

VIS Nutrition Tip: Easter

Wednesday, 27 March 2013



One of our favourite parts about Easter is hot cross buns!

But if you've been eating them daily since they hit the stores right after Christmas, you'd better be careful. The average hot cross bun has almost a thousand kilojoules, mostly from carbohydrate, a good energy source, similar to about 3 slices of bread. However if you like them with a spread of margarine, there's another 360 kilojoules, plus 10 grams of fat. Or if you choose the chocolate ones, there's more kilojoules and more fat again.

So if you fancy a hot cross bun, try them without the butter and use them as a substitute. A hot cross bun for morning tea, might mean a chicken salad for lunch minus the bread roll, unless of course your energy needs are high for training. Wishing you a Healthy & Happy Easter!