

On behalf of The Laughing Cow, researchers quizzed 2,000 men and women in the UK on their calorie intake and found the majority of us underestimate exactly how calorific our favourite foods are.

Contact harriet@gingercomms.com for more details.

See <https://pressreleases.responsesource.com/news/94232/brits-are-drastically-underestimating-the-calorie-content-of-the-foods/> for full story.

		ACTUAL CALORIE CONTENT	WHAT BRITS THINK THE CALORIES ARE
1.	Slice of chocolate cake (70g)	310	255
2.	Milk chocolate bar (45g)	240	200
3.	Bowl of granola (100g)	450	145
4.	Prawn crackers (50g)	285	150
5.	Peanut butter (2 tablespoons)	365	155
6.	1 poppadum	125	100
7.	Large Cinema Sweet Popcorn (198g)	965	270
8.	1 supermarket pepperoni pizza (490g)	1,100	355
9.	Large fries	445	270
10.	Double stacked burger	500	380