

# Food Calories List

The food calories list is a table of everyday foods listing their calorie content per average portion. The food calories list also gives the calorie content in 100 grams so it can be compared with any other products not listed here. The table can be useful if you want to exchange a food with similar calorie content when following a weight loss low calorie program.

The food calories list is broken down into sections based on the basic food groups of a balanced diet.

<b>BREADS &amp; CEREALS</b>	<b>Portion size *</b>	<b>per 100 grams (3.5 oz)</b>	<b>energy content</b>
Bagel ( 1 average )	140 cal (45g)	310 cal	Medium
Biscuit digestives	86 cal (per biscuit)	480 cal	High
Jaffa cake	48 cal (per biscuit)	370 cal	Med-High
Bread white (thick slice)	96 cal (1 slice 40g)	240 cal	Medium
Bread wholemeal (thick)	88 cal (1 slice 40g)	220 cal	Low-med
Chapatis	250 cal	300 cal	Medium
Cornflakes	130 cal (35g)	370 cal	Med-High
Crackerbread	17 cal per slice	325 cal	Low Calorie
Cream crackers	35 cal (per cracker)	440 cal	<u>Low / portion</u>
Crumpets	93 cal (per crumpet)	198 cal	Low-Med
Flapjacks basic fruit mix	320 cal	500 cal	High
Macaroni (boiled)	238 cal (250g)	95 cal	<u>Low calorie</u>
Muesli	195 cal (50g)	390 cal	Med-high
Naan bread (normal)	300 cal (small plate size)	320 cal	Medium
Noodles (boiled)	175 cal (250g)	70 cal	Low calorie
Pasta ( normal boiled )	330 cal (300g)	110 cal	Low calorie
Pasta (wholemeal boiled )	315 cal (300g)	105 cal	<u>Low calorie</u>
Porridge oats (with water)	193 cal (350g)	55 cal	Low calorie
Potatoes** (boiled)	210 cal (300g)	70 cal	Low calorie
Potatoes** (roast)	420 cal (300g)	140 cal	Medium

Rice (white boiled)	420 cals (300g)	140 cals	<u>Low calorie</u>
Rice (egg-fried)	500 cals	200 cals	High in portion
Rice ( Brown )	405 cals (300g)	135 cals	Low calorie
Rice cakes	28 Cals = 1 slice	373 Cals	Medium
Ryvita Multi grain	37 Cals per slice	331 Cals	Medium
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals	Medium
Spaghetti (boiled)	303 cals (300g)	101 cals	Low calorie

\* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

\*\* Potatoes are vegetables but listed here because they form a staple part of many meals. See a balanced diet section.

NB. The food calories list shows products in alphabetical order.

Most natural foods are calculated in tests and specific product values are calculated from their ingredients list or from manufacturers information. Some values may not be accurate and should only be used for general comparison purposes.

Fruits & Vegetables	Portion size *	per 100 grams (3.5 oz)	energy content
Apple	44 calories	44 calories	Low calorie
Banana	107 cal	65 calories	<u>Low calorie</u>
Beans baked beans	170 cal	80 calories	Low calorie
Beans dried (boiled)	180 cal	130 calories	Low calorie
Blackberries	25 cal	25 calories	Low calorie
Blackcurrant	30 cal	30 calories	Low calorie
Broccoli	27 cal	32 cal	Very low
Cabbage (boiled)	15 calories	20 calories	Low calorie
Carrot (boiled)	16 calories	25 calories	Low calorie
Cauliflower (boiled)	20 calories	30 calories	Low calorie
Celery (boiled)	5 calories	10 calories	Low calorie
Cherry	35 calories	50 calories	Low calorie
Courgette	8 cal	20 cal	Very low cal
Cucumber	3 calories	10 calories	<u>Low calorie</u>
Dates	100 calories	235 calories	Med-High
Grapes	55 calories	62 calories	Low calorie
Grapefruit	32 calories	32 calories	Low calorie
Kiwi	40 calories	50 calories	Low calorie
Leek (boiled)	10 calories	20 calories	Low calorie

Lentils (boiled)	150 calories	100 calories	Medium
Lettuce	4 calories	15 calories	Very Low
Melon	14 calories	28 calories	Medium
Mushrooms raw one average	3 cal	15 cal	Very low cal
Mushrooms (boiled)	12 calories	12 calories	<u>Low calorie</u>
Mushrooms (fried)	100 calories	145 calories	High
Olives	50 calories	80 calories	Low calorie
Onion (boiled)	14 calories	18 calories	Low calorie
One red Onion	49 cal	33 cal	Low calorie
Onions spring	3 cal	25 cal	Very low cal
Onion (fried)	86 calories	155 calories	High
Orange	40 calories	30 calories	Low calorie
Peas	210 calories	148 calories	Medium
Peas dried & boiled	200 calories	120 calories	Low calorie
Peach	35 calories	30 calories	Low calorie
Pear	45 calories	38 calories	Low calorie
Pepper yellow	6 cal	16 cal	Very low
Pineapple	40 calories	40 calories	Low calorie
Plum	30 calories	39 calories	Low calorie
Spinach	8 calories	8 calories	Low calorie
Strawberries (1 average)	10 calories	30 calories	Low calorie
Sweetcorn	95 calories	130 calories	Medium
Sweetcorn on the cob	70 calories	70 calories	Low calorie
Tomato	30 calories	20 calories	Low calorie
Tomato cherry	6 cal ( 3 toms)	17 Cals	Very low cal
Tomato puree	70 calories	70 calories	Low-Medium
Watercress	5 calories	20 calories	<u>Low calorie</u>

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Milk & Dairy produce	Portion size *	per 100 grams (3.5 oz)	energy content
Cheese average	110 cal (25g)	440 cal	High
Cheddar types average reduced fat	130	260 calories	Medium
Cheese spreads average	90 cal	270	Medium
Cottage cheese low fat	40 calories	80 cal	low - med
Cottage cheese	49 cal	98 cal	<u>Low calorie</u>
Cream cheese	200 cal	428 cal	High
Cream fresh half	128 cal	160 cal	Med-High
Cream fresh single	160 cal	200 cal	Med-High
Cream fresh double	340 cal	430 cal	High
Cream fresh clotted	480 cal	600 cal	High
Custard	210 cal	100 cal	Medium
Fromage frais	125 cal	125 cal	<u>Low calorie</u>
Ice cream	200 cal	180 cal	Medium
Milk whole	175 cal (250ml/half pint)	70 cal	Med-High
Milk semi-skimmed	125 cal (250ml/half pint)	50 cal	Medium
Milk skimmed	95 cal (250ml/half pint)	38 cal	Low calorie
Milk Soya	90 cal	36 cal	Low calorie
Mousse flavored	120 cal	140 cal	Medium
Trifle with cream	290 cal	190 cal	Medium
Yogurt natural	90 cal	60 cal	<u>Low calorie</u>
Yogurt reduced fat	70 cal	45 cal	Low calorie

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Fats & Sugars	Portion size *	per 100 grams (3.5 oz)	energy content
<u>PURE FAT</u>	9 cal (1 gram)	900 cal	High
Bombay mix	250 cal	500 cal	High
Butter	112 cal	750 cal	High
Chewing gum	8 cal per piece	-	<u>Low calorie</u>
Chocolate	200 cal	500 cal	High
Cod liver oil	135 cal (1 tablespoon)	900 cal	High
Corn snack	125 cal	500 cal	High
Crisps (chips US) average	100 cal	500 cal	High
Honey	42 cal	280 cal	Medium
Jam	38 cal	250 cal	Medium
Lard	225 cal	890 cal	High
Low fat spread	50 cal	400 cal	High
Margarine	50 cal	750 cal	High
Mars bar	240 cal	480 cal	Med-High
Mint sweets	10 cal per piece	-	High
Oils -corn, sunflower, olive	135 cal (1 Tbsp)	900 cal	High
Popcorn average	150 cal	460 cal	High
Sugar white table sugar	20 cal (1 tsp)	400 cal	Medium
Sweets (boiled)	100 cal	300 cal	Med-High
Syrup	15 cal	300 cal	Medium
Toffee	100 cal	400 cal	High

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Fruit	Calories per piece	Carbs (grams)	Water Content
Apple (1 average)	44 calories	10.5	85 %
Apple cooking	35 calories	9	88 %
Apricot	30 calories	6.7	85 %
Avocado	150 calories	2	60 %
Banana	107 calories	26	75 %
Blackberries each	1 calorie	0.2	85 %
Blackcurrant each	1.1 calorie	0.25	77 %
Blueberries (new) 100g	49 Cals ( 100g )	15 g	81 %
Cherry each	2.4 calories	0.6	83 %
Clementine	24 cals	5	66 %
Currants	5 calories	1.4	16 %
Damson	28 calories	7.2	70 %
One average date 5g	5 cals	1.2	14 %
Dates with inverted sugar 100g	250 calories	63	12 %
Figs	10 calories	2.4	24 %
Gooseberries	2.6 calories	0.65	80 %
Grapes 100g Seedless	50 cals	15	82 %
one average Grape 6g	3 calories	0.9	82 %
Grapefruit whole	100 calories	23	65 %
Guava	24 calories	4.4	85 %
Kiwi	34 calories	8	75 %
Lemon	20 calories	3.4	85 %
Lychees	3 calories	0.7	80 %
Mango	40 calories	9.5	80 %
Melon Honeydew (130g)	36 calories	9	90 %
Melon Canteloupe (130g)	25 cals	6	93 %
Nectarines	42 calories	9	80 %
Olives	6.8 calories	trace	63 %

Orange average	35 calories	8.5	73 %
Orange large 350g	100 Cals	22g	75 %
Papaya Diced (small handful)	67 Cals (20g)	17g	-
Passion Fruit	30 calories	3	50 %
Paw Paw	28 calories	6	70 %
Peach	35 calories	7	80 %
Pear	45 calories	12	77 %
Pineapple	50 calories	12	85 %
Plum	25 calories	6	79 %
Prunes	9 calories	2.2	37 %
Raisins	5 calories	1.4	13 %
Raspberries each	1.1 calories	0.2	87 %
Rhubarb	8 calories	0.8	95 %
Satsuma one average 112g	29 cals	6.5	88 %
Satsumas 100g	35 calories	8.5	88 %
Strawberries (1 average)	2.7 calories	0.6	90 %
Sultanas	5 calories	1.4	16 %
Tangerine	26 calories	6	60 %
Tomatoes (1 average size)	9 cals	2.2	93 %
Tomatoes Cherry (1 average size)	2 calories	0.5	90 %

All values correct at time of testing, values for fruit calories may vary between different pieces!

\* Fruit calories will vary depending on the size of fruit consumed. Some values for fruit calories may not be exact and should only be used for general comparison purposes.