

CALORIE SHEET		
ITEMS	QTY	CALORIE VALUE
Breakfast		
Egg boiled	1	80
Egg fried	1	110
Egg Omlette	1	120
Bread slice with butter	1	90
Roti	1	60
Puri	1	75
Paratha	1	150
Sabji	1 cup	150
Idli	1	100
Dosa Plain	1	120
Dosa Masala	1	250
Sambhar	1 cup	150

CALORIE SHEET		
ITEMS	QTY	CALORIE VALUE
Lunch/Dinner		
Cooked rice, plain	1 cup	120
Cooked rice, fried	1 cup	150
Naan	1	150
Dal	1 cup	150
Curd	1 cup	100
Curry, vegetable	1 cup	150
Curry, meat	1 cup	175
Salad	1 cup	100
Papad	1	45
Pickle	1 tspn	30
Veg. Soup	1 cup	75
Non-Veg. Soup	1 cup	150



### CALORIE SHEET

ITEMS	QTY	CALORIE VALUE
Beverages		
Tea, Black, no sugar	1 cup	10
Coffee, black, no sugar	1 cup	10
Tea with milk & sugar	1 cup	45
Coffee, milk & sugar	1 cup	45
Milk without sugar	1 cup	60
Milk with sugar	1 cup	75
Horlicks, milk & sugar	1 cup	120
Fresh fruit juice	1 glass	289
Aerated soft drinks	1 bottle	90
Beer	1 bottle	200
Soda	1 bottle	10
Alcohol	1 peg, small	75

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ITEMS	QTY	CALORIE VALUE
Fast Food		
Veg Momo (Boiled)	7/8 pieces	280
Veg Momo (Fried)	7/8 pieces	904
Non. Veg Momo (Boiled)	7/8 pieces	365
Non. Veg Momo (Fried)	7/8 pieces	1092
Veg. Chowmein	1 serve	253
Non. Veg Chowmein	1 serve	513
Veg. Roll	100 g	154
Non. Veg Roll	100 g	239
Allu chop	100 g	215
Burger	100 g	295
Sandwich	30 g	119
Chicken Tikka	100 g	150



CALORIE SHEET		
ITEMS	QTY	CALORIE VALUE
Some of Assamese Dishes		
Doi- Chira (Dahi-Chiwda)	1 bowl (medium)	300
Ouu Tenga dish	1 bowl (medium)	197
Duck Meat Curry	100 g	132
Pigeon Meat	100 g	213
Allu-Pitika	100 g	133.01
Baingan Allu Pitika	100 g	182
Masor Tenga	100g	286
Khardal	100g	102
Xaak with Bhaji	1 serve	89

CALORIE SHEET		
ITEMS	QTY	CALORIE VALUE
Jam	1 tsp	30
Butter	1 tsp	50
Ghee	1 tsp	50
Sugar	1 tsp	30
Biscuit	1	30
Fried nuts	1 cup	300
Puddings	1 cup	200
Ice-cream	1 cup	200
Milk-shake	1 glass	200
Wafers	1 pkt.	120
Samosa	1	100
Bhel puri/ Pani puri	1 helping	150
Kabab	1 plate	150
Indian sweet/ Mithai	1 piece	150
Fruit	1 helping	75