

Calorie Food Index

Food	Calories
Bread	
Brown Bread (1 slice)	52
White Bread (1 slice)	76
Wholemeal bread (1 slice)	54
Pitta bread	165
Cereal	
Cornflakes 100 g	370
Special K 100g	370
Shredded wheat 100g	330
Potatoes	
Baked potato 100g	136
Boiled potatoes (2 tablespoons)	67
Waffles	200
Pasta	
Egg noodles (2 tablespoons)	106
Pasta 100g	149
Brown rice 4 tablespoons	108
White rice 4 tablespoons	103
Fruits (100g)	
Apple	41
Banana	93
Kiwi	46
Orange	64
Pear	82
Peaches	33
Strawberries	27
Dairy	
Butter (15g)	102
Milk skimmed (250ml)	86
Milk whole (250ml)	150
Danone activia (125g)	90
Muller light (100g)	54
Yoplait (175g)	170
Soya milk (sweetened) 250ml	109
Soya milk (unsweetened) 250ml	65
Cream cheese (light) 25g	45
Cheddar (25g)	114
Cottage cheese 2%fat (25g)	25
Cracker barrel (25g)	100
Eggs	
Fried egg	92
Poached egg	78
Egg white	29

Food	Calories
Vegetables	
Broccoli (2 tablespoons)	26
Carrot (2 tablespoons)	35
Corn cob	83
Coleslaw 2(tablespoons)	41
Tomato	19
Mushrooms (2tablespoons)	40
Peas frozen (2 tablespoons)	55
Lettuce (small handful)	3
Sauces	
Brown sauce100g	98
Tomato sauce 100g	115
Gravy (2 tablespoons)	15
Hellman's (1 tablespoon)	100
Jam (1 tablespoon)	19
Marmalade (100g)	261
Peanut butter (100g)	590
Chicken	
Chicken breast breadcrumbs 100g	242
Chicken burger	276
Fillet grilled 100g	148
Fish 100g	
Cod baked fillets	96
Cod battered	247
Grilled cod	95
Grilled salmon	215
Salmon smoked	142
Tuna tinned in brine	99
Meat	
Mince 175g	454
Roast beef 175g	576
Sirloin steak 175g	344
Pork chops grilled 100g	184
Turkey breast fillet grilled 100g	155
Back Bacon, fat trimmed grilled	214
Beef sausages, grilled	278
Soup (100g)	
Heinz chicken soup	49
Heinz tomato	57
Heinz scotch broth	35
Heinz vegetable soup	43
Big Mac	590
Pizza pepperoni (1 slice)	250