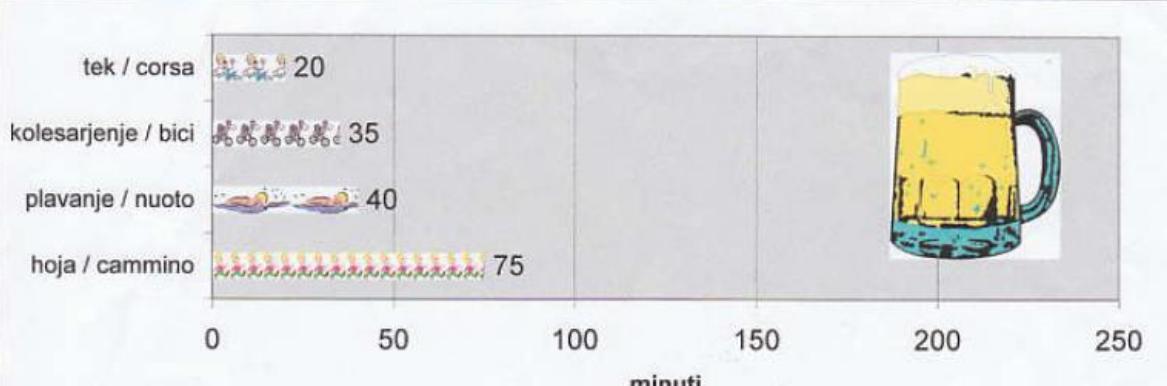


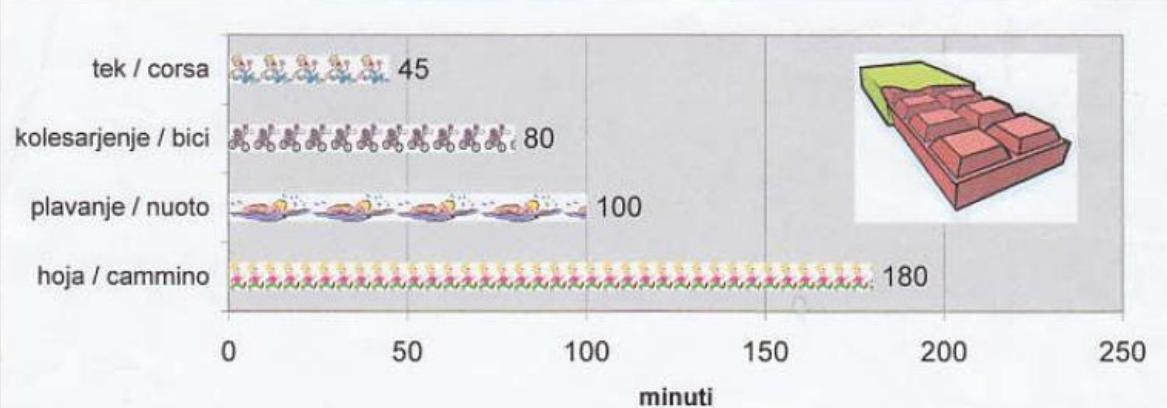
Koliko moramo delati (pri teži 70 kg), če popijemo 1 pivo (0,5l), pojemo čokolado (100g) ali zavitek arašidov (100g).

Quanto dobbiamo lavorare, se beviamo una birra (0,5l), mangiamo cioccolata (100g) o un pachetto di arachidi (100g).

1) 0,5l piva / birra (225 Kcl)



2) 100g čokolade / cioccolata (525 Kcl)



3) 100g arašidov / arachidi (630 Kcl)

