



## Cakes, Pastries & Frozen Desserts Menu

	Nutrition Facts	brand comparisons where available	~WW Points Plus	Serving size	Price \$US
<p><b>FRUIT SALABRATION</b> Mélange of luscious, seasonal fresh fruit in fruit coulis &amp; a soupçon of liqueur</p>	<p>Total calories: 173 Total fat: 1 Saturated fat: 0 g Polyunsat. fat.: 0 g Monounsatur. fat: 0 g Total carb: 43 g Protein: 2 g Fiber: 5 g Cholesterol: 0 mg Sodium: 10 mg Sugar: 32 g</p>		5	1 pint	5.00
<b>COOKIES</b>					
(Not the usual low cal bite-size cookies. Ours are regular, full-size cookies, so you feel neither cheated nor deprived)					
Subway cookie 45g Livestrong.com					
<p><b>Dark chocolate chip</b> (34.6 grams/1.2 ozs)</p>	<p>Total calories: 145 Total fat: 8 g Saturated fat: 3 g Polyunsat. fat.: 2.5 g Monounsatur. fat: 2.5 g Total carb: 17 g Protein: 2 g Fiber: 1 g Cholesterol: 20 mg Sodium: 57 mg Sugar: 9 g</p>	<p>210 10 g 6 g  30 g 2 g 1 g 15 mg 150 mg 18 g</p>	4	1	1.50
<p><b>Dark chocolate walnut</b> (38.1 grams/1.3 ozs)</p>	<p>Total calories: 145 Total fat: 8 g Saturated fat: 3 g Polyunsat. fat: 2.5 g</p>		4	1	1.50



Monounsat. fat: 2.5 g  
 Total carb: 17 g  
 Protein: 2 g  
 Fiber: 1 g  
 Cholesterol: 20 mg  
 Sodium: 57 mg  
 Sugar: 9 g

**Oatmeal raisin**  
(37.6 grams/1.3 ozs)

Total calories: 136  
 Total fat: 5.5g  
 Saturated fat: 1.5g  
 Polyunsat. fat: 2.5g  
 Monounsat. fat: 1.5g  
 Total carb: 17g  
 Protein: 3g  
 Fiber: 1g  
 Cholesterol: 20mg  
 Sodium: 55mg  
 Sugar: 8g

4 1 1.50

**Peanut butter**  
(31.6 grams/1.1 oz)

Total calories: 114  
 Total fat: 5 g  
 Sat fat: 1.5 g  
 Polyunsat.: 1 g  
 Monounsat.: 0 g  
 Trans fat: 0 g  
 Total carb: 16 g  
 Protein: 3 g  
 Fiber: 1 g  
 Cholesterol: 20 mg  
 Sodium: 50 mg  
 Sugar: 7 g

**Subway cookie**  
**45g**  
 Livestrong.com

220 3 1 1.50

**Raspberry Chocolate Thumbprint**  
(21 grams/.73 oz)

Total calories: 128  
 Total fat: 7 g  
 Sat fat: 1 g  
 Polyunsat.:

3 1 1.50



Monounsat.: 4 g  
 Total carb: 14 g  
 Protein: 2 g  
 Fiber: 2 g  
 Cholesterol: 20 mg  
 Sodium: 71 mg  
 Sugar: 5 g

### Rugelach

(56.3 grams/2 oz) per cookie

Total calories: 170  
 Total fat: 8 g  
 Sat fat: 3 g  
 Polyunsat.: 3 g  
 Monounsat.: 1 g  
 Total carb: 21 g  
 Protein: 4 g  
 Fiber: 1 g  
 Cholesterol: 10 mg  
 Sodium: 160 mg  
 Sugar: 11 g

Regular Rugelach  
Fatsecret.com

238	5	1 lb	17.00
13.96 g			
23.38 g			
5.16 g			

### Hazelnut Chocolate Biscotti

(39.3 grams/1.4 oz)

Total calories: 150  
 Total fat: 8 g  
 Sat fat: 3 g  
 Polyunsat.: 1.5 g  
 Monounsat.: 2 g  
 Total carb: 19 g  
 Protein: 3 g  
 Fiber: 1 g  
 Cholesterol: 25 mg  
 Sodium: 51 mg  
 Sugar: 10 g

5	1	1.50
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### Dark chocolate brownies

(44.5 grams/1.6 oz)

Total calories: 160  
 Total fat: 6 g  
 Sat fat: 3 g  
 Polyunsat.: .5 g  
 Monounsat.: 0 g

5	1	3.00
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Total carb: 28 g  
 Protein: 2 g  
 Fiber: 2 g  
 Cholesterol: 15 mg  
 Sodium: 25 mg  
 Sugar: 20 g

### Dark chocolate cheesecake brownies

(56 grams/2 oz)

Total calories:	160	4	1	3.00
Total fat:	4.5 g			
Sat fat:	2.5 g			
Polyunsat.:	.5 g			
Monounsat.:	0 g			
Total carb:	26 g			
Protein:	4 g			
Fiber:	1 g			
Cholesterol:	25 mg			
Sodium:	120 mg			
Sugar:	19 g			

### Blondies

(55.1 grams/1.9 oz)

Total calories:	218	6	1	3.00
Total fat:	11 g			
Sat fat:	4 g			
Polyunsat.:	2 g			
Monounsat.:	2.5 g			
Total carb:	30 g			
Protein:	3 g			
Fiber:	1 g			
Cholesterol:	30 mg			
Sodium:	55 mg			
Sugar:	22 g			

### Lemon squares

(55.1 grams/1.9 oz)

Total calories:	126	4	1	3.00
Total fat:	4 g			
Sat fat:	1 g			
Polyunsat.:				
Monounsat.:	1 g			
Total carb:	22 g			



Protein: 2 g  
 Fiber: 1 g  
 Cholesterol: 30 mg  
 Sodium: 42 mg  
 Sugar:

**CAKES**

9-inch whole cake - 16 slices) &  
 7-inch whole cakes - 8 slices

**Red Velvet**

(132.4 grams/4.7 ozs)

		eatingwell.com weight not listed			
Total calories:	363	285	7	1 slice	4.00
Total fat:	15 g	12 g		9 "whole cake	45.00
Sat fat:	6 g	8 g		7 " whole cake	30.00
Polyunsat.:	4 g	Not listed			
Monounsat.:	3 g	2 g			
Total carb:	47 g	38 g			
Protein:	10 g	7 g			
Fiber:	1 g	2 g			
Cholesterol:	44 mg	67 mg			
Sodium:	394 mg	308 mg			
Sugar:	36 g	Not listed			

**Carrot w/Cream Cheese Frosting**

(95.2 grams/3.4 ozs)

		eatingwell.com weight not listed			
Total calories:	264	342	7	1 slice	4.00
Total fat:	11g	17 g		9 "whole cake	45.00
Sat fat:	1.5 (*mcfa)	5 g		7 " whole cake	30.00
Polyunsat.:	6 g	not listed			
Monounsat.:	2 g	7 g			
Total carb:	36 g	43 g			
Protein:	6 g	6 g			
Fiber:	2 g	3 g			
Cholesterol:	25 mg	56 mg			
Sodium:	160 mg	349 mg			
Sugar:	26 g	not listed			
	Medium chain fatty acids				

**Lemon Pound**

(58.2 grams/2.1 ozs)

		eatingwell.com weight not listed			
Total calories:	210	261	6	1 slice	3.00
Total fat:	12 g	12 g		whole cake	35.00



Sat fat:	4 g	5 g
Polyunsat.:	3.5 g	not listed
Monounsat.:	3.5 g	3 g
Total carb:	23 g	35 g
Protein:	4 g	5 g
Fiber:	1 g	1 g
Cholesterol:	30 mg	52 mg
Sodium:	105 mg	167 mg
Sugar:	13 g	not listed
Total calories:	310	
Total fat:	15 g	
Sat fat:	6 g	
Polyunsat.:	3.5 g	
Monounsat.:	3.5 g	
Total carb:	41 g	
Protein:	6 g	
Fiber:	3 g	
Cholesterol:	30 mg	
Sodium:	200 mg	
Sugar:	28 g	

**Lemon Pound Layer w/Chocolate Frosting**  
(94.9 grams/3.3 ozs)

6	1 slice	4.00
	9 "whole cake	45.00
	7 " whole cake	30.00

**"CHOCOLATE TROUPE" CAKES**

9-inch whole cake - 16 slices &  
7-inch whole cake - 8 slices

**Chocolate Peanut Cake**  
**w/choc caramel cognac sauce**  
(95.8 grams/3.4 ozs)

Total calories:	310	8	1 slice	4.00
Total fat:	14 g		9 "whole cake	45.00
Sat fat:	4 g		7 " whole cake	30.00
Polyunsat.:	2 g			
Monounsat.:	1 g			
Total carb:	35 g			
Protein:	8 g			
Fiber:	2 g			
Cholesterol:	51 mg			
Sodium:	218 mg			
Sugar:	25 g			

**Chocolate Mousse Cake (2 servings)**

Total calories:	418	209	760	6	1 individual	5.00
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(93.7 grams/3.3 ozs)

Total fat:	20 g	10	48 g		
Sat fat:	10 g	5	27 g		(2.4-inch in diameter, 2 inches high)
Polyunsat.:	2.25 g	1.125			
Monounsat.:	1 g	.5			
Total carb:	53 g	26.5	73 g		
Protein:	12 g	6			
Fiber:	5 g	2.5	8 g		
Cholesterol:	66 mg	33			
Sodium:	333 mg	166.5	270 mg		
Sugar:	31 g	15.5			

### Hazelnut Chocolate Mousse Cake (2 servings)

(95.5 grams/3.4 ozs)

	1 serving	2 servings			
Total calories:	430	215	6	1 individual	5.00
Total fat:	21 g	10.5		(2.4-inch in diameter, 2 inches high)	
Sat fat:	10 g	5			
Polyunsat.:	2.25 g	1.125			
Monounsat.:	1 g	.5			
Total carb:	53 g	26.5			
Protein:	12 g	6			
Fiber:	5 g	2.5			
Cholesterol:	66 mg	33			
Sodium:	333 mg	166.5			
Sugar:	31 g	15.5			

### German's Chocolate Cake

(134.3 grams/4.7 ozs)

			food.com		
			133-gram slice		
Total calories:	335	510.5	9	1 slice	5.00
Total fat:	16 g	35.25		9 "whole cake"	50.00
Sat fat:	8 g	19.7			
Polyunsat.:	3.5 g	2.65			
Monounsat.:	1.5 g	10.8			
Total carb:	43 g	50.55			
Protein:	8 g	7.6			
Fiber:	2 g	4.85			
Cholesterol:	34 mg	98.75			
Sodium:	211 mg	261.3			
Sugar:	31 g	33.8			



## “Decadent Dark” Chocolate Raspberry Layer

(103.9 grams/3.7 ozs)

(deliriously decadent with less than ¼ the calories & fat of the regular version + the additional bonus of 2 grams of fiber & 7g of protein)

Total calories: 290  
 Total fat: 13 g  
 Sat fat: 5 g  
 Polyunsat.: 3 g  
 Monounsat.: 2 g  
 Total carb: 39 g  
 Protein: 7 g  
 Fiber: 2 g  
 Cholesterol: 35 mg  
 Sodium: 210 mg  
 Sugar: 24 g

8 1 slice 4.00  
 9 “whole cake 45.00  
 7 “ whole cake 30.00

## Dark Chocolate Cake

(80.9 grams/2.9 ozs)

Total calories: 250  
 Total fat: 12 g  
 Sat fat: 4.5 g  
 Polyunsat.: 3 g  
 Monounsat.: 2 g  
 Total carb: 34 g  
 Protein: 4 g  
 Fiber: 2 g  
 Cholesterol: 35 mg  
 Sodium: 115 mg  
 Sugar: 21 g

7 1 slice 4.00  
 9 “whole cake 45.00  
 7 “ whole cake 30.00

## Black Forest Cake

(105.5 grams/3.7ozs)

Total calories: 300  
 Total fat: 10 g  
 Sat fat: 4 g  
 Polyunsat.: 2 g  
 Monounsat.: 1 g  
 Total carb: 39 g  
 Protein: 6 g  
 Fiber: 3 g  
 Cholesterol: 30 mg  
 Sodium: 170 mg  
 Sugar: 24 g

fitclick.com  
 4 oz slice

7 396 4.00  
 20 g 9 “whole cake 45.00  
 7 “ whole cake 30.00

## Bailey’s Chocolate Layer

Total calories: 300

8 1 slice 4.00





(106.1 grams/3.7ozs)

Total fat: 14g  
 Sat fat: 4.5g  
 Polyunsat.: 3g  
 Monounsat.: 2g  
 Total carb: 38g  
 Protein: 6g  
 Fiber: 2g  
 Cholesterol: 35mg  
 Sodium: 190mg  
 Sugar: 22g

9 "whole cake 45.00  
 7 " whole cake 30.00

**CHEESE CAKES**

9-inch whole cake - 12 slices  
 5-inch whole cake - 4 slices

**Sweet Potato Cashew**

(120.3 grams/4.2 ozs)

Total calories: 198  
 Total fat: 4 g  
 Sat fat: 1 g  
 Polyunsat.: .5 g  
 Monounsat.: 2 g  
 Total carb: 32 g  
 Protein: 8 g  
 Fiber: 1 g  
 Cholesterol: 38 mg  
 Sodium: 295 mg  
 Sugar: 21 g

5 1 slice 4.00  
 9 "whole cake 45.00  
 5 " whole cake 20.00

**Sweet Potato Cashew w/ Espresso Cream**

(120.3 grams/4.2 ozs)

Total calories: 260  
 Total fat: 7 g  
 Sat fat: 2.5 g  
 Polyunsat.: 0  
 Monounsat.: .5 g  
 Total carb: 39 g  
 Protein: 9 g  
 Fiber: 1 g  
 Cholesterol: 45 mg  
 Sodium: 330 mg  
 Sugar: 27 g

7 1 slice 4.00  
 9 "whole cake 45.00  
 5 " whole cake 20.00



## Turtle Cheesecake

(132.9 grams/4.7 ozs)

Calories 290  
 Total fat: 9 g  
 Sat fat: 2.5 g  
 Polyunsat.: 1 g  
 Monounsat.: 2.5 g  
 Total carb: 38 g  
 Protein: 14 g  
 Fiber: 2 g  
 Cholesterol: 55 mg  
 Sodium: 510 mg  
 Sugar: 26

Cheesecake  
 Factory's Turtle

870 8 1 slice 4.00  
 61 g 9 "whole cake 50.00  
 28 g  
 0 g  
 0 g  
 17 g  
 13 g  
 3 mg  
 215 mg  
 240 mg  
 59 g

## Plain cheesecake

(119.8 grams/4.2 ozs)

Total calories: 236  
 Total fat: 6 g  
 Sat fat: 3 g  
 Polyunsat.: 0 g  
 Monounsat.: 1 g  
 Total carb: 31 g  
 Protein: 12 g  
 Fiber: 0 g  
 Cholesterol: 61 mg  
 Sodium: 503 mg  
 Sugar: 22 g

6 1 slice 4.00  
 9 "whole cake 45.00  
 5 " whole cake 20.00

## Pineapple inside & out

(pineapple baked inside cheesecake & slathered on top)

(119.8 grams/4.2 ozs)

Total calories: 288  
 Total fat: 6 g  
 Sat fat: 3 g  
 Polyunsat.:  
 Monounsat.: 1 g  
 Total carb: 44 g  
 Protein: 12 g  
 Fiber: 1 g  
 Cholesterol: 60 mg  
 Sodium: 509 mg  
 Sugar: 32 g

mfitnesspal.com  
 Cheesecake Factory  
 151 g slice strawberry

733 7 1 slice 4.00  
 32 g 9 "whole cake 45.00  
 29 g 5 " whole cake 20.00  
 66 g  
 425 mg



## Tiramisú

(100.9 grams/3.6ozs)

		olivegarden.com			
		weight not listed			
Total calories:	200	510	5	1 slice	4.00
Total fat:	3.5 g	32 g		9 "whole cake	45.00
Sat fat:	1 g	19 g		5 " whole cake	20.00
Polyunsat.:	0 g				
Monounsat.:	1 g				
Total carb:	30 g	48			
Protein:	10 g				
Fiber:	0 g	2 g			
Cholesterol:	55 mg				
Sodium:	360 mg	75 mg			
Sugar:	17 g				

## Strawberry

(136.3 grams/4.8ozs)

		olivegarden.com			
		white choc raspberry			
		cheesecake			
		weight not listed			
Total calories:	220	890	6	1 slice	4.00
Total fat:	4.5 g	62 g		9 "whole cake	45.00
Sat fat:	2 g	36 g		5 " whole cake	20.00
Polyunsat.:	0 g				
Monounsat.:	.5 g				
Total carb:	34 g	70 g			
Protein:	9 g				
Fiber:	.5 g	6 g			
Cholesterol:	45 mg				
Sodium:	380 mg	490 mg			
Sugar:	26 g				

## Coconut Passionfruit "Cocopassion"

(125.3 grams/4.4ozs)

Total calories:	250		7	1 slice	4.00
Total fat:	7 g			9 "whole cake	45.00
Sat fat:	4 g			5 " whole cake	20.00
Polyunsat.:	0 g				
Monounsat.:	1 g				
Total carb:	34 g				
Protein:	12 g				
Fiber:	1 g				
Cholesterol:	55 mg				



Sodium: 500 mg  
 Sugar: 24 g

**CUPCAKES**

(medium)

**Red Velvet w/vanilla cream filling**

(88.3 grams/3.1 ozs)

Total calories: 240 7 1 3.00  
 Total fat: 10 g  
 Sat fat: 4 g  
 Polyunsat.: 3 g  
 Monounsat.: 2 g  
 Total carb: 31 g  
 Protein: 7 g  
 Fiber: .5 g  
 Cholesterol: 30 mg  
 Sodium: 260 mg  
 Sugar: 24 g

**Chocolate Peanut w/ caramel Cognac filling**

(76.7 grams/2.7 ozs)

Total calories: 250 6 1 3.00  
 Total fat: 11 g  
 Sat fat: 3.5 g  
 Polyunsat.: 1.5 g  
 Monounsat.: .5 g  
 Total carb: 28 g  
 Protein: 6 g  
 Fiber: 2 g  
 Cholesterol: 40 mg  
 Sodium: 170 mg  
 Sugar: 20 g

**Carrot cake w/Bourbon cream frosting**

(75.2 grams/2.7 ozs)

Total calories: 210 6 1 3.00  
 Total fat: 9 g  
 Sat fat: 1 g  
 Polyunsat.: 5 g  
 Monounsat.: 1.5 g  
 Total carb: 28 g  
 Protein: 5 g  
 Fiber: 1 g



**Pound cake w/caramelized apple maple ginger frosting**  
(107.2 grams/3.8 ozs)

Cholesterol: 20 mg  
Sodium: 130 mg  
Sugar: 20 g

Total calories:	210	5	1	3.00
Total fat:	8 g			
Sat fat:	2.5 g			
Polyunsat.:	2.5 g			
Monounsat.:	2.5 g			
Total carb:	26 g			
Protein:	6 g			
Fiber:	2 g			
Cholesterol:	25 mg			
Sodium:	220 mg			
Sugar:	17 g			

**Black Forest**  
(87.9 grams/3.1 ozs)

Total calories: 250  
Total fat: 8 g  
Sat fat: 3.5 g  
Polyunsat.: 2 g  
Monounsat.: 1 g  
Total carb: 32 g  
Protein: 5 g  
Fiber: 2 g  
Cholesterol: 25 mg  
Sodium: 140 mg  
Sugar: 20 g

6	1	3.00
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**German's Chocolate**  
(82.3 grams/2.9 ozs)

Total calories: 220  
Total fat: 10 g  
Sat fat: 5 g  
Polyunsat.: 2 g  
Monounsat.: 1 g  
Total carb: 29 g  
Protein: 6 g  
Fiber: 1 g  
Cholesterol: 25 mg  
Sodium: 140 mg

6	1	3.00
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**Pineapple Upside Down**  
(111.9 grams/3.9 ozs)

Sugar:	21 g			
Total calories:	220	6	1	3.00
Total fat:	11 g			
Sat fat:	3.5 g			
Polyunsat.:	3 g			
Monounsat.:	3 g			
Total carb:	27 g			
Protein:	3 g			
Fiber:	2 g			
Cholesterol:	25 mg			
Sodium:	95 mg			
Sugar:	17 g			

**Boston Cream Pie**  
(72.9 grams/2.6 ozs)

Total calories:	200	6	1	3.00
Total fat:	10 g			
Sat fat:	4.5 g			
Polyunsat.:	.5 g			
Monounsat.:	3 g			
Total carb:	28 g			
Protein:	4 g			
Fiber:	2 g			
Cholesterol:	50 mg			
Sodium:	30 mg			
Sugar:	21 g			

**Raspberry Cheesecake**

Total calories:	207	6	1	3.00
Total fat:	3 g			
Sat fat:	1 g			
Polyunsat.:	0 g			
Monounsat.:	1 g			
Total carb:	31 g			
Protein:	11 g			
Fiber:	0 g			
Cholesterol:	55 mg			
Sodium:	500 mg			
Sugar:	22 g			



## TARTS & PIES

### Caramelized Apple

(112 grams/4 ozs)

Total calories: 200  
 Total fat: 6 g  
 Sat fat: 2.5 g  
 Polyunsat.: 1.5 g  
 Monounsat.: .5 g  
 Total carb: 35 g  
 Protein: 2 g  
 Fiber: 2 g  
 Cholesterol: 30 mg  
 Sodium: 25 mg  
 Sugar: 15 g

5 Whole  
 2 ½ inch 2.50  
 6 inch 6.00  
 8 inch 30.00  
 12 inch 40.00  
 Slice 4.00

### Chocolate Almond

(67.3 grams/2.4 ozs)

Total calories: 230  
 Total fat: 11.5  
 Sat fat: 5.2 g  
 Polyunsat.: 3.5 g  
 Monounsat.: 2 g  
 Total carb: 26 g  
 Protein: 8 g  
 Fiber: 2 g  
 Cholesterol: 30 mg  
 Sodium: 260 mg  
 Sugar: 10 g

6 Whole  
 2 ½ inch 2.50  
 6 inch 5.00  
 8 inch 25.00  
 12 inch 40.00  
 Slice 4.00

### Guava Almond Pear

(102.8 grams/3.6 ozs)

Total calories: 240  
 Total fat: 12.5 g  
 Sat fat: 3 g  
 Polyunsat.: 3.5 g  
 Monounsat.: 4 g  
 Total carb: 31 g  
 Protein: 4 g  
 Fiber: 2 g  
 Cholesterol: 35 mg  
 Sodium: 85 mg  
 Sugar: 18 g

4 Whole  
 2 ½ inch 2.50  
 6 inch 5.00  
 8 inch 25.00  
 12 inch 40.00  
 Slice 4.00  
 Tray: 75.00  
 12x18



## Key Lime

(102.8 grams/3.6 ozs)

Total calories: 242  
 Total fat: 8.25 g  
 Sat fat: 3 g  
 Polyunsat.: 0 g  
 Monounsat.: 3 g  
 Total carb: 30 g  
 Protein: 6 g  
 Fiber: 0 g  
 Cholesterol: 14.25 mg  
 Sodium: 100 mg  
 Potassium: 442.25 mg  
 Sugar: 17 g

6 Whole  
 2 ½ inch 2.50  
 6 inch 5.00  
 8 inch 25.00  
 12 inch 40.00  
 Slice 4.00

## Peach Blue Berry Cobbler w/walnut granola crust

(110 grams/3.9 ozs)

Total calories: 190  
 Total fat: 7 g  
 Sat fat: 1.5 g  
 Polyunsat.: 3.5 g  
 Monounsat.: 1 g  
 Total carb: 28 g  
 Protein: 3 g  
 Fiber: 3 g  
 Cholesterol: .3 mg  
 Sodium: 45 mg  
 Sugar: 17 g

5 Whole  
 2 ½ inch 2.50  
 6 inch 5.00  
 8 inch 25.00  
 12 inch 40.00  
 Slice 4.00

## Pecan Cranberry

(102.8 grams/3.6 ozs)

Total calories: 226  
 Total fat: 8.5 g  
 Sat fat: 1 g  
 Polyunsat.: 1 g  
 Monounsat.: 4 g  
 Total carb: 36 g  
 Protein: 4 g  
 Fiber: 2 g  
 Cholesterol: 45 mg  
 Sodium: 152 mg  
 Postassium: 129 mg  
 Sugar: 17 g

6 Whole  
 2 ½ inch 2.50  
 6 inch 5.00  
 9 inch 25.00  
 12 inch 40.00  
 Slice 4.00





<http://www.independent.co.uk/life-style/health-and-families/several-lowcalorie-desserts-better-for-weight-loss-than-one-fullfat-treat-2295613.html>