



# 8700 kilojoules a day

Everyone has an ideal figure

It's good to know the kilojoules of energy in the food and drinks we consume. That's why major food outlets now show kilojoule figures on their menus. The average adult consumes around 8700 kilojoules a day, but everyone is different – find your ideal figure at [8700.com.au](http://8700.com.au)



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## kilojoules and You

kJ (kilojoules) is the measure of how much energy is in food and drinks. In order to maintain a healthy weight we need to balance our energy consumption and our energy output.

Factors such as amount of exercise, body type, sex and stage of life will all influence how many kJs each person needs for good health. That is why it's good to know how many kJs you need each day and the number of kJs in the food and drink you consume.

**Here is an example of the average kJs in some everyday foods:**

PRODUCTS	kJ COUNT
Muffin	2,280kJ
Large soft drink	927kJ
Medium fries	1,540kJ
Coffee	865kJ
Low fat smoothie	1,319kJ
Burger	3,253kJ

When you visit **8700.com.au** you'll find the tools to guide you with the amount of kJs that you should consume to maintain a healthy weight. You'll also find an extensive list of kJ counts for many of the menu items at popular establishments.

**Find your ideal figure today**



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