

Finish

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Congratulations! Whilst cooking you decided to grill your sausage instead of frying it, pick an opponent to move back 3 spaces

Congratulations! You have eaten two pieces of grilled fish this week, move forward 2 spaces

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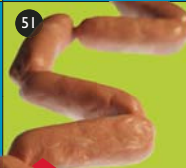
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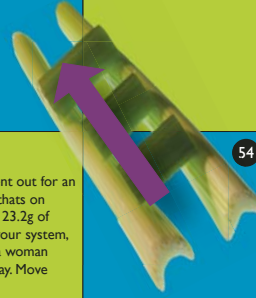
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Oh dear! Whilst up the city you ordered a Venti banana mocha Frappuccino - over 40% of your RDA of saturates, pick an opponent to move forward 3 spaces



Oh dear! You went out for an indian last night thats on average an extra 23.2g of saturated fat in your system, 3.2g more than a woman should eat in a day. Move back 2 spaces



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Congratulations! You used skimmed milk on your shreddies today and left the full fat in the fridge! Move forward 3 spaces



Oh dear! Whilst on lunch break you went to the shop and bought a sausage roll - loaded with saturated fat move back 3 spaces



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Oh dear! Stopped for an extravaganza pizza, that's 48g of saturated fat! More than double a women's daily allowance! Pick an opponent to move forward 5 spaces



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Hmm...You ordered fruit for dessert at a meal but got a side order of full fat ice cream with it, miss a go



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Hmm...You made a salad today which is great but you loaded it with dressing and mayo, miss a go

Congratulations! You left out the butter whilst making a sandwich as you already had a moist filling - pick an opponent to move back 3 spaces



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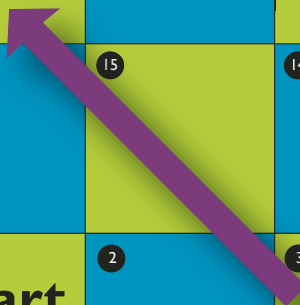
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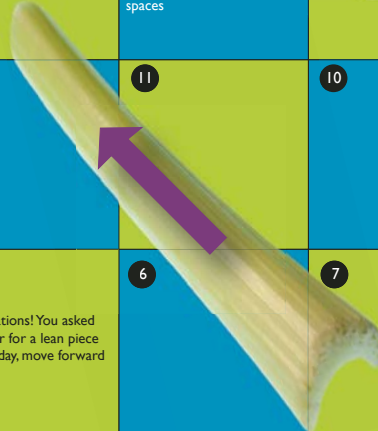
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Congratulations! Whilst shopping you picked up cathedral city light cheese instead of full fat - move forward 3 spaces



Oh dear! Full fat cream on your strawberries could have been replaced with low fat yogurt saving you over 45g of fat! Move back 3 spaces

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Start



Congratulations! You asked the butcher for a lean piece of meat today, move forward 2 spaces