

HOW TO WORK OFF YOUR WIMBLEDON FAVOURITES

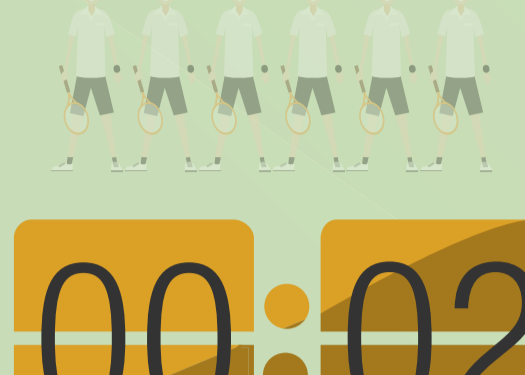
BEVERAGES

A CUP OF TEA



One cup of English breakfast tea made with semi skimmed milk has 13 calories and would take 2 minutes of playing tennis to burn off.

CALORIES



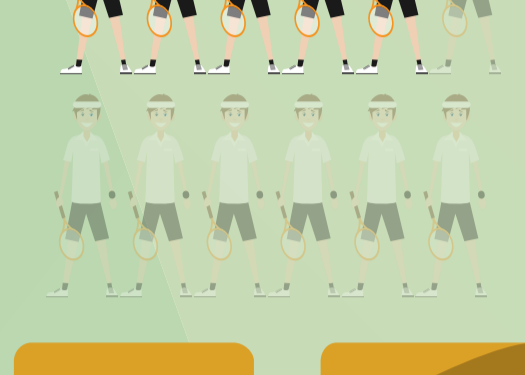
00:02

A PIMMS CUP COCKTAIL



A Pimms cup cocktail has 234 calories and would take 32 minutes of playing tennis to burn off.

CALORIES



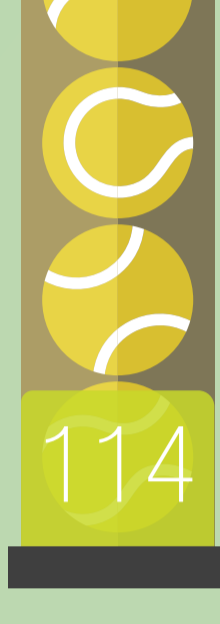
00:32

CHAMPAGNE



A 150ml glass of Champagne has 114 calories and would take 16 minutes of playing tennis to burn off.

CALORIES



00:16

GIN AND TONIC



One Gin and Tonic has 110 calories and would take 15 minutes of playing tennis to burn off.

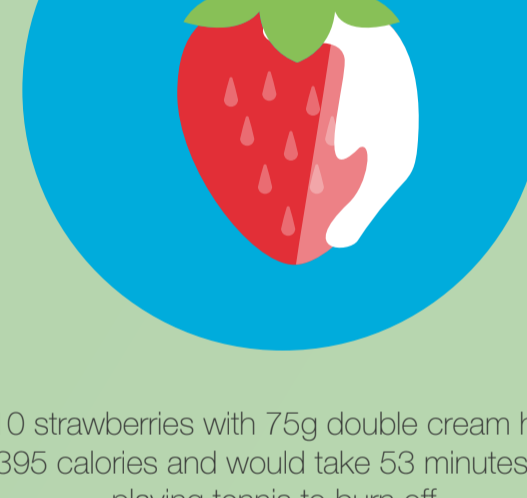
CALORIES



00:15

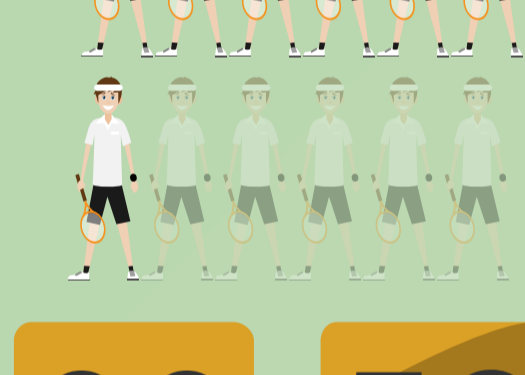
FOODS

STRAWBERRIES & CREAM



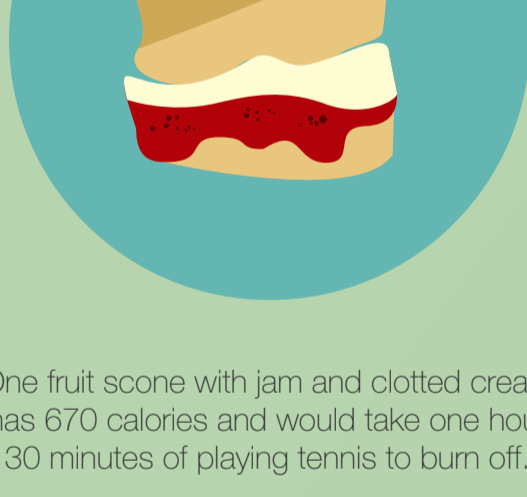
10 strawberries with 75g double cream has 395 calories and would take 53 minutes of playing tennis to burn off.

CALORIES



00:53

CREAM SCORE



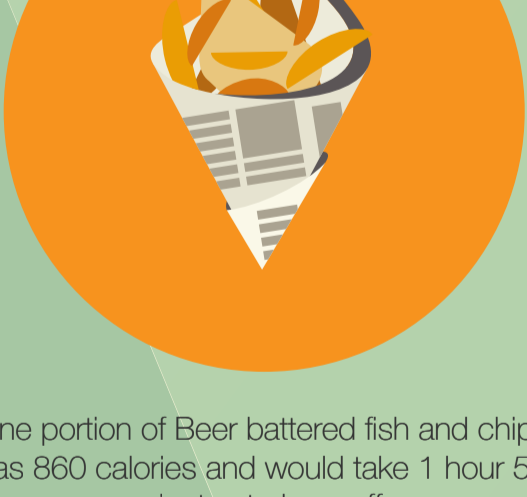
One fruit scone with jam and clotted cream has 670 calories and would take one hour 30 minutes of playing tennis to burn off.

CALORIES



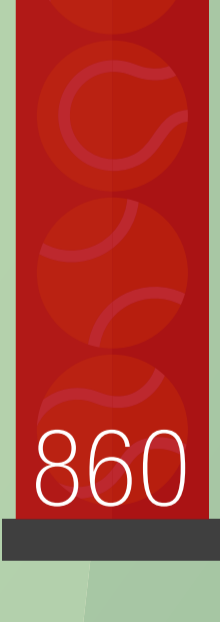
01:30

FISH AND CHIPS



One portion of Beer battered fish and chips has 860 calories and would take 1 hour 55 minutes to burn off.

CALORIES



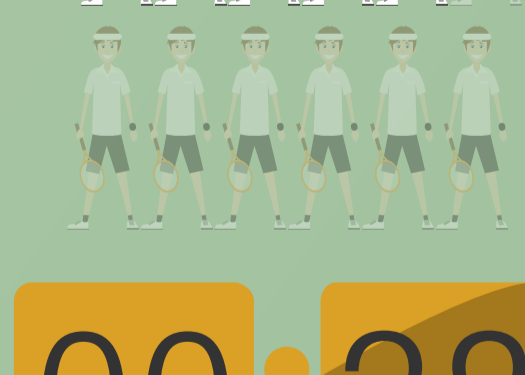
01:55

CUCUMBER SANDWICHES



A Cucumber and cream cheese sandwich has 278 calories and would take 38 minutes of playing tennis to burn off.

CALORIES



00:38

ETON MESS



Eton Mess made with meringue, strawberries and whipping cream has 447.6 calories and would take 1 hour of playing tennis to burn off.

CALORIES



01:00

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