

Food Calories List

From: www.weightlossforall.com

The food calories list is a table of everyday foods listing their calorie content per average portion. The food calories list also gives the calorie content in 100 grams so it can be compared with any other products not listed here. The table can be useful if you want to exchange a food with similar calorie content when following a weight loss low calorie program.

The food calories list is broken down into sections based on the 5 basic food groups of a balanced diet.

| BREADS & CEREALS | Portion size * | per 100 grams (3.5 oz) | energy content |
|----------------------------|-----------------------------|---------------------------|----------------------|
| Bagel (1 average) | 140 cals (45g) | 310 cals | Medium |
| Biscuit digestives | 86 cals (per biscuit) | 480 cals | High |
| Jaffa cake | 48 cals (per biscuit) | 370 cals | Med-High |
| Bread white (thick slice) | 96 cals (1 slice 40g) | 240 cals | Medium |
| Bread wholemeal (thick) | 88 cals (1 slice 40g) | 220 cals | Low-med |
| Chapatis | 250 cals | 300 cals | Medium |
| Cornflakes | 130 cals (35g) | 370 cals | Med-High |
| Crackerbread | 17 cals per slice | 325 cals | Low Calorie |
| Cream crackers | 35 cals (per cracker) | 440 cals | <u>Low / portion</u> |
| Crumpets | 93 cals (per crumpet) | 198 cals | Low-Med |
| Flapjacks basic fruit mix | 320 cals | 500 cals | High |
| Macaroni (boiled) | 238 cals (250g) | 95 cals | <u>Low calorie</u> |
| Muesli | 195 cals (50g) | 390 cals | Med-high |
| Naan bread (normal) | 300 cals (small plate size) | 320 cals | Medium |
| Noodles (boiled) | 175 cals (250g) | 70 cals | Low calorie |
| Pasta (normal boiled) | 330 cals (300g) | 110 cals | Low calorie |
| Pasta (wholemeal boiled) | 315 cals (300g) | 105 cals | <u>Low calorie</u> |
| Porridge oats (with water) | 193 cals (350g) | 55 cals | Low calorie |
| Potatoes** (boiled) | 210 cals (300g) | 70 cals | Low calorie |
| Potatoes** (roast) | 420 cals (300g) | 140 cals | Medium |

| | | | |
|----------------------|-------------------|----------|--------------------|
| Rice (white boiled) | 420 cals (300g) | 140 cals | <u>Low calorie</u> |
| Rice (egg-fried) | 500 cals | 200 cals | High in portion |
| Rice (Brown) | 405 cals (300g) | 135 cals | Low calorie |
| Rice cakes | 28 Cals = 1 slice | 373 Cals | Medium |
| Ryvita Multi grain | 37 Cals per slice | 331 Cals | Medium |
| Ryvita + seed & Oats | 180 Cals 4 slices | 362 Cals | Medium |
| Spaghetti (boiled) | 303 cals (300g) | 101 cals | Low calorie |

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

** Potatoes are vegetables but listed here because they form a staple part of many meals. See a balanced diet section.

NB. The food calories list shows products in alphabetical order.

Most natural foods are calculated in tests and specific product values are calculated from their ingredients list or from manufacturers information. Some values may not be accurate and should only be used for general comparison purposes.

| Meats & Fish | Portion size * | per 100 grams (3.5 oz) | energy content |
|-----------------------|----------------------|---------------------------|--------------------|
| Anchovies tinned | 300 cals | 300 cals | Medium |
| Bacon average fried | 250 cals (2 rashers) | 500 cals | High |
| Bacon average grilled | 150 cals | 380 cals | Med-High |
| Beef (roast) | 300 cals | 280 cals | Medium |
| Beef burgers frozen | 320 cals | 280 cals | Med-High |
| Chicken | 220 cals | 200 cals | Medium |
| Cockles | 50 cals | 50 cals | Low |
| Cod fresh | 150 cals | 100 cals | <u>Low calorie</u> |
| Cod chip shop food | 400 cals | 200 cals | Med-High |
| Crab fresh | 200 cals | 110 cals | low calorie |
| Duck roast | 400 cals | 430 cals | High |

| | | | |
|--------------------------|-------------------|----------|--------------------|
| Fish cake | 90 cals per cake | 200 cals | Medium |
| Fish fingers | 50 cals per piece | 220 cals | Medium |
| Gammon | 320 cals | 280 cals | Med-High |
| Haddock fresh | 200 cals | 110 cals | Low calorie |
| Halibut fresh | 220 cals | 125 cals | <u>Low calorie</u> |
| Ham | 6 cals | 240 cals | Medium |
| Herring fresh grilled | 300 cals | 200 cals | Medium |
| Kidney | 200 cals | 160 cals | Medium |
| Kipper | 200 cals | 120 cals | <u>Low calorie</u> |
| Liver | 200 cals | 150 cals | Medium |
| Liver pate | 150 cals | 300 cals | Medium |
| Lamb (roast) | 300 cals | 300 cals | Med-High |
| Lobster boiled | 200 cals | 100 cals | <u>Low calorie</u> |
| Luncheon meat | 300 cals | 400 cals | High |
| Mackeral | 320 cals | 300 cals | Medium |
| Mussels | 90 cals | 90 cals | Low-Med |
| Pheasant roast | 200 cals | 200 cals | Medium |
| Pilchards (tinned) | 140 cals | 140 cals | Medium |
| Prawns | 180 cals | 100 cals | Low- Med |
| Pork | 320 cals | 290 cals | Med-High |
| Pork pie | 320 cals | 450 cals | High |
| Rabbit | 200 cals | 180 cals | Medium |
| Salmon fresh | 220 cals | 180 cals | Medium |
| Sardines tinned in oil | 220 cals | 220 cals | Medium |
| Sardines in tomato sauce | 180 cals | 180 cals | Medium |
| Sausage pork fried | 250 cals | 320 cals | High |
| Sausage pork grilled | 220 cals | 280 cals | Med-High |
| Sausage roll | 290 cals | 480 cals | High |
| Scampi fried in oil | 400 cals | 340 cals | High |
| Steak & kidney pie | 400 cals | 350 cals | High |

| | | | |
|-------------------|----------|----------|--------------------|
| Taramasalata | 130 cals | 490 cals | High |
| Trout fresh | 200 cals | 120 cals | <u>Low calorie</u> |
| Tuna tinned water | 100 cals | 100 cals | <u>Low calorie</u> |
| Tuna tinned oil | 180 cals | 180 cals | Medium |
| Turkey | 200 cals | 160 cals | Medium |
| Veal | 300 cals | 240 cals | Medium |

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

| Fruits & Vegetables | Portion size * | per 100 grams (3.5 oz) | energy content |
|----------------------|----------------|------------------------|--------------------|
| Apple | 44 calories | 44 calories | Low calorie |
| Banana | 107 cals | 65 calories | <u>Low calorie</u> |
| Beans baked beans | 170 cals | 80 calories | Low calorie |
| Beans dried (boiled) | 180 cals | 130 calories | Low calorie |
| Blackberries | 25 cals | 25 calories | Low calorie |
| Blackcurrant | 30 cals | 30 calories | Low calorie |
| Broccoli | 27 cals | 32 cals | Very low |
| Cabbage (boiled) | 15 calories | 20 calories | Low calorie |
| Carrot (boiled) | 16 calories | 25 calories | Low calorie |
| Cauliflower (boiled) | 20 calories | 30 calories | Low calorie |
| Celery (boiled) | 5 calories | 10 calories | Low calorie |
| Cherry | 35 calories | 50 calories | Low calorie |
| Courgette | 8 cals | 20 cals | Very low cal |
| Cucumber | 3 calories | 10 calories | <u>Low calorie</u> |
| Dates | 100 calories | 235 calories | Med-High |
| Grapes | 55 calories | 62 calories | Low calorie |
| Grapefruit | 32 calories | 32 calories | Low calorie |
| Kiwi | 40 calories | 50 calories | Low calorie |
| Leek (boiled) | 10 calories | 20 calories | Low calorie |

| | | | |
|---------------------------|-----------------|--------------|--------------------|
| Lentils (boiled) | 150 calories | 100 calories | Medium |
| Lettuce | 4 calories | 15 calories | Very Low |
| Melon | 14 calories | 28 calories | Medium |
| Mushrooms raw one average | 3 cal | 15 cal | Very low cal |
| Mushrooms (boiled) | 12 calories | 12 calories | <u>Low calorie</u> |
| Mushrooms (fried) | 100 calories | 145 calories | High |
| Olives | 50 calories | 80 calories | Low calorie |
| Onion (boiled) | 14 calories | 18 calories | Low calorie |
| One red Onion | 49 cal | 33 cal | Low calorie |
| Onions spring | 3 cal | 25 cal | Very low cal |
| Onion (fried) | 86 calories | 155 calories | High |
| Orange | 40 calories | 30 calories | Low calorie |
| Peas | 210 calories | 148 calories | Medium |
| Peas dried & boiled | 200 calories | 120 calories | Low calorie |
| Peach | 35 calories | 30 calories | Low calorie |
| Pear | 45 calories | 38 calories | Low calorie |
| Pepper yellow | 6 cal | 16 cal | Very low |
| Pineapple | 40 calories | 40 calories | Low calorie |
| Plum | 30 calories | 39 calories | Low calorie |
| Spinach | 8 calories | 8 calories | Low calorie |
| Strawberries (1 average) | 10 calories | 30 calories | Low calorie |
| Sweetcorn | 95 calories | 130 calories | Medium |
| Sweetcorn on the cob | 70 calories | 70 calories | Low calorie |
| Tomato | 30 calories | 20 calories | Low calorie |
| Tomato cherry | 6 cal (3 toms) | 17 Cal | Very low cal |
| Tomato puree | 70 calories | 70 calories | Low-Medium |
| Watercress | 5 calories | 20 calories | <u>Low calorie</u> |

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

| Milk & Dairy produce | Portion size * | per 100 grams (3.5 oz) | energy content |
|-----------------------------------|----------------------------|---------------------------|--------------------|
| Cheese average | 110 cals (25g) | 440 cals | High |
| Cheddar types average reduced fat | 130 | 260 calories | Medium |
| Cheese spreads average | 90 cals | 270 | Medium |
| Cottage cheese low fat | 40 calories | 80 cals | low - med |
| Cottage cheese | 49 cals | 98 cals | <u>Low calorie</u> |
| Cream cheese | 200 cals | 428 cals | High |
| Cream fresh half | 128 cals | 160 cals | Med-High |
| Cream fresh single | 160 cals | 200 cals | Med-High |
| Cream fresh double | 340 cals | 430 cals | High |
| Cream fresh clotted | 480 cals | 600 cals | High |
| Custard | 210 cals | 100 cals | Medium |
| Eggs (1 average size) | 90 cals | 150 cals | Medium |
| Eggs fried | 120 cals | 180 cals | Med-High |
| Fromage frais | 125 cals | 125 cals | <u>Low calorie</u> |
| Ice cream | 200 cals | 180 cals | Medium |
| Milk whole | 175 cals (250ml/half pint) | 70 cals | Med-High |
| Milk semi-skimmed | 125 cals (250ml/half pint) | 50 cals | Medium |
| Milk skimmed | 95 cals (250ml/half pint) | 38 cals | Low calorie |
| Milk Soya | 90 cals | 36 cals | Low calorie |
| Mousse flavored | 120 cals | 140 cals | Medium |
| Omelette with cheese | 300 cals | 266 cals | Medium |
| Trifle with cream | 290 cals | 190 cals | Medium |
| Yogurt natural | 90 cals | 60 cals | <u>Low calorie</u> |
| Yogurt reduced fat | 70 cals | 45 cals | Low calorie |

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

| Fats & Sugars | Portion size * | per 100 grams (3.5 oz) | energy content |
|------------------------------|------------------------|---------------------------|--------------------|
| <u>PURE FAT</u> | 9 cal (1 gram) | 900 cal | High |
| Bombay mix | 250 cal | 500 cal | High |
| Butter | 112 cal | 750 cal | High |
| Chewing gum | 8 cal per piece | - | <u>Low calorie</u> |
| Chocolate | 200 cal | 500 cal | High |
| Cod liver oil | 135 cal (1 tablespoon) | 900 cal | High |
| Corn snack | 125 cal | 500 cal | High |
| Crisps (chips US) average | 100 cal | 500 cal | High |
| Honey | 42 cal | 280 cal | Medium |
| Jam | 38 cal | 250 cal | Medium |
| Lard | 225 cal | 890 cal | High |
| Low fat spread | 50 cal | 400 cal | High |
| Margarine | 50 cal | 750 cal | High |
| Mars bar | 240 cal | 480 cal | Med-High |
| Mint sweets | 10 cal per piece | - | High |
| Oils -corn, sunflower, olive | 135 cal (1 Tbsp) | 900 cal | High |
| Popcorn average | 150 cal | 460 cal | High |
| Sugar white table sugar | 20 cal (1 tsp) | 400 cal | Medium |
| Sweets (boiled) | 100 cal | 300 cal | Med-High |
| Syrup | 15 cal | 300 cal | Medium |
| Toffee | 100 cal | 400 cal | High |

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

| Fruit | Calories per piece | Carbs (grams) | Water Content |
|---------------------------------|--------------------|---------------|---------------|
| Apple (1 average) | 44 calories | 10.5 | 85 % |
| Apple cooking | 35 calories | 9 | 88 % |
| Apricot | 30 calories | 6.7 | 85 % |
| Avocado | 150 calories | 2 | 60 % |
| Banana | 107 calories | 26 | 75 % |
| Blackberries each | 1 calorie | 0.2 | 85 % |
| Blackcurrant each | 1.1 calorie | 0.25 | 77 % |
| Blueberries (new) 100g | 49 Cals (100g) | 15 g | 81 % |
| Cherry each | 2.4 calories | 0.6 | 83 % |
| Clementine | 24 cals | 5 | 66 % |
| Currants | 5 calories | 1.4 | 16 % |
| Damson | 28 calories | 7.2 | 70 % |
| One average date 5g | 5 cals | 1.2 | 14 % |
| Dates with inverted sugar 100g | 250 calories | 63 | 12 % |
| Figs | 10 calories | 2.4 | 24 % |
| Gooseberries | 2.6 calories | 0.65 | 80 % |
| Grapes 100g Seedless | 50 cals | 15 | 82 % |
| one average Grape 6g | 3 calories | 0.9 | 82 % |
| Grapefruit whole | 100 calories | 23 | 65 % |
| Guava | 24 calories | 4.4 | 85 % |
| Kiwi | 34 calories | 8 | 75 % |
| Lemon | 20 calories | 3.4 | 85 % |
| Lychees | 3 calories | 0.7 | 80 % |
| Mango | 40 calories | 9.5 | 80 % |
| Melon Honeydew (130g) | 36 calories | 9 | 90 % |
| Melon Canteloupe (130g) | 25 cals | 6 | 93 % |
| Nectarines | 42 calories | 9 | 80 % |
| Olives | 6.8 calories | trace | 63 % |

| | | | |
|----------------------------------|---------------|-----|------|
| Orange average | 35 calories | 8.5 | 73 % |
| Orange large 350g | 100 Cals | 22g | 75 % |
| Papaya Diced (small handful) | 67 Cals (20g) | 17g | - |
| Passion Fruit | 30 calories | 3 | 50 % |
| Paw Paw | 28 calories | 6 | 70 % |
| Peach | 35 calories | 7 | 80 % |
| Pear | 45 calories | 12 | 77 % |
| Pineapple | 50 calories | 12 | 85 % |
| Plum | 25 calories | 6 | 79 % |
| Prunes | 9 calories | 2.2 | 37 % |
| Raisins | 5 calories | 1.4 | 13 % |
| Raspberries each | 1.1 calories | 0.2 | 87 % |
| Rhubarb | 8 calories | 0.8 | 95 % |
| Satsuma one average 112g | 29 cals | 6.5 | 88 % |
| Satsumas 100g | 35 calories | 8.5 | 88 % |
| Strawberries (1 average) | 2.7 calories | 0.6 | 90 % |
| Sultanas | 5 calories | 1.4 | 16 % |
| Tangerine | 26 calories | 6 | 60 % |
| Tomatoes (1 average size) | 9 cals | 2.2 | 93 % |
| Tomatoes Cherry (1 average size) | 2 calories | 0.5 | 90 % |

All values correct at time of testing, values for fruit calories may vary between different pieces!

* Fruit calories will vary depending on the size of fruit consumed. Some values for fruit calories may not be exact and should only be used for general comparison purposes.