|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Foods | Quantity | Carbs(in grms) | Protein(in grms) | Fat(in grms) |
| Chamal | 100gm | 30 | 2 | 1 |
| Cowli flower | 80gm | 20 | 4 | 2 |
| Apple medium | 1 each | 21 | 0.3 | 0.5 |
| Apricots,fresh | 1 each | 3.9 | 0.5 | 0.1 |
| Banana,small | 1 each | 23.7 | 1 | 0.5 |
| oatmeal | 1 cup | 54 | 10 | 6 |
| Egg white | 8 oz | 5 | 25 | 0 |
| Chicken breast | 6 oz | 0 | 33 | 2.8 |
| Brown rice | 1 cup | 33 | 4 | 1 |
| brocowli | 1 cup | 6 | 2.55 | 0.3 |
| White bread | 1 slice | 17 | 2 | 0.82 |
| potatoes | medium | 51 | 4.3 | 0.2 |
| onions | ½ cup | 7 | 0.74 | 0.06 |
| grapes | 10 | 8.9 | 0.3 | 0 |
| orange | 1 | 16.6 | 1.4 | 0.1 |
| maize | 1 | 19 | 3 | 1 |
| milk | 1 cup | 13 | 8 | 8 |
| millets | 1 cup | 41 | 6 | 1.7 |
| soybeans | 100gm | 9.9 | 16.6 | 9 |
| Fatty fish | One half | 0 | 39.2 | 12.6 |
| Leafy green | 100gm | 3.6 | 2.9 | 0.4 |
| Avocado | 100gm | 8.5 | 2 | 14.7 |
| mutton | 100gm | 0 | 25.5 | 16.5 |
| beans | ½ cup | 21 | 8 | 1 |
| butter | 15gm | 0 | 0 | 15 |
| peanuts | 100gm | 16.13 | 25.80 | 49.24 |
| kaju | 100gm | 30.19 | 18.22 | 43.85 |
| Chia seeds | 100gm | 42.1 | 16.5 | 30.7 |
| Apple cider vinegar | 100ml | 0.3 | 0.1 | 0.1 |
| Strawberries | 100gm | 7.7 | 0.7 | 0.3 |
| Sweet potatoes | 100gm | 20.1 | 1.6 | 0.1 |
| yogurt | 1 cup | 4.7 | 3.9 | 3.3 |
|  |  |  |  |  |