

Eating or drinking only an **extra 150 calories each day**, over and above what we need to keep our weight steady, can lead to weight gain of around 1 pound (0.5kg) in a month, or 12 pounds (6.0kg) in a year.

150 calories is equivalent to:

- 2 x digestive biscuits, or
- A small latte, or
- Can fizzy juice

The good news is that by **eating or drinking slightly less**, or **doing slightly more** can lead to **gradual weight loss**.

Small Changes Can Make a Big Difference!

150 calories extra / day



Extra 4500 calories / month



Weight Gain

1 lb (½ kg) in 1 month

12 lbs (6kg) in 1 year

