# 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 |

## Cerels

## 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*

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