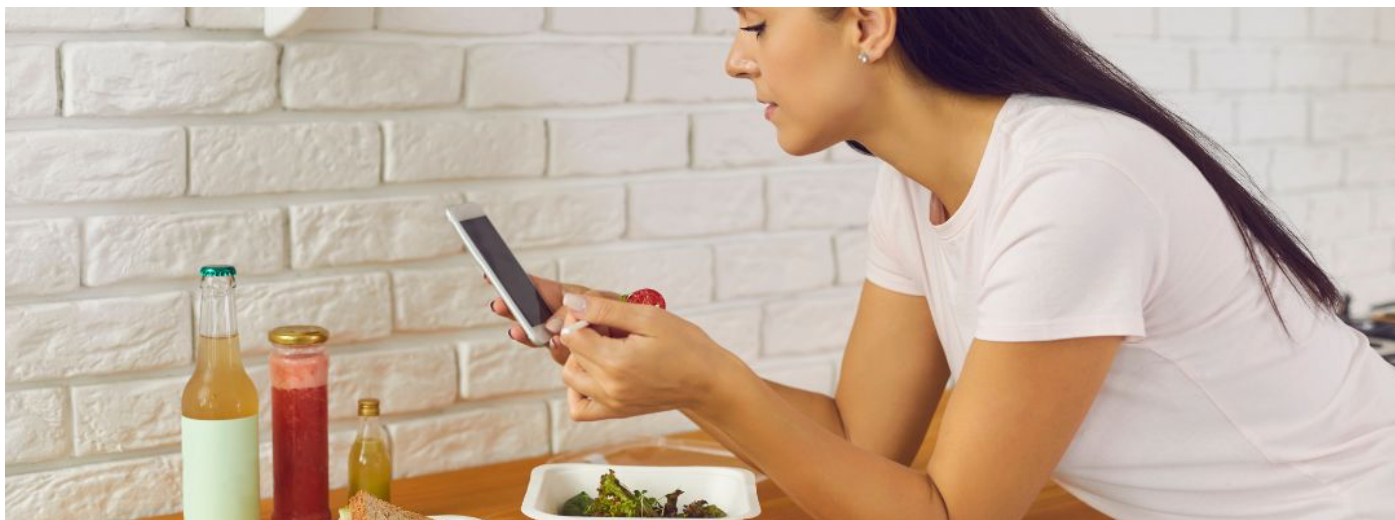


The hidden numbers in your food



Did you know that:

- By consuming a single slice of chocolate cake daily, in addition to regular meals, over the course of a year, could lead to an **11 kg weight gain**.
- By consuming an extra tablespoon of mayonnaise daily, you will gain **4.7 kg** in a year.
- By consuming an extra bar of milk chocolate daily, you will gain about **1.8 kg** in a year.
- By consuming one extra handful of chips/crisps daily, you will gain **5 kg** in a year.
- By consuming one extra slice of pizza daily, you will gain **13.7 kg** in a year.
- By consuming **125 ml (¼ pint; 5 fl oz) of white wine daily**, you will gain **5.6 kg** in a year.
- By consuming **250 ml (½ pint; 10 fl oz) of cider daily**, you will gain **4.8 kg** in a year.