

## 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