

IT'S ALL ABOUT BALANCE

**10,000 STEPS = 400 CALORIES
OR 1,674 KJ**



ESPRESSO
1 CAL/4.2 KJ

= 25 STEPS



CAPPUCCINO
FULL CREAM MILK
(6.0OZ, 180ML)
121 CAL/506 KJ

= 3,025 STEPS



CAFE LATTE
FULL CREAM MILK
(13.5OZ, 400ML)
254 CAL/1,063 KJ

= 6,350 STEPS

**1 LARGE PLAIN
BUTTER CROISSANT**
(280CAL/1172KJ)



**FOOD
SWAP**



**1 EGG + 1 PIECE GRAINY
BREAD & 1 NECTARINE**
(200CAL/837KJ)³

STAY ON TRACK WITH THE FOOD CALCULATOR

The simple act of recording what you eat encourages you to eat more mindfully and consume fewer calories, helping you reach your weight and health goals long term.^{1,2}

