

FACTS ABOUT KFC's HCG BOX MEAL

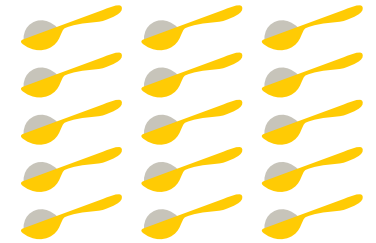


70%
OF A PERSON'S ENERGY
NEEDS FOR THE DAY
(6141kJ)

MORE THAN

15

TSP OF
SUGAR



1 tsp sugar weighs 4g



1 x KFC HCG Box contains: Zinger Works burger, Salt & Vinegar Shaker Popcorn Chicken, regular serve of chips, regular serve of potato & gravy and a can of soft drink.



80%
OF THE MAXIMUM DAILY
FAT INTAKE (66.7g)



IT
WOULD
TAKE

2.4 HOURS BATTING AT THE CREASE OR
4.5 HOURS WALKING OR
2.0 HOURS RUNNING

FOR AN AVERAGE MALE TO BURN OFF A KFC HCG BOX (WITH PEPSI)

Calculations based on a male 30 years old, 180cm tall, and weighs 85kg with an estimated energy requirement of 8700kJ

163%
OF THE MAXIMUM
DAILY RECOMMENDED
SALT INTAKE

Supported by



livelighter.com.au