

# Food swap: Fast food

1 cup of fried rice  
Energy = 454kj  
Fat = 17.8g (> 3 tsp fat)

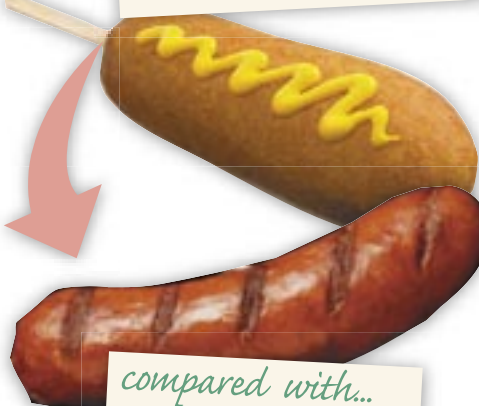


*compared with...*

1 x portion of steamed rice  
Energy = 118kj  
Fat = 0.5g (< 1 tsp fat)

**SAVE** Energy = 336kj  
Fat = 17.3g (> 3 tsp fat)

1 battered sausage,  
deep fried / hotdog on a stick  
Energy = 425kj  
Fat = 28.7g (> 5 tsp fat)



*compared with...*

1 grilled sausage  
Energy = 181kj  
Fat = 12.7g (< 3 tsp fat)

**SAVE** Energy = 244kj  
Fat = 16g (> 3 tsp fat)

6 x chicken nuggets  
Energy = 312kj  
Fat = 19.8g (< 4 tsp fat)



*compared with...*

100g baked chicken strips  
Energy = 178kj  
Fat = 4.9g (< 1 tsp fat)

**SAVE** Energy = 134kj  
Fat = 14.9g (3 tsp fat)

*Dear Nikki*

I've heard that if I take echinacea now, it can be helpful in the prevention and treatment of colds or upper respiratory tract infections. Is this true?

First, read the label of whatever you are considering taking. The composition of echinacea is inconsistent, due to different parts of the plant used in preparations, and there are also three different species of echinacea. Studies have shown that echinacea may be efficient in treating colds in adults but administering the plant to children is not recommended.



*Dear Nikki*

I am 1.65m tall, weigh 56.5kg and I am 25 years old. I exercise two hours a day on my treadmill, burning about 750 kilocalories (kcal) per session. My goal is 54kg. I have heard that I need to lower my calorie intake to 1050kcal a day to do this but as I use up more than this when I exercise. Do I need to increase my calorie intake?

Predictive equations are meant as a tool to approximate energy, not as an actual measure. The amount of kcals stated on exercise equipment is based on approximation, not actuality. To lose 500g a week in body fat, you would need to lose 3500kcal a week from your total daily intake – for most people, this is a deficit of 500kcal a day. A healthy, active female requires about 2000-2200 kcals a day. On your treadmill, you use up 1500kcal a day, so maintaining a food intake of between 2000-2200 kcals will give sufficient energy for vital function as well as exercise. If you were to decrease your level of food to below this amount, your body would start to cannibalise its own lean mass as it would perceive you were starving.