

FOOD ANALYSIS – KILOJOULES & CALORIES DATA

FRUIT & VEGETABLES

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Apples	1 med, 138g 7cm diam.	72	301		52	218
Asparagus	4 spears 60g	13	56		22	94
Banana	1 medium 18cm, 118g	105	438		89	371
Beetroot	1 cup 246g	69	288		28	117
Blueberries	1 cup 145g	83	348		57	240
Broccoli	½ cup 78g	27	114		35	146
Carrot	1 small 12cm, 50g	20	86		41	173
Celery	1 med 20cm stalk , 40g	6	23		14	57
Lettuce Green	1 cup 36g	5	22		15	61
Mango	1 fruit sliced 207g	135	563		65	272
Mushrooms raw	½ cup 35g	8	33		22	94
Onions	½ cup Raw, 80g	34	141		42	176
Oranges	1 med, 184g 8cm diam	86	362		47	197
Peas	½ cup 72g	55	232		77	322
Pumpkin boiled	1 cup mash 245g	49	203		20	83
Tomato Red, ripe	1 medium 7cm, 123g	22	92		18	75
Pears	Medium 166g	96	402		58	242
Potato	1 med, 167g 7cm diam.	164	684		77	321
Strawberries	1 cup 152g	49	207		32	136
Zucchini	½ cup 90g	14	60		16	67

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BREAD, RICE, PASTA

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Rice white Med grain	1 cup 186g	242	1012		130	544
Rice brown Med grain	1 cup 195g	218	915		112	469
Rice cake Plain	1 cake 9g	35	146		387	1619
Pasta Dry, plain	1 serve 57g	75	312		131	548
Bread Pita	16cm diam 60g	165	691		275	1151
Bread White	1 slice 30g	80	334		266	1113
Bread white No crust!	1 slice 12g	32	134		266	1113
Bread Multi-grain	1 slice 32g	80	334		251	1049
Bread Rye	1 slice 32g	83	347		259	1084
Cereal Corn flakes	1 serve 28g	101	423		361	1510
Instant porridge dry	1 serve 30g	120	501		399	1671

CONDIMENTS

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Butter	1 serve 10g	72	300		720	3000
Honey raw	1 tbsp 21g	64	267		304	1272
Raspberry Jelly/Jam	1 tbsp 15g	42	176		280	1172
Marmalade	1 tbsp 20g	49	206		246	1029
Peanut butter	2 tbsp 32g	188	788		588	2462
Spinach Dip	1 serve 20g	81	337		405	1685

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DRINKS

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Water tap	1 cup 237g	0	0		0	0
Fruit juices	1 drink box 262g	123	516		47	197
Soda Soft drink	1 can 370g	151	627		41	170
Cola Diet	1 can 355g	4	14		1	4
Milk Low fat	1 serve 250g	136	570		54	228
Milk Regular	1 serve 244g	149	622		61	255
Cordial	250ml	89	373		36	149
Sports Drink	250ml	65	275		26	110

UNHEALTHY CHOICE SNACKS

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Chocolate plain	50g	266	1110		529	2210
Doughnut Jam filled	1 doughnut 85g	289	1210		340	1423
Dim Sims Fried	1 dim sim 30g	100	420		330	1386
Lollies jube style	20g	67	280		337	1410
Muesli bar not coated	35g	144	600		410	1715
Meat pie	1 medium 175g	473	1980		270	1131
Pizza slice	1 serve 100g	217	910		217	910
Hot dog with bun	1 medium 116g	315	1317		272	1135
French fries	50g	145	605		290	1210
Potato crisps	50g	250	1045		500	2090

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PROTEIN RICH FOODS – MEAT, NUTS, BEANS

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Beef steak No fat	1 serve 168g	282	1179		168	702
Pork steak	1 serve 140g	447	1869		319	1335
Chicken breast	Skin + roast 1 serve 98g	193	808		197	824
Baked beans	1 serve 210g	173	725		83	345
Chicken Fried	1 serve 72g	238	997		331	1385
Egg	1 medium 50g	71	297		142	594
Peanuts	Hand full 28g	166	694		585	2449
Almonds	Hand full 25g	153	639		612	2557
Tofu	1 piece 13g	35	148		271	1135
Chick peas	1 serve 75g	95	399		127	532
Tuna	1 serve 64g	78	327		122	511

DAIRY FOODS

<u>Food</u>	<u>Standard serve</u>	<u>kcal</u>	<u>kJ</u>		<u>100 grams kcal</u>	<u>100 grams kJ</u>
Yoghurt Plain	1 container 227g	138	583		61	257
Cheese cheddar	½ cup 28g	114	476		403	1684
Cheese cottage	50g	48	200		95	397
Butter	1 serve 10g	72	300		720	3000
Ice cream Vanilla	1 serve 72g	145	606		201	841