

Table 8.2: The Kilojoule Values of Various Foods

	Weight	Kilojoules		Weight	Kilojoules
<i>Fruits</i>			<i>Poultry</i>		
FRESH FRUIT, av. serving	100 g	190	CHICKEN, cooked, meat and skin and fat	100 g	900
FRUIT, canned or stewed, sweetened	100 g	275	1/4 (leg and thigh)	100 g	900
3/4 cup	180 g	500	CHICKEN, cooked, meat only	100 g	620
FRUIT, canned or stewed, no added sugar	100 g	130	1/4 (leg and thigh)	70 g	435
3/4 cup	180 g	200	DUCK roast meat only	100 g	790
FRUIT, dried	100 g	1055	3 slices	90 g	710
6 pieces	30 g	315	DUCK roast meat and skin	100 g	1405
OLIVES (with pips)	100 g	340	2 slices	90 g	1265
AVOCADO, pitted	100 g	920	TURKEY, roast, meat only	100 g	590
1/2 medium	100 g	920	3 slices	90 g	530
FRUIT JUICE, unsweetened	100 ml	150	<i>Beef</i>		
1 glass	150 ml	225	BEEF, steak, lean, grilled	100 g	700
FRUIT JUICE, sweetened	100 ml	190	1 small piece	90 g	630
1 glass	150 ml	285	BEEF, steak, av. fat, grilled	100 g	915
SULTANAS	100 g	1065	1 small piece	110 g	1005
1 tablespoon	15 g	160	BEEF, roast, lean (eg. sirloin, topside only)	100 g	735
<i>Vegetables</i>			3 slices	90 g	660
POTATO, boiled or baked in jacket	100 g	345	BEEF, corned, lean meat only	100 g	735
1 medium	100 g	345	2 slices	60 g	440
POTATO, roast	100 g	660	VEAL, roast, lean meat only	100 g	695
1/2 medium	70 g	465	3 slices	90 g	625
POTATO, hot chips	see take-away		VEAL, outlets, crumbed and fried	100 g	905
POTATO, mashed, milk and fat added	100 g	500	2 Medium	140 g	1265
1/2 cup	100 g	500	<i>Lamb</i>		
LEGUMES/ LENTILS, cooked	100 g	400	LAMB, roast leg, lean meat only	100 g	800
1/2 cup, cooked	100 g	400	3 slices	90 g	720
SOYA BEANS, cooked	100 g	485	LAMB, chops, grilled, av. fat	100 g	1535
1/2 cup cooked	100 g	485	2 small, 1 large	90 g	1380
STARCHY VEG, av. eg. baked beans, corn, parsnip, peas	100 g	260	LAMB, chops, grilled lean meat only	100 g	930
1/2 cup	100 g	260	1 large	60 g	555
OTHER VEG, av. large portion	100 g	40-170	<i>Pork</i>		
<i>Cereals</i>			PORK, chops, av. fat, grilled	100 g	1380
BREAD	100 g	950	1 large	90 g	1240
1 slice	30 g	285	PORK, chops, lean, meat only	100 g	945
BREAD ROLLS	100 g	1235	grilled	60 g	570
one	60 g	740	1 medium	100 g	780
PITA (Lebanese bread)	100 g	1205	PORK, roast leg, lean meat only	100 g	780
1/4 large, 1 small	25 g	300	3 slices	90 g	700
ROLLED OATS, cooked	100 g	185	HAM, canned, lean	100 g	500
1 cup	250 g	465	2 slices	60 g	300
RICE PASTA cooked	100 g	380	BACON, grilled, lean and fat	100 g	1720
BREAKFAST CEREALS	100 g	1550	2 small rashers	30 g	520
eg. Cornflakes, Weet-Bix	100 g	1550	<i>Smallgoods</i>		
1 cup, 2	30 g	465	DEVON, FRITZ	100 g	1300
MUESLI, toasted	100 g	1855	2 slices	50 g	650
1/4 cup	30 g	555	SALAMI	100 g	2030
MUESLI, untoasted	100 g	1540	4 thin slices	40 g	810
1/4 cup	30 g	460	SAUSAGES, beef, grilled or fried	100 g	1115
WHEATGERM	100 g	1500	2 thick	140 g	1560
1 tablespoon	7 g	105	SAUSAGES, pork, grilled or fried	100 g	1320
UNPROCESSED BRAN	100 g	800	2 thick	140 g	1845
1 tablespoon	5 g	40	FRANKFURTERS, SAVELOYS, boiled	100 g	1160

	Weight	Kilojoules		Weight	Kilojoules
<i>Offal</i>			1/2 medium can	110 g	525
BRAINS, steamed	100 g	525	CRAB, canned, cooked, meat only	100 g	340
1 set	90 g	470			
LIVER, KIDNEY, cooked	100 g	1120	1/4 cup (110 g can)	75 g	255
1 slice liver, 1 pair kidneys	85 g	950	PRAWNS, cooked, meat only	100 g	450
TONGUE, boiled	100 g	1250	6 king prawns	65 g	295
medium serve	90 g	1085	LOBSTER, cooked, meat only	100 g	500
			1/2 cup	100 g	500
<i>Dairy Foods</i>			OYSTER, raw, meat only	100 g	220
CHEESE, cheddar	100 g	1690	6 medium	60 g	130
1 packaged slice	20 g	335	SCALLOP, steamed, meat only	100 g	445
CHEESE, creamed cottage	100 g	420	6 medium	60 g	265
1 tablespoon	20 g	85	MUSSELS, cooked, meat only	100 g	365
CHEESE, med. fat eg. ricotta, Cotto	100 g	695	6 large	60 g	220
(NB low fat ricotta also available) 1 tablespoon	20 g	140	SARDINES, canned in oil, drained	100 g	905
CHEESE, cream	100 g	1425	3 small	30 g	270
1 tablespoon	20 g	285	SARDINES, canned in oil, not drained	100 g	1380
CREAM, whipping	100 g	1364	2-3 small	30 g	415
1 tablespoon	20 g	275			
ICE CREAM	100 g	705	<i>Fats, oils, dressings</i>		
2 scoops	60 g	420	SALAD DRESSING	100 g	1500
BUTTERMILK (Note: some states neg. fat)	100 ml	205	eg. French, Italian		
1 cup	250 ml	505	1 tablespoon	19 g	285
MILK, skim	100 ml	145	SOLID COOKING FAT	100 g	3675
1 cup	250 ml	365	eg. Supa-Frymaster Hi-Fri		
MILK, full cream	100 ml	280	1 tablespoon	18 g	625
1 cup	250 ml	700	OIL, peanut	100 g	3665
MILK, fat reduced eg. Rev, Hilo	100 ml	250	1 tablespoon	18 g	660
1 cup	250 ml	620	OIL, polyunsaturated (eg. sun, soya, maize)	100 g	3665
MILK, goat's	100 ml	305	1 tablespoon	18 g	660
			SALAD DRESSING, low joule, no oil	100 g	105
1 cup	250 ml	760	1 tablespoon	19 g	20
YOGHURT, full cream, plain	100 g	330	OIL, olive	100 g	3665
1 carton	200 g	660	1 tablespoon	18 g	660
YOGHURT, full cream, flavoured	100 g	415	BUTTER	100 g	3030
1 carton	200 g	830	1 tablespoon	19 g	580
YOGHURT, non fat, plain	100 g	280	COPHA	100 g	3675
1 carton	200 g	560	1 tablespoon	17 g	625
YOGHURT, non fat, flavoured	100 g	345	DRIPPING, lard	100 g	3675
1 carton	200 g	685	1 tablespoon	17 g	625
			MARGARINE, cooking	100 g	2895
<i>Eggs</i>			1 tablespoon	19 g	550
EGGS, whole	100 g	610	MARGARINE, table	100 g	2975
1 medium	55 g	335	1 tablespoon	19 g	565
			MARGARINE, polyunsaturated	100 g	3050
<i>Seafood</i>			1 tablespoon	19 g	580
SQUID (Calamari), raw	100 g	ND	MAYONNAISE, reg	100 g	495
medium serve	100 g	ND	1 tablespoon	19 g	95
FISH, cooked	100 g	390	MAYONNAISE, polyunsaturated	100 g	2025
1 fillet	120 g	460	1 tablespoon	19 g	385
SALMON, smoked	100 g	600			
2 slices	30 g	180			
SALMON, canned	100 g	535			
1/2 medium can	110 g	590			
TUNA, canned in oil	100 g	1200			
1/2 medium can	110 g	1320			
TUNA, canned in water or brine	100 g	480			

SECTION THREE: PHYSIOLOGICAL DIMENSIONS OF PHYSICAL ACTIVITY

	Weight	Kilojoules		Weight	Kilojoules
<i>Nuts</i>			<i>Cakes, pastries</i>		
CASHEW	100 g	2260	BAKLAVA, Lebanese	100 g	1080
15	30 g	670	1 slice	50 g	1040
PEANUTS	100 g	2365	CAKE, plain eg. madeira	100 g	1650
40	30 g	710	1 slice	60 g	990
WALNUTS	100 g	2165	CAKE, rich fruit	100 g	1405
5 halves	30 g	670	1 slice	60 g	840
ALMONDS	100 g	2335	CAKE, fancy, iced	100 g	1715
30	30 g	710	1 slice	60 g	1030
MACADAMIA	100 g	3125	FRUIT PIE, pastry top and bottom	100 g	1555
20	30 g	940	1/6 of 20 cm pie	140 g	2175
PINE NUTS	100 g	2430	CHEESE CAKE	100 g	1745
1 1/2 tablespoon	30 g	730	1/6 of 20 cm cake	120 g	2095
PECANS	100 g	2975			
20 halves	30 g	895	<i>Biscuits</i>		
COCONUT, fresh	100 g	1445	BISCUITS, savoury, eg. Sao	100 g	1835
(5 x 2.5 x 1cm)	30 g	435	2	18 g	330
COCONUT, desiccated	100 g	2490	BISCUITS, crispbread	100 g	1310
1/4 cup	25 g	625	2	16 g	210
			BISCUITS, sweet/plain, eg. Marie, Milk Arrowroot	100 g	1880
<i>Takeaways</i>			2	18 g	320
FRIED RICE	100 g	930	BISCUITS, rich sweet, eg. shortbread butter	100 g	2040
small container	200 g	1860	2	37 g	755
BBQ CHICKEN, meat and skin and fat	100 g	1030	BISCUITS, sweet cream	100 g	2040
1/4 (drumstick and thigh)	100 g	1030	2	38 g	775
CHICKEN, crumbed and fried	100 g	1380	BISCUITS, choc, coated, cream filled	100 g	2110
1/4 (drumstick and thigh)	130 g	1795	2	36 g	575
PIZZA, average	100 g	1090	BISCUITS, choc, coated	100 g	1980
Reg. commercial	460 g	5025	2	29 g	575
HAMBURGER, plain	100 g	950	<i>Snackfood</i>		
1	170 g	1610	POTATO CRISPS	100 g	2175
MEAT PIE	100 g	955	1 small packet	25 g	545
1	170 g	1625	PACKET SNACKS	100 g	2110
SAUSAGE ROLL	100 g	1215	eg. Twisties, Cheezels		
1	130 g	1580	1 small packet	25 g	525
SPRING ROLL, fried	100 g	970	PRETZELS	100 g	1600
1	175 g	1695	1 small packet	50 g	800
FISH, fried in batter	100 g	1065	POPCORN, popped, plain	100 g	1610
1 piece	150 g	1600	1 cup	15 g	240
CHINESE, Chicken and Almond	100 g	580			
1 large serve	500 g	2880	<i>Confectionery</i>		
CHINESE, Prawn Cutlets	100 g	1100	CHOCOLATE, plain milk	100 g	2210
1 av. serve	200 g	2200	10 small squares	50 g	1105
LEBANESE, hoummous	100 g	950	BUTTERSCOTCH	100 g	1760
1 serving	160 g	1520	5	25 g	440
LEBANESE, shish kebab	100 g	790	BOILED LOLLIES	100 g	1395
3 sticks	200 g	1585	5	25 g	350
POTATO SCALLOP	100 g	1360	FRUIT AND COCONUT BARS	100 g	1345
1	100 g	1360	1	40 g	535
CHIPS	100 g	1100	MARSHMALLOW, plain	100 g	1350
av. commercial serve	200 g	2190	5	25 g	340
			NOVELTY CHOCOLATE BARS	100 g	1910
			eg. Picnic, Cherry Ripe, Flake	50 g	955

Drinks	Weight	Kilojoules	Sauces and spreads	Weight	Kilojoules
BEER	100 ml	170	TOMATO SAUCE	100 g	420
BEER, alcohol reduced 2.2%	370 ml	590	1 tablespoon	21 g	90
BEER, alcohol reduced 2.2%	100 ml	125	PEANUT BUTTER	100 g	2600
BEER, alcohol reduced 2.2%	370 ml	440	1 tablespoon	20 g	520
BEER, alcohol reduced 0.9-1%	100 ml	85	HONEY, JAM	100 g	1345
1 can	370 ml	315	1 tablespoon	27 g	365
WINE, sweet or dry, average	100 ml	335	VEGETABLE, MARMITE	100 g	760
1 glass	120 ml	400	1 teaspoon	5g	40
SHERRY, sweet	100 ml	570	SOY SAUCE	100 g	0
1 small glass	60 ml	335	Few drops	2 g	0
SHERRY, dry	100 ml	480	Miscellaneous	100 g	1635
1 small glass	60 ml	290	SUGAR	8 g	130
1 rounded teaspoon	5 ml	290	NON-DAIRY WHITENER	100 g	2245
LIQUEUR, average	100 ml	1190	2 heaped teaspoons	8 g	180
1 Liqueur glass	20 ml	230			
SPIRITS	100 ml	920			
1 nip	30 ml	290			
SOFT DRINKS, CIDER	100 ml	185			
1 can	370 ml	685			
SOFT DRINKS, low kilojoule	100 ml	0			
1 can	370 ml	0			
TEA, COFFEE (black)	100 ml	0			
1 cup	250 ml	0			
FRUIT JUICE DRINKS	100 ml	170			
1 carton	250 ml	420			
MILKSHAKE	100 ml	380			
1 container	370 ml	1360			
FRUIT JUICE - see Fruit					

To calculate daily kilojoule expenditure, the kilojoule cost of all activities completed during the 24 hour period must be calculated using a kilojoule cost table, such as Table 8.3.

Because energy expenditure for different tasks will vary according to a person's body weight and the duration of the activity, these must be taken into account when calculating energy costs. The value presented in the Table is therefore in kilojoules/hour/kilogram of body weight, and must be multiplied by the time spent on the particular activity (in hours) and the weight of the individual for whom the calculation is being made. For example, a person weighing 60 kg, who gardens for 1 hour would expend:

$$60 \text{ kg} \times 1 \text{ hour} \times 12 \text{ kJ/hr/kg} = 720 \text{ kJ}$$

In addition to the energy expended through daily activities, is the energy expended by the body at rest to maintain essential functions, such as the beating of the heart, activity of the brain, maintaining the body temperature and respiration. This is known as the basal metabolic rate (BMR).