

FACTS on CHIPS

Chips and other fried potato products are very high in calories and fat, especially saturated fat which increases cholesterol levels, and therefore increases the risk of heart disease and stroke.

Deep Fried Chips

Total Calories (kcal) **890**
Total Fat **44g**



Did you know... It takes approximately 3hrs 40mins of slow walking to burn 890kcal

Potato Wedges (Oven Baked)

Total Calories (kcal) **627**
Total Fat **20g**



Did you know... It takes approximately 1hr 35minutes of moderate intensity swimming to burn 627kcal

Oven Chips (Oven Baked)

Total Calories (kcal) **527**
Total Fat **14g**



Did you know... It takes approximately 1hr of walking the stairs to burn 527kcal

* All figures calculated per 325g portion

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