

12 FOODS OF CHRISTMAS

Around 50% of us don't like **SPROUTS** because we have a gene that makes them taste bitter



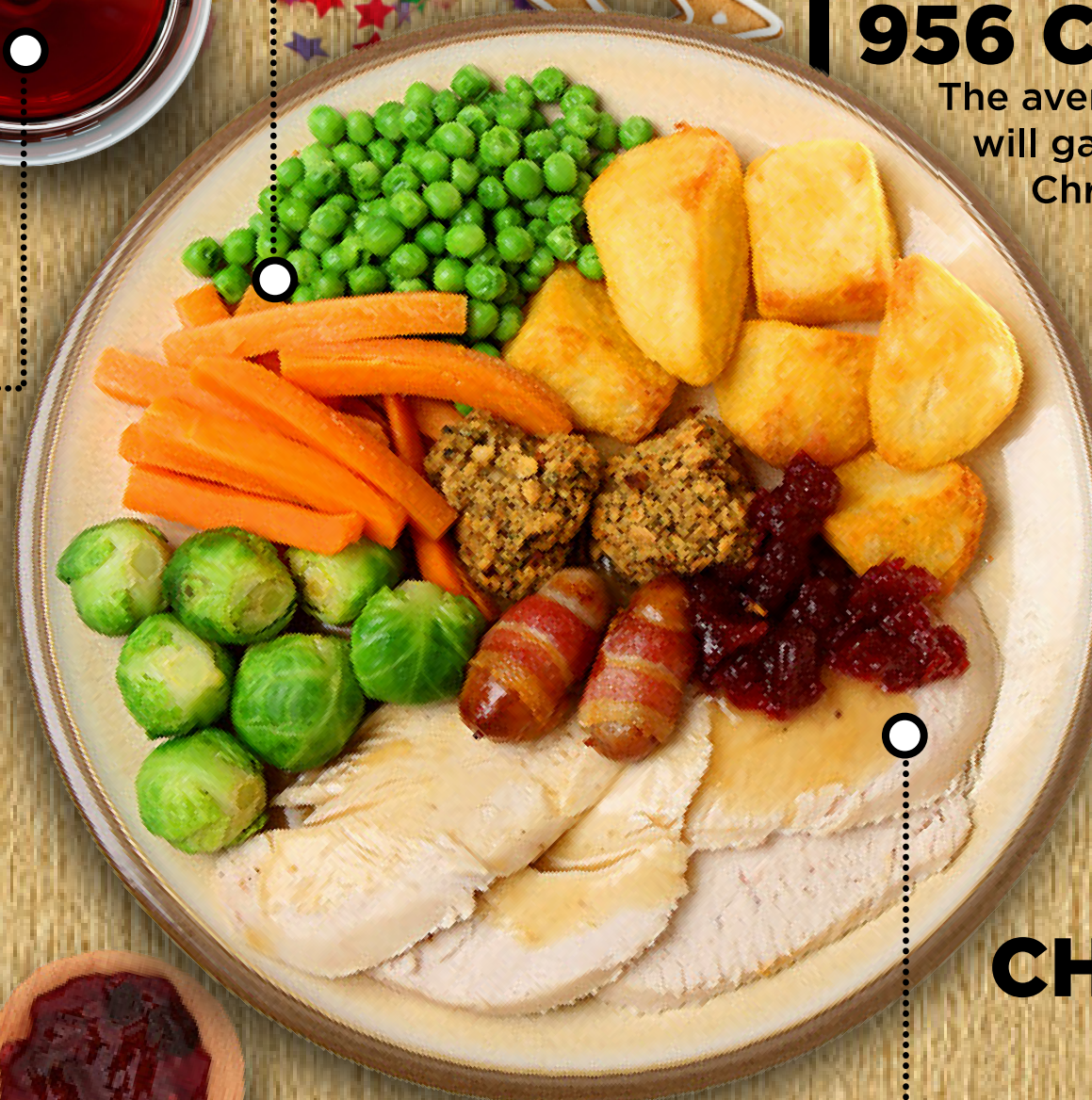
You can prepare bottles of **MULLED WINE**

ahead of time and save them for next year, the spices act as preservatives and keep it fresh



The world's largest **CHRISTMAS DINNER CHALLENGE**

contains 25 roast potatoes, a whole turkey, 25 honey roasted carrots, 25 sprouts and 25 broccoli and cauliflower heads



The average Christmas dinner contains **956 CALORIES**

The average person in UK will gain up to 7lbs during Christmas time.

NUT ROAST

is the most popular vegetarian alternative to Christmas turkey. Nut roast is commonly made with nuts, legumes and breadcrumbs

Before turkey, the traditional Christmas meal in England was a

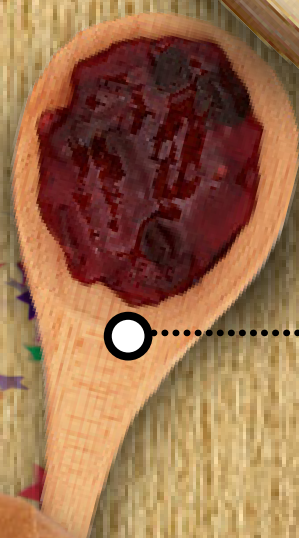
PIG'S HEAD and mustard



23% of people choose **CHOCOLATE YULE LOG** as a Christmas pudding

An estimate of 6.5 million jars of **CRANBERRY SAUCE**

are consumed in UK during Christmas



61% of people choose to have **TURKEY GRAVY** with their Christmas dinner

During Christmas we **THROW AWAY**

an estimated 2 million turkeys, 5 million Christmas puddings and 74 million mince pies

The world's most expensive **CHRISTMAS PUDDING** costs £23,000



The average UK household **SPENDS £161** on Christmas food & drink

The largest **PIG IN BLANKET** is 2ft long

300 million **MINCE PIES** are estimated to be eaten over Christmas



AGA

Home to great cooking



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