

Bread & Cereal

Wheat Flour
小麦粉



55g is 200 calories
55克≈200卡路里

White Rice
白米



168g is 200 calories
168克≈200卡路里

Porridge Oat
燕麦片



54g is 200 calories
54克≈200卡路里

Brown Bread
全麦面包



84g is 200 calories
84克≈200卡路里

White Bread
白面包



83g is 200 calories
83克≈200卡路里

Fruit

Orange
柑橘



426g is 200 calories
426克≈200卡路里

Peach
桃子



513g is 200 calories
513克≈200卡路里

Cherry
樱桃



400g is 200 calories
400克≈200卡路里

Kiwi
猕猴桃



328g is 200 calories
328克≈200卡路里

Mango
芒果



308g is 200 calories
308克≈200卡路里

Fruit

Apple
苹果



384g is 200 calories
384克≈200卡路里

Strawberry
草莓



606g is 200 calories
606克≈200卡路里

Lychee
荔枝



303g is 200 calories
303克≈200卡路里

Grape
葡萄



298g is 200 calories
298克≈200卡路里

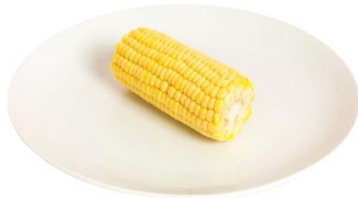
Banana
香蕉



224g is 200 calories
224克≈200卡路里

Vegetable

Sweet Corn
甜玉米



167g is 200 calories
167克≈200卡路里

Lettuce
生菜



1.43kg is 200 calories
1.43公斤≈200卡路里

Red Pepper
红辣椒



741g is 200 calories
741克≈200卡路里

Cauliflower
花椰菜



800g is 200 calories
800克≈200卡路里

Celery
芹菜



1.25kg is 200 calories
1.25公斤≈200卡路里

Vegetable

Spinach
菠菜



869g is 200 calories
869克≈200卡路里

Mushroom
蘑菇



909g is 200 calories
909克≈200卡路里

Pea
青豆



267g is 200 calories
267克≈200卡路里

Potato
马铃薯



286g is 200 calories
286克≈200卡路里

Cucumber
黄瓜



1.25kg is 200 calories
1.25公斤≈200卡路里

Meat & Fish

Pork
猪五花肉



53g is 200 calories
53克≈200卡路里

Lamb
羊肉



73g is 200 calories
73克≈200卡路里

Roast Beef
烤牛肉



167g is 200 calories
167克≈200卡路里

Chicken
烤鸡肉



102g is 200 calories
102克≈200卡路里

Prawn
虾



250g is 200 calories
250克≈200卡路里

Meat & Fish

Salmon
三文鱼



96g is 200 calories
96克≈200卡路里

Cod
鳕鱼



244g is 200 calories
244克≈200卡路里

Tuna
金枪鱼



185g is 200 calories
185克≈200卡路里

Snack & Others

Cheese Cake
乳酪蛋糕



54g is 200 calories
54克≈200卡路里

Digestive Biscuit
消化饼



43g is 200 calories
43克≈200卡路里

Chocolate Bar
巧克力棒



45g is 200 calories
45克≈200卡路里

Mixed Nut
坚果



31g is 200 calories
31克≈200卡路里

Yoghurt
原味酸奶



244g is 200 calories
244克≈200卡路里

Snack & Others

Chips
薯条



73g is 200 calories
73克≈200卡路里

Ketchup
番茄酱



194g is 200 calories
194克≈200卡路里

Jam
果酱



80g is 200 calories
80克≈200卡路里

Peanut Butter
花生酱



31g is 200 calories
31克≈200卡路里

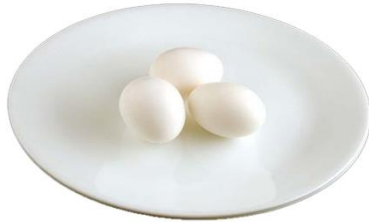
Mayonnaise
蛋黄酱



28g is 200 calories
28克≈200卡路里

Snack & Others

Egg
鸡蛋



150g is 200 calories
150克≈200卡路里

Rap Oil
菜籽油



23g is 200 calories
23克≈200卡路里

Drink

Whole Milk
全脂牛奶



328ml is 200 calories
328毫升≈200卡路里

Skimmed Milk
脱脂牛奶



476ml is 200 calories
476毫升≈200卡路里

Soy Milk
豆浆



1430ml is 200 calories
1430毫升≈200卡路里

Coke
可乐



476ml is 200 calories
476毫升≈200卡路里

Orange Juice
橙汁



444ml is 200 calories
444毫升≈200卡路里

Drink

Beer
啤酒



465ml is 200 calories
465毫升≈200卡路里

Red Wine
红葡萄酒



234ml is 200 calories
234毫升≈200卡路里

White Wine
白葡萄酒



234ml is 200 calories
234毫升≈200卡路里

Chinese Wine
白酒



65ml is 200 calories
65毫升≈200卡路里