

Wednesday, 05 February 2020

[Health and Social Wellbeing Improvement](#)



This A5 leaflet was originally produced as an insert in magazines available to the public during the time of the '100 Calories' campaign. It shows examples of common foods that contain 100 calories to illustrate how a 'little extra' 100 calories a day could add up to a 10lb weight gain over a year.

It is distributed to participating pharmacies as part of the Living Well campaign, which covers up to six health promotion topics each year. Living Well campaign topics are agreed between the HSCB, Community Pharmacies NI and the PHA.

Details

Format

A5 leaflet, 6 pages

Target group

General public

Downloads

Attachment	Size
100 Calories leaflet A5	1.28 MB
100 Calories poster	397.66 KB
100 Calories poster outdoor	640.2 KB

Tags

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- [sugar](#)
- [just](#)
- [Calories](#)
- [weight](#)
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- [gain](#)
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- [drink](#)
- [100](#)
- [one](#)
- [hundred](#)
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- [chips](#)
- [snacks](#)
- [sweets](#)
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