

Take 10 in 2010 Quiz

Circle the correct answers below and place this quiz in the suggestion box (below the member's board on the gym floor) by 25/01/10 for your chance to win a free 30 minute massage.

1. 10 strawberries equal 120kJ?

TRUE/FALSE

2. 3 apples equal 1100kJ?

TRUE/FALSE

3. Eliminating oil-dressing on your salads saves 3000kJ?

TRUE/FALSE

4. Chicken schnitzel and chips is a better option than grilled steak and salad?

TRUE/FALSE

5. Raw muesli, low fat milk and fruits saves 1700kJ compared to fried eggs and bacon?

TRUE/FALSE

NAME: _____

PHONE: _____



HealthMates
Fitness Centre

JANUARY 2010 MONTHLY QUIZ



Take 10 in 2010 with these food swaps

- 1. Try strawberries for a luscious sweet treat.**
Swap one small square of chocolate for 10 strawberries, both provide 120kJ.
- 2. Replace alcohol with kilojoule free drinks.**
Swap a glass of sparkling wine for sparkling water with a squeeze of lemon and save 470kJ.
- 3. Choose salads carefully.**
Swap a bowl of Caesar salad with a garden salad using no-oil dressing and save 3,000kJ.
- 4. Eat fruit instead of drinking fruit juice.**
Swap a 500ml bottle of apple juice for three apples, both provide 900kJ and the apples are full dietary fibre to help fill you up.
- 5. Lighten up at breakfast time.**
Swap fried eggs and bacon for raw muesli, low fat milk and fruit and save 1,700kJ.
- 6. Replace the fries with a spud.**
Swap a potato made into fries for a boiled or microwaved potato and save 800kJ.
- 7. Eat out guilt free.**
Swap a schnitzel and chips for a grilled steak and salad and save 2,000kJ.
- 8. Healthy snacks make a big difference.**
Swap a blueberry muffin for two slices of lightly buttered raisin toast and save 800kJ.
- 9. Save with a healthy takeaway.**
Swap a burger with the lot for a salad sandwich or wrap with lean meat and save 2,000kJ.
- 10. Get the right support.**
An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweek.com.au to find an APD in your area.

Eat better, feel better, move more **NOW!**

