

Swap this:



32g Fat

1940kJ (463 Cal)
per 170g



26g Fat

2070kJ (494 Cal)
per Big Mac



7g Fat

502kJ (120 Cal)
per drumstick

For this:



6.5g Fat

935kJ (224 Cal) per 100g
individual serve pizza

5 times less fat
than a pie!



5.9g Fat

1406kJ (336 Cal)
per sandwich



3.8g Fat

1020kJ (244 Cal)
per roll

Low fat option



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