



Energy rich foods

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Meat



Vitamins and Minerals per 100 grams									
Type of Food	Energy (Kcal)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Protein (g)	Fat (g)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)
Fish (Katla)	111	530	235	0.9	19.5	2.4	-	-	-
Beef	114	10	190	0.8	22.6	2.8	0.15	0.04	6.4
Mutton	194	150	150	2.5	18.5	13.3	-	-	-
Egg	173	60	220	2.1	13.3	13.3	0.1	0.4	0.1

Banana



Vitamins and Minerals per 100 grams	
Energy	116 Kcal
Phosphorus	36 mg
Carotene	78 µg
Magnesium	41 mg
Sodium	36.6 mg
Potassium	88 mg

Cereals





Vitamins and Minerals per 100 grams

Item	Energy (Kcal)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Carotene µg	Folic acid (µg)	Magnesium (mg)	Sodium (mg)	Potassium (mg)
Jowar	349	25	222	4.1	47	20	171	7.3	131
Maize	342	10	348	2.3	90	20	139	15.9	286
Ragi	328	344	283	3.9	42	18.3	137	11	408
Rice	345	10	160	0.7	2	-	90	-	-
Wheat	346	41	306	5.3	64	36.6	138	17.1	284
Bajra	361	42	296	8	132	45.5	137	10.9	307

Green Leaves



Vitamins and Minerals per 100 grams

Type of GLV	Energy (Kcal)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Carotene µg	Folic acid (µg)	Magnesium (mg)	Sodium (mg)	Potassium (mg)
Amaranth (Caudatus)	26	200	40	3.49	5520	149	122	230	341
Cabbage	27	39	44	0.80	120	23	31	-	-
Curry leaves	108	830	57	0.93	7560	93.9	44	-	-
Drumstick leaves	92	440	70	0.85	6780	-	42	-	259
Spinach	26	73	21	1.14	5580	123	64	58.5	206

Coriander Leaves	44	184	71	1.42	6918	-	31	58.3	256
Mint	48	200	62	15.8	1620	114	60	-	-

Milk Products



Vitamins and Minerals per 100 grams										
Type of Food	Energy (Kcal)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Protein (g)	Fat (g)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Sodium (mg)
Milk	67	120	90	0.2	3.2	4.1	0.05	0.19	0.1	73
Curd	60	149	93	0.2	3.1	4.0	0.05	0.16	0.1	32

Source: [National Institute of Nutrition, Hyderabad](#) 

Source: <https://data.vikaspedia.in/short/lc?k=pLhu9jPhVQ3mYHJ0aV4f5A>

