



### Easter

For many of us, Easter can be a time of temptation. Chocolate eggs, bunnies and hot cross buns have been staring at us from supermarket shelves for months, testing our willpower. The average Australian eats 5.5kg of chocolate a year which is equivalent of 1667 mini Easter eggs!

With so much chocolate around, it can be hard to avoid overindulging. But it is important to remember that going overboard with chocolate will have a significant impact on your sugar, fat and kilojoule intake; and hence health & performance.

We recommend enjoying chocolate in small portions, about 25-30g (equivalent to 2-3 mini eggs or 3-4 squares of chocolate). Eat mindfully, pace yourself and enjoy every mouthful. Remember that moderation is the key. Go for quality not quantity.

***VIS Sports Dietitian, Kylie Andrew***