

## Handy calorie counter

Salad		Cals
Cherry tomatoes, 10		45
Cucumber	5cm	10
Salad, mixed leaf	80g	16
Spring onion		5
Tomato, medium		14

Fruit		Cals
Apple, medium	100g	47
Grapes, 10	50g	30
Lemon		4
Lime		4
Satsuma	70g	25

Meat and fish		Cals
Beef, lean casserole	100g	129
Beef, lean strips	100g	107
Chicken breast	150g	159
Chicken thigh	90g	136
Lamb steak, lean	90g	131
Pork, lean steaks	100g	147
Salmon fillet, skin off	130g	234
Turkey breast	100g	152

Vegetables		Cals
Aubergine, medium	300g	45
Beans, green	100g	35
Broccoli	100g	34
Butternut squash, medium	450g	162
Cabbage, red medium	800g	248
Cabbage, Savoy small	400g	108
Carrot, medium		35
Cauliflower, large	800g	272
Celeriac, medium	700g	294
Celery stick		5
Chilli, red or green		2
Courgette, large		36
Courgette, medium		27
Leek, small		26
Mushrooms	250g	32
Onion, large	220g	79
Onion, medium	180g	65
Onion, small	120g	44
Parsnip, medium	80g	45
Peas	100g	62
Pepper, green		24
Pepper, red		51
Pepper, yellow		42
Potatoes, 4 small new	180g	126
Shallot		14
Spinach	100g (4 cubes)	21
Swede, medium	300g	72
Sweet potato, large	150g	261
Sweet potato, medium	100g	174

Store cupboard		Cals
Butter	10g	75
Cheese, light soft	1 tbsp	25
Chickpeas, can drained	400ml (240g drained)	276
Coconut milk, light	400ml	292
Coconut, dessicated	1 tbsp	49
Cornflour	1 tsp	18
Creme fraiche, light	1 tbsp	40
Egg, large		89
Flour	1 tbsp	68
Honey, runny	1 tsp	8
Milk, skimmed	100ml	32
Mustard, English	1 tsp	12
Olives, 6 black		31
Parmesan	10g	42
Port	1 tbsp	13
Puy lentils ready-to-eat	100g	137
Salsa	1 tbsp	6
Sherry	1 tbsp	14
Vinegar, Balsamic	1 tsp	5
Wine, red	100ml	86
Yogurt, natural low fat	100g	56
Yogurt, natural low fat	1 tbsp (25g)	14

Good carbs		Cals
Rice, basmati	40g (dry weight)	141
Couscous	40g (dry weight)	150
Oatcake		52
Pitta bread		161

