

Energy rich foods

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Meat





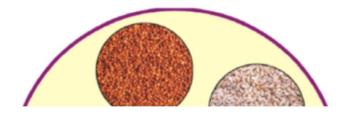
Vitamins and Minerals per 100 grams											
Type of Food	Energy (Kcal)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Protein (g)	Fat (g)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)		
Fish (Katla)	111	530	235	0.9	19.5	2.4		-	-		
Beef	114	10	190	0.8	22.6	2.8	0.15	0.04	6.4		
Mutton	194	150	150	2.5	18.5	13.3	-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

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



Vitamins and Minerals per 100 grams											
Type of Energy Calcium Phosphorus Iron Protein Fat Thiamine Riboflavin Niac									Niacin	Sodium	
Food	(Kcal)	(mg)	(mg)	(mg)	(g)	(g)	(mg)	(mg)	(mg)	(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

