

**You want to shave off some calories without making too many changes to your diet or eating habits?**

Then consider **trading this for that**, particularly if you buy your breakfast OR lunch every day at the local bakery. If you keep this up for one month, without changing anything else in your diet, you could potentially drop ½-1kg (depending on how many calories you end up saving). Cool or? And as you see, I DID NOT choose “extreme” healthy alternatives.

Trade **THIS** for **That** and **Shave off ~:**

  

**Hearty snacks:**

**ANKER**

Gusto Baguette	→	Rustikales Putenbaguette	↓	133cal (10g fat)
Franz. Laugenstangerl	→	Mozzarella-Ciabatta	↓	110cal (12g fat)

**DerMann**

Belegtes Laugencroissant	→	Eck Schinken Käse	↓	<b>360cal (28g fat)</b>
Eck Curry Huhn	→	Eck Geflügel Gyros	↓	200cal (21g fat)

**Ströck**

Mozzarellaciabatta	→	Schafkäse-Olivenciabatta	↓	316cal (19g fat)
Tofu-Snack	→	Veggerl	↓	73cal (2g fat)
Salami-Schinken Ciabatta	→	Schinkensemmel	↓	114cal (16g fat)

**How much are 20g of fat? Well, they are approx. 1/3 (!) of you daily (recommended) intake on fat!**

Other bakeries aren't included as they fail to present the nutritional value of baked items on their website (such as Bakery Schwarz, Grimm or Felz, just to name a few). Either the information is completely missing OR they present the nutritional facts for 100g but fail to list the portion size, the weight of the individual items (for example, Bakery Geier or Waldherr).