

Can you lose weight without counting calories?

Accidentally eating 600 calories; Chris Van Tulleken

We know a big breakfast is about 600 calories, but what else has the same calorie count? One portion of apple pie and cream and a bar of chocolate that I'd gobble up in about five minutes. The least calorific food of all, celery, two large buckets of that. And how many bags of peanuts? Just one.