

Thursday, 06 February 2020

[Health and Social Wellbeing Improvement](#)



This leaflet, part of the PHA *Extras* campaign, shows how eating just an extra 100 Calories a day could lead to a 10lb unwanted weight gain over a year. It illustrates some common foods and snacks that contain 100 Calories and encourages people to just cut back on the added extras and become more active to avoid unwanted weight gain and maintain a healthy weight.

Details

Format

6 pages, A5 leaflet

Target group

General public

Downloads

Attachment	Size
100 Calories leaflet 0220	1.03 MB

Tags

- [nurtition](#)
- [100 Calories](#)
- [healthy weight](#)
- [diet](#)

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