



# Beat the Bunny!

## Easter Treat Guide

Well, the Easter Season is fast approaching, and this usually means one thing - chocolate! Below is a quick guide on the energy content of popular Easter treats and the associated amount of exercise you need to do to burn off those extra calories. Take a look!

Treat	Calories	Kilojoules	Walk	Cycle	Run
Lindt Dark Bunny with ribbon 100g	523	2186	74mins	131mins	52mins
Cadbury solid mini eggs each 7.5g	39	163	6mins	10mins	4mins
Cadbury Hollow Egg 135g	730	3051	104mins	182mins	73mins
Cadbury Bilby 80g	421	1760	60mins	105mins	42mins
Mini Egg Peppermint filled 11g	53	222	8mins	13mins	5mins
Red Tulip Easter Bunny 190g	969	4047	138mins	242mins	97mins
Bakers Delight Hot Cross Bun Regular 65g	230	962	33mins	57mins	23mins
Bakers Delight Hot Cross Bun Choc Chip 65g	265	1105	38mins	66mins	26mins
Bakers Delight Hot Cross Bun Fruitless 65g	222	930	32mins	55mins	22mins

