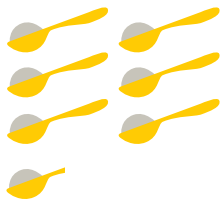


# FACTS ABOUT KRISPY KREME DONUTS

1 X CHOCOLATE ICED DONUT EQUALS



**2.5**  
TEASPOONS  
OF FAT



**6.4**  
TEASPOONS  
OF SUGAR



**70**  
MINUTES WALKING

Time for an average Australian woman  
to burn off 1 x chocolate iced donut



**6.5KG**  
WEIGHT GAIN  
IN ONE YEAR



It has been estimated that consuming 5 x Krispy Kreme original glazed donuts per week could lead to a weight gain of 6.5kg in one year (if these foods are consumed in addition to the food your body needs and you don't increase your physical activity)

1 tsp sugar weighs 4g

1 tsp fat weighs approx 5g (in butter)

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