

# ***Energy-saving entertaining***

Here are a few suggestions for cutting back on fat and energy the next time you entertain for your friends.

<b>Eat this...</b>	<b>Instead of...</b>	<b>...and save</b>
Rice crackers (50g)	Potato crisps	15.5g Fat 150 kJ / 36 Cal
Baked pretzels (50g)	Peanuts	25.5g Fat 500 kJ / 119 Cal
Potato wedges (100g)	Potato chips / fries	5g Fat 200 kJ / 48 Cal
Low fat dip (20g)	Regular dips	3g Fat 120 kJ / 28.5 Cal
Fat-free mayonnaise (20mL)	Regular mayonnaise	14g Fat 200 kJ / 48 Cal
Vanilla custard (100mL)	Thickened cream	32 g Fat 1037 kJ / 247 Cal
Diet soft drink (375mL)	Regular soft drink	0g Fat*, but 40 g sugar 650 kJ / 155 Cal
Fruit salad (1 cup)	Chocolate mud cake (1 slice)	16g Fat 900 kJ / 214 Cal
Rice crackers (50g)	Potato crisps	15.5g Fat 50 kJ / 12 Cal

\* no fat in soft drink