

## CALORIE VALUE OF FOOD ITEMS

(Figures given in this chart are based on 100 gm portions)

Food	Calories	Protein (gms)	Fat (gms)	Carbohydrate (gms)	Water (gms)	Vitamins
Milk	65	3.3	4	5	87	A, B <sub>2</sub> , Niacin
Butter	740	-	82	-	15	A
Cream	210	2	21	3	72	A
Cheese	310	22	25	-	44	A, B <sub>2</sub> , Niacin
Ice Cream	170	4	7	25	64	B <sub>1</sub> , B <sub>2</sub> , Niacin
Margarine	740	-	81	-	16	A
Eggs	150	12	11	-	75	A, B <sub>1</sub> , B <sub>2</sub> , Niacin
Pork (Grilled)	340	29	24	-	36	B <sub>2</sub> , Niacin
Chicken (Roast)	150	25	5	-	55	
Fish (eg. Cod)	220	20	10	8	60	B <sub>1</sub> , Niacin
Beans (Boiled)	20	2	-	3	90	A
Cabbage (Boiled)	10	1	-	1	96	A, C
Carrot (Boiled)	20	0.6	-	4	91	A
Cauliflower (Boiled)	10	1.5	-	1	93	C
Cucumber (Raw)	10	0.6	-	2	96	C
Peas (Boiled)	50	5	-	8	80	A, B <sub>1</sub> , B <sub>2</sub> , Niacin, C
Potatoes (Boiled)	80	1	-	22	77	B <sub>1</sub>
Tomatoes	15	1	-	3	93	A, C
Apples	45	0.3	-	12	84	-
Bananas	80	1	-	20	70	C
Cherries	50	0.6	-	12	81	-
Grapes	60	0.6	-	15	80	C
Oranges	35	1	-	9	86	C, A
Pea Nuts (Roasted)	570	24	49	9	4	B <sub>1</sub> , B <sub>2</sub> , Niacin
Beer	30	0.3	-	2	-	-
Wine	70	-	-	-	-	-
Spirits	220	-	-	-	-	-
Coffe (Black)	-	-	-	-	-	Niacin
Bread	230	8	2	50	39	B <sub>1</sub> , Nia
Rice (White Boiled)	120	2	-	30	70	-
Cornflakes with milk	205	6.5	4	34.7	-	A <sub>1</sub> , B <sub>1</sub> , B <sub>2</sub> , Niacin, B
Chocolate Biscuits	520	6	28	67	2	B <sub>2</sub> , Niacin
Wheat Bran	200	14	6	23	8	B <sub>1</sub> , B <sub>2</sub> , Niacin

**The calorie chart of Indian food,  
so keep a track of the calorie intake and  
adopt healthy eating habits.**

**Calories in Fruits per 100 Grams**

Calories in Apple 56  
 Calories in Avocado Pear 190  
 Calories in Banana 95  
 Calories in Chickoo 94  
 Calories in Cherries 70  
 Calories in Dates 281  
 Calories in Grapes Black 45  
 Calories in Guava 66  
 Calories in Kiwi Fruit 45  
 Calories in Lychies 61  
 Calories in Mangoes 70  
 Calories in Orange 53  
 Calories in Orange juice 100ml 47  
 Calories in Papaya 32  
 Calories in Peach 50  
 Calories in Pears 51  
 Calories in Pineapple 46  
 Calories in Plums 56  
 Calories in Strawberries 77  
 Calories in Watermelon 26  
 Calories in Pomegranate 77

**Calories in Vegetables per 100 Grams**

Calories in Broccoli 25  
 Calories in Brinjal 24  
 Calories in Cabbage 45  
 Calories in Carrot 48  
 Calories in Cauliflower 30  
 Calories in Fenugreek (Methi) 49  
 Calories in French beans 26  
 Calories in Lettuce 21  
 Calories in Mushroom 18  
 Calories in Onion 50  
 Calories in Peas 93  
 Calories in Potato 97  
 Calories in Spinach 100g  
 Calories in Spinach 1 leaf  
 Calories in Tomato 21  
 Calories in Tomato juice 100ml 22  
 Calories in Cereals per 100 Grams  
 Calories in Bajra 360  
 Calories in Maize flour 355  
 Calories in Rice 325  
 Calories in Wheat flour 341

**Calories in Breads per piece**

1 medium chapatti 119  
 1 slice white bread 60  
 1 paratha (no filling) 280

**Calories in Milk & Milk Products per cup**

Calories in Butter 100gms. 750  
 Calories in Buttermilk 19  
 Calories in Cheese 315  
 Calories in Cream 100gms. 210  
 Calories in Ghee 100gms 910  
 Calories in Milk Buffalo 115  
 Calories in Milk Cow 100  
 Calories in Milk Skimmed 45  
 Calories in Other Items  
 Calories in Sugar 1 tbsp 48  
 Calories in Honey 1 tbsp 90  
 Calories in Coconut water 100 ml 25  
 Calories in Coffee 40  
 Calories in Tea 30

**The calorie chart as per U.S standards.**

Apple	2.75" diameter	80
Apple juice	1 cup	115
Applesauce	1 cup unsweetened	105
Apricot	3 medium	50
Avocado	1 medium	305
Banana	1 large	105
Blueberries	1 cup	80
Cantaloupe	half of 5" diameter	95
Cherries	1cup	90
Dates	10	230
Grapefruit	half	40
Grapes, green	1 cup	90
Honeydew	6.5" wedge	45
Kiwi	1	45
Mango	4 ounces	75
Nectarine	1	75
Orange	1 medium	70
Orange juice	1 cup	105

Papaya	4 ounces	45
Peach	1 medium	50
Pear	1	100
Pineapple	8 ounces	60
Pineapple juice	4 ounces	60
Plum	1	30
Prunes	2 ounces	130
Raisins	.25 cup	120
Raspberries	1 cup	70
Strawberries	1 cup	55
Tangerine	1 medium	37
Watermelon	4" x 8" wedge	155

### Vegetables

Artichoke	1 medium	50
Asparagus	4 ounces	20
Beets	4 ounces	35
Beet greens	1 cup	25
Broccoli	4 ounces	30
Brussel sprouts	1 cup	50
Cabbage, raw	1 cup	25
Carrot	1	30
Cauliflower, raw	1 cup	30
Celery	1 stalk	5
Collard greens	1 cup	25
Corn, on cob	1 ear	85
Corn, kernels	1 cup	165
Cucumber	8"	15
Dandelion	4 ounces	50
Eggplant	1 cup	25
Endive/Escarole	1 cup	10
Green beans	4 ounces	40
Kale, raw	1 cup	40

Leeks	.5 cup	16
Lettuce, head	1 cup	15
Lettuce, romaine	4 ounces	25
Mushrooms	.5 cup	9
Okra	1 cup	50
Onions, green	6 small	25
Onions, white, raw	4 ounces	40
Parsnips	1 cup	95
Peas	1 cup	125
Pepper, sweet green	1 medium	20
Pepper, sweet red	1 medium	25
Potato baked	4 ounces	125
Potato chips	10	105
Potato, french fried	6	100
Potato, mashed	.5 cup	90
Potato salad	1 cup	360
Potato, sweet	5 ounces	200
Pumpkin	1 cup	50
Radishes	4 small	8
Sauerkraut	1 cup	45
Spinach	1 cup	10
Squash, summer	.5 cup	55
Squash, winter	.5 cup	45
Squash, zucchini	1 cup	40
Tomato	1 medium	20
Turnips	1 cup	55
Turnip greens	1 cup	45
Watercress	4 ounces	25

