

Nutrition Values/Calorie List

Poultry	Potatoes
Meat	Oils/spreads/sauces
Fish	Vegetables
Seafood	Fruits/Nuts
Eggs	Drinks- non alcoholic
Dairy products	Drinks-alcoholic
Breads/grains/flour	Sweets/crisps

Poultry

Provision (100g)

Chicken breast (skinless)
Protein=18
Carbohydrates=0
Fats=4
Kcals=110

Chicken breast (with skin)
Protein=21.7
Carbohydrates=0
Fats=6.9
Kcals=153

Chicken leg (with skin)
Protein=18.9
Carbohydrates=0
Fats=8.9
Kcals=160

Duck
Protein=21.4
Carbohydrates=0
Fats=8.2
Kcals=148

Goose
Protein=15.9
Carbohydrates=0
Fats=21.6
Kcals=159

Hen
Protein=21.6
Carbohydrates=0
Fats=7.0
Kcals=155

Pheasant
Protein=23.6
Carbohydrates=0
Fats=6.8
Kcals=162

Turkey
Protein=24
Carbohydrates=0
Fats=6.6
Kcals=162

Meat

Beef (fillet)
Protein=22.4
Carbohydrates=0
Fats=4.9
Kcals=137

Beef (liver)
Protein=21
Carbohydrates=5.1
Fats=3.1
Kcals=136

Beef (Mince)
Protein=19.5
Carbohydrates=0
Fats=14.3
Kcals=214

Beef (rumpsteak)
Protein=21.8
Carbohydrates=0
Fats=5
Kcals=136

Pork (Bacon)
Protein=10.4
Carbohydrates=0
Fats=50
Kcals=508

Pork (chop)
Protein=20.7
Carbohydrates=0
Fats=14.9
Kcals=224

Pork (liver)
Protein=21.8
Carbohydrates=3.5
Fats=4.2
Kcals=142

Pork (spareribs)
Protein=16.1
Carbohydrates=0
Fats=26.5
Kcals=312

Pork (boiled ham without fat)
Protein=22.2
Carbohydrates=0
Fats=7.8
Kcals=164

Sausage (hotdog grilled)
Protein=13.2
Carbohydrates=9.1
Fats=22.8
Kcals=304

Veal (fillet)
Protein=19.6
Carbohydrates=0
Fats=4.8
Kcals=125

Veal (liver)
Protein=18.9
Carbohydrates=4.6
Fats=4.5
Kcals=138

Veal (rumpsteak)
Protein=21.1
Carbohydrates=0
Fats=4.4
Kcals=127

Fish

Cod
Protein=18.1
Carbohydrates=0
Fats=0.6
Kcals=80

Eel
Protein=15.9
Carbohydrates=0
Fats=18.3
Kcals=233

Herring (salted)
Protein=19
Carbohydrates=0
Fats=19
Kcals=253

Mackerel
Protein=17.6
Carbohydrates=0
Fats=20.5
Kcals=262

Plaice
Protein=17.1
Carbohydrates=0
Fats=2.7
Kcals=95

Salmon
Protein=20.8
Carbohydrates=0
Fats=14.5
Kcals=220

Sardines in oil
Protein=23.8
Carbohydrates=0
Fats=21.1
Kcals=294

Sardines in tomato sauce
Protein=20.7
Carbohydrates=0
Fats=14.8
Kcals=225

Tuna (in brine)
Protein=24.5
Carbohydrates=0
Fats=1.2
Kcals=110

Tuna (in oil)
Protein=29
Carbohydrates=0
Fats=11
Kcals=215

Seafood

Crab
Protein=17.3
Carbohydrates=0.5
Fats=1.9
Kcals=93

Crayfish
Protein=14.6
Carbohydrates=1.2
Fats=0.5
Kcals=72

Lobster
Protein=16.9
Carbohydrates=0.5
Fats=1.9
Kcals=91

Mussels

Protein=14.4
Carbohydrates=3.3
Fats=2.2
Kcals=95

Prawns
Protein=18.1
Carbohydrates=1.5
Fats=0.8
Kcals=91

Eggs

Egg
Protein=12.7
Carbohydrates=2.7
Fats=9.4
Kcals=150

Egg yolk
Protein=16
Carbohydrates=0.6
Fats=30.6
Kcals=348

Egg white
Protein=10.9
Carbohydrates=0.8
Fats=0
Kcals=51

Dairy products

Cheese (28 percent)
Protein=29.1
Carbohydrates=1.6
Fats=29.2
Kcals=397

Cheese (soft camembert)
Protein=20.4
Carbohydrates=0
Fats=22.1
Kcals=289

Cottage cheese (4 percent)
Protein=12.3
Carbohydrates=3.1
Fats=3.9
Kcals=100

Cheese (curd 0.2 percent)
Protein=14
Carbohydrates=4.6
Fats=0.2
Kcals=78

Cream
Protein=2.2
Carbohydrates=2.5
Fats=35
Kcals=345

Double cream
Protein=2.2
Carbohydrates=2.3
Fats=40
Kcals=392

Ice cream (12 percent)
Protein=4.3
Carbohydrates=21.6
Fats=12.7
Kcals=225

Milk
Protein=3.4
Carbohydrates=4.2
Fats=3
Kcals=60

Milk (skimmed)
Protein=3.4
Carbohydrates=4.7
Fats=0.1
Kcals=35

Yoghurt (lowfat 0.5 percent)
Protein=3.4
Carbohydrates=4.7
Fats=0.5
Kcals=38

Oils/Spreads/Sauces

Bearnaise sauce
Protein=2.6
Carbohydrates=6.6
Fats=21
Kcals=223

Butter
Protein=0.6
Carbohydrates=0.4
Fats=80
Kcals=748

Lard
Protein=0
Carbohydrates=0
Fats=100
Kcals=902

Lowfat spread
Protein=0
Carbohydrates=0
Fats=40
Kcals=372

Mayonnaise
Protein=1
Carbohydrates=2
Fats=80
Kcals=720

Mayonnaise (low fat)
Protein=1.2
Carbohydrates=8.5
Fats=32.5
Kcals=327

Margarine
Protein=0.2
Carbohydrates=0.4
Fats=80
Kcals=745

Olive oil
Protein=0
Carbohydrates=0
Fats=100
Kcals=900

Sunflower oil
Protein=0
Carbohydrates=0
Fats=100
Kcals=884

Potatoes

Potatoes
Protein=1.9
Carbohydrates=18.3
Fats=0.5
Kcals=87

Potatoes (boiled without peel)
Protein=1.5
Carbohydrates=20.1
Fats=0.6
Kcals=95

Potatoes (boiled with peel)
Protein=1.5
Carbohydrates=20
Fats=0.7
Kcals=95

Potatoes (french fries)

Protein=4.3
Carbohydrates=39.4
Fats=17.5
Kcals=342

Potatoes (fried)
Protein=1.7
Carbohydrates=21.3
Fats=2.9
Kcals=121

Potatoes (mashed - from powder)
Protein=76
Carbohydrates=2.1
Fats=2.3
Kcals=102

Potatoes (baked)
Protein=1.7
Carbohydrates=21.5
Fats=0.5
Kcals=100

Pasta/Rice

Macaroni/Spaghetti
Protein=12.5
Carbohydrates=71.9
Fats=1.2
Kcals=369

Macaroni/Spigot (cooked)
Protein=4.2
Carbohydrates=26.6
Fats=0.5
Kcals=130

Rice - parboiled
Protein=6.7
Carbohydrates=80.4
Fats=0.4
Kcals=363

Rice - brown
Protein=7.5
Carbohydrates=77.4
Fats=1.9
Kcals=360

Rice - brown (cooked)
Protein=2.5
Carbohydrates=25.5
Fats=0.6
Kcals=119

Breads/Grains/Flour

Barley
Protein=11
Carbohydrates=70
Fats=2
Kcals=350

Bread(white)
Protein=8.5
Carbohydrates=52
Fats=4.1
Kcals=286

Bread (wholemeal)
Protein=6.4
Carbohydrates=55.8
Fats=1.5
Kcals=269

Crispbread
Protein=11.8
Carbohydrates=77
Fats=2.7
Kcals=389

Flour
Protein=9
Carbohydrates=75
Fats=1
Kcals=350

Flour (wholemeal)
Protein=10
Carbohydrates=70
Fats=2
Kcals=340

Rye flakes
Protein=9
Carbohydrates=73
Fats=1.5
Kcals=350

Porridge oats
Protein=13
Carbohydrates=65
Fats=7
Kcals=385

Vegetables

Aubergine
Protein=1.2
Carbohydrates=5.6
Fats=0.2
Kcals=25

Avocado
Protein=2.1
Carbohydrates=6.3
Fats=16.4
Kcals=167

Beans (green)
Protein=1.9
Carbohydrates=7.1
Fats=0.2
Kcals=32

Beans (baked, dried)
Protein=22.3
Carbohydrates=61.3
Fats=1.6
Kcals=340

Beetroot
Protein=1.6
Carbohydrates=9.9
Fats=0.1
Kcals=43

Broccoli
Protein=3.6
Carbohydrates=5.9
Fats=0.3
Kcals=32

Brussel sprouts
Protein=4.9
Carbohydrates=8.3
Fats=0.4
Kcals=45

Cabbage
Protein=1.3
Carbohydrates=5.4
Fats=0.2
Kcals=24

Carrots
Protein=1.1
Carbohydrates=9.7
Fats=0.2
Kcals=42

Corn on the cob
Protein=2.6
Carbohydrates=19.8
Fats=0.8
Kcals=84

Cucumber
Protein=0.9
Carbohydrates=3.4

Fats=0.1
Kcals=15

Garlic
Protein=6.2
Carbohydrates=30.8
Fats=0.2
Kcals=137

Leek
Protein=2.2
Carbohydrates=11.2
Fats=0.3
Kcals=52

Lentils (dried)
Protein=24.7
Carbohydrates=60.1
Fats=1.1
Kcals=340

Melon (honey)
Protein=0.8
Carbohydrates=7.7
Fats=0.3
Kcals=33

Melon (water)
Protein=0.5
Carbohydrates=6.4
Fats=0.2
Kcals=26

Mushrooms
Protein=1.9
Carbohydrates=6.5
Fats=0.6
Kcals=35

Olives (green)
Protein=1.4
Carbohydrates=1.3
Fats=12.7
Kcals=116

Olives (black, tinned)
Protein=2.2
Carbohydrates=8.7
Fats=35.8
Kcals=338

Onion
Protein=1.5
Carbohydrates=8.7
Fats=0.1
Kcals=38

Peas (green)
Protein=6.3
Carbohydrates=14.4
Fats=0.4
Kcals=84

Peas (yellow, dried)
Protein=24.1
Carbohydrates=60.3
Fats=1.3
Kcals=340

Pepper (green)
Protein=1.1
Carbohydrates=4.6
Fats=0.3
Kcals=26

Pepper (red)
Protein=1.3
Carbohydrates=6.4
Fats=0.5
Kcals=37

Parsley
Protein=5
Carbohydrates=10
Fats=0.2
Kcals=50

Radishes
Protein=1
Carbohydrates=3.6
Fats=0.1
Kcals=17

Salad
Protein=1.2
Carbohydrates=2.5
Fats=0.2
Kcals=14

Soyabeans
Protein=34.1
Carbohydrates=33.5
Fats=17.7
Kcals=403

Spinach
Protein=1.9
Carbohydrates=1.9
Fats=0
Kcals=16

Squash (Zucchini)
Protein=1.1
Carbohydrates=4.2
Fats=0.1

Kcals=19

Tomatoes
Protein=1.1
Carbohydrates=4.7
Fats=0.2
Kcals=22

Fruit/Nuts

Apple
Protein=0.2
Carbohydrates=14.5
Fats=0.6
Kcals=58

Apricot
Protein=1
Carbohydrates=12.8
Fats=0.2
Kcals=51

Banana
Protein=1.2
Carbohydrates=12.9
Fats=0.9
Kcals=85

Blueberries
Protein=0.7
Carbohydrates=12
Fats=0.8
Kcals=59

Blackberries
Protein=1.2
Carbohydrates=12.9
Fats=0.9
Kcals=58

Cherries (sweet)
Protein=1.3
Carbohydrates=14.3
Fats=0.3
Kcals=70

Grapefruit
Protein=0.5
Carbohydrates=16.4
Fats=0.3
Kcals=41

Grapes
Protein=0.6
Carbohydrates=17.3
Fats=0.3
Kcals=67

Lemon
Protein=1.1
Carbohydrates=8.2
Fats=0.3
Kcals=27

Lime
Protein=0.7
Carbohydrates=13.1
Fats=1.1
Kcals=28

Mango
Protein=0.7
Carbohydrates=16.8
Fats=0.4
Kcals=66

Nectarine
Protein=0.6
Carbohydrates=17.1
Fats=0
Kcals=64

Nuts (cashew)
Protein=17.2
Carbohydrates=29.3
Fats=45.7
Kcals=561

Nuts (chestnuts)
Protein=2.9
Carbohydrates=42
Fats=1.5
Kcals=194

Nuts (Hazel)
Protein=12.6
Carbohydrates=16.7
Fats=62.4
Kcals=634

Nuts (peanuts)
Protein=28.4
Carbohydrates=21.4
Fats=44.7
Kcals=620

Nuts (Walnuts)
Protein=14.8
Carbohydrates=15.8
Fats=64
Kcals=651

Papaya
Protein=0.6
Carbohydrates=10

Fats=0.1
Kcals=39

Peach
Protein=0.6
Carbohydrates=9.7
Fats=0.1
Kcals=38

Pear
Protein=0.7
Carbohydrates=20.1
Fats=0.4
Kcals=61

Pineapple
Protein=0.4
Carbohydrates=13.7
Fats=0.2
Kcals=52

Plums
Protein=0.8
Carbohydrates=19.7
Fats=0.2
Kcals=75

Raisins
Protein=2.5
Carbohydrates=77.4
Fats=0.2
Kcals=289

Drinks - Non alcoholic

Cocoa powder (20 - 22 percent)
Protein=23.7
Carbohydrates=44.7
Fats=21.4
Kcals=480

Coffee
Protein=0
Carbohydrates=0
Fats=0
Kcals=1

Pure juice (apple)
Protein=0.1
Carbohydrates=11.9
Fats=0
Kcals=47

Pure juice (grape)
Protein=0.2
Carbohydrates=16.6
Fats=0

Kcals=66

Pure juice (orange)

Protein=0.7

Carbohydrates=10.4

Fats=0.2

Kcals=45

Pure juice (pineapple)

Protein=0.4

Carbohydrates=15.1

Fats=0.1

Kcals=58

Lemonade

Protein=0

Carbohydrates=9.2

Fats=0

Kcals=38

Tea

Protein=0

Carbohydrates=0.4

Fats=0

Kcals=2

Drinks - alcoholic

Beer (light)

Protein=0

Carbohydrates=0.3

Fats=0

Kcals=27

Beer (strong)

Protein=0

Carbohydrates=0.3

Fats=0

Kcals=48

Brandy

Protein=0

Carbohydrates=0.5

Fats=0

Kcals=232

Liquor (cocoa, brown)

Protein=0

Carbohydrates=53

Fats=0

Kcals=336

Sherry

Protein=0

Carbohydrates=4

Fats=0

Kcals=129

Vodka
Protein=0
Carbohydrates=0
Fats=0
Kcals=230

Whisky
Protein=0
Carbohydrates=0
Fats=0
Kcals=245

Wine (red, medium)
Protein=0
Carbohydrates=0.3
Fats=0
Kcals=72

Wine (white semi-sweet)
Protein=0
Carbohydrates=3
Fats=0
Kcals=83

Wine (red, low alcohol)
Protein=0
Carbohydrates=4
Fats=0
Kcals=15

Wine (white, low alcohol)
Protein=0
Carbohydrates=5.5
Fats=0
Kcals=21

Sweets/Crisps

Cheese doodles
Protein=9.8
Carbohydrates=44
Fats=30
Kcals=484

Chewing gum
Protein=0.4
Carbohydrates=92.7
Fats=0
Kcals=378

Crisps
Protein=5.4
Carbohydrates=46.1
Fats=29.5
Kcals=470

Fudge
Protein=4.1
Carbohydrates=69
Fats=18
Kcals=456

Liquorice
Protein=4.1
Carbohydrates=82
Fats=3.2
Kcals=378

Marzipan
Protein=9.9
Carbohydrates=51.5
Fats=23
Kcals=453

Milk chocolate
Protein=8
Carbohydrates=54.6
Fats=34
Kcals=555

Pop corn
Protein=10.1
Carbohydrates=55
Fats=14.5
Kcals=393