

Do you know how fat the moon cake is?

Mid-Autumn Festival is about to come, and we will be able to eat bread during the season. But how fat can moon cake be, you know?

1. "The price" pay behind every familiar snack
2. How long does it take to consume the calories in the foods you eat?

According to the customs of the old Vietnamese people, the annual Lunar New Year (Lunar New Year) will be held annually on the Mid-Autumn Festival. On this day, all family members will gather together in front of the tray, adults will drink wine, enjoy moon, and sing the drum; The children pick up the lights, go to the lion dance, sing the Mid-Autumn songs, then go together to 'break the deck'. In the mid-autumn tray of fruits, pomelos, candies and indispensable is a pair of scones and cakes with the meaning of wishing all things in life are full and full, because of this pie It is a dish, a gift of spiritual value that is indispensable in the Mid-Autumn Festival.

In the era of growing food processing industry, the produced cakes also have great steps to "evolve", giving users more diverse products, more delicious and also fat. far more, in line with the needs of modern customers today.

Undeniably, moon cakes give us a sense of appetite when eating and want to eat a lot, but eating a lot of cakes means that you are loading too much calories into your body, making it easy for you overweight, obesity. If you want to know how much calories a mooncake contains, please take a look at our photo below.

Regulations: Each moon cake is 500gr.



With 500 kcal you have to do weight training for 2 hours, so how do you calculate 716 kcal how much weight will you do? Do you have enough energy to practice, burn all the calories you just loaded?



With a flexible cake you have to run for 2 hours to burn calories. If you don't want to be overweight, think before you eat!



Can you eat 2 meat pie? But with a baked cake it seems easy, but the "price" to return is not so easy.



One day, the body only needs 2,000 kcal, so a cake gives you nearly half of the kcalo in the day. If you want to eat, please decide in advance whether to do yoga in the afternoon!



A red bean scones will give you 825 kcal, but do you know how to consume them? Run or do something about 1 hour 20 minutes. If you are on a diet, consider these things.



And to add visual part, you want to consume a cup of milk tea, you need .

Having fun!

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