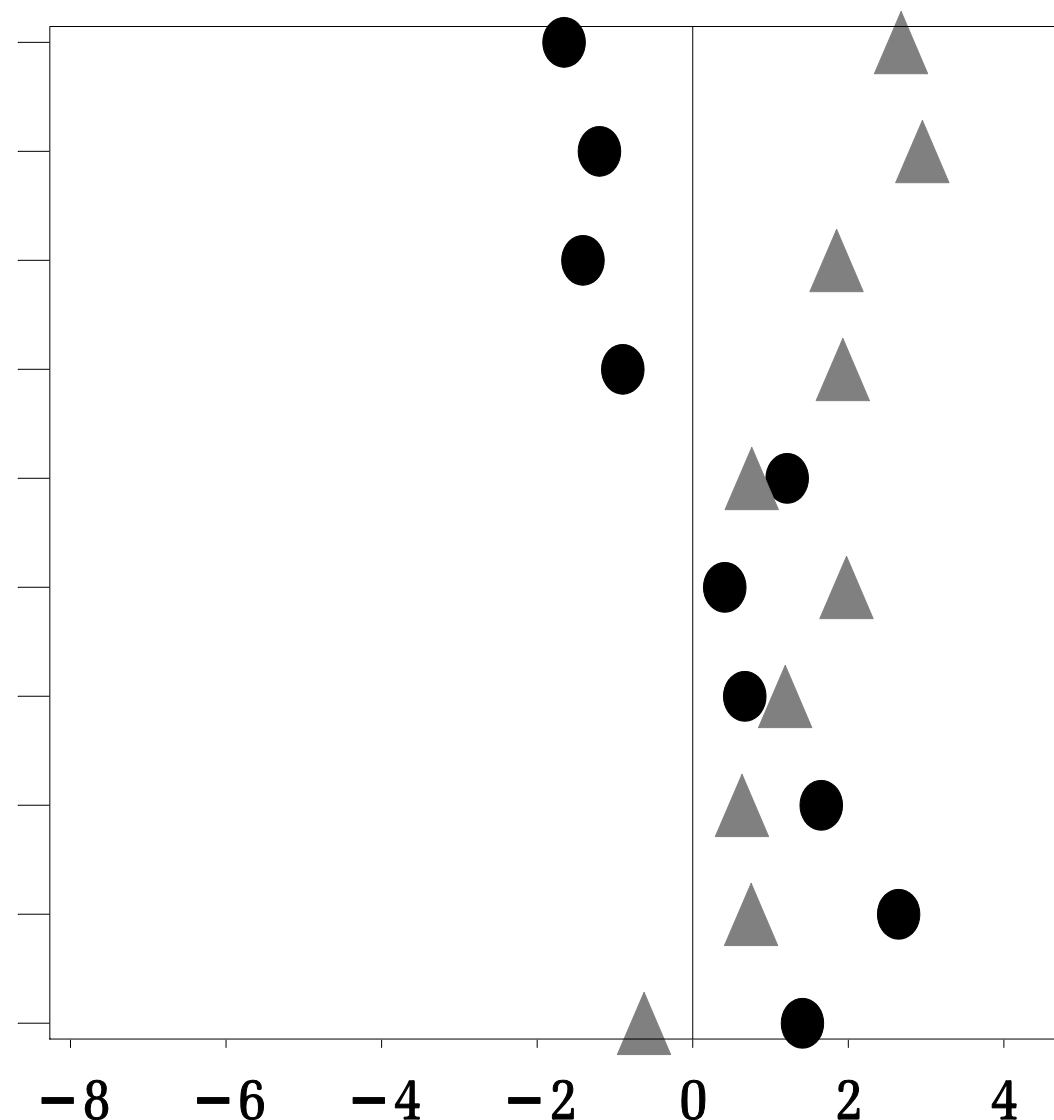


oil, cooking  
milk, 1.5% fat  
milk, 3% fat  
pasta  
bread, crisp  
cream/crème fraîche/sour cream  
sugar/honey in tea/coffee  
potato chips/popcorn/salted nuts  
hamburger  
beer, 4% alcohol



estimated effect on mean, mm

● waist—

▲ hip—circumference