

# Food Calories List

Meats & Fish	Portion size *	per 100 grams (3.5 oz)	energy content
Anchovies tinned	300 cal	300 cal	Medium
Bacon average fried	250 cal (2 rashers)	500 cal	High
Bacon average grilled	150 cal	380 cal	Med-High
Beef (roast)	300 cal	280 cal	Medium
Beef burgers frozen	320 cal	280 cal	Med-High
Chicken	220 cal	200 cal	Medium
Cockles	50 cal	50 cal	Low
Cod fresh	150 cal	100 cal	<u>Low calorie</u>
Cod chip shop food	400 cal	200 cal	Med-High
Crab fresh	200 cal	110 cal	low calorie
Duck roast	400 cal	430 cal	High
Fish cake	90 cal per cake	200 cal	Medium
Fish fingers	50 cal per piece	220 cal	Medium
Gammon	320 cal	280 cal	Med-High
Haddock fresh	200 cal	110 cal	Low calorie
Halibut fresh	220 cal	125 cal	<u>Low calorie</u>
Ham	6 cal	240 cal	Medium
Herring fresh grilled	300 cal	200 cal	Medium
Kidney	200 cal	160 cal	Medium
Kipper	200 cal	120 cal	<u>Low calorie</u>
Liver	200 cal	150 cal	Medium
Liver pate	150 cal	300 cal	Medium
Lamb (roast)	300 cal	300 cal	Med-High
Lobster boiled	200 cal	100 cal	<u>Low calorie</u>
Luncheon meat	300 cal	400 cal	High
Mackerel	320 cal	300 cal	Medium
Mussels	90 cal	90 cal	Low-Med
Pheasant roast	200 cal	200 cal	Medium
Pilchards (tinned)	140 cal	140 cal	Medium
Prawns	180 cal	100 cal	Low- Med
Pork	320 cal	290 cal	Med-High
Pork pie	320 cal	450 cal	High
Rabbit	200 cal	180 cal	Medium
Salmon fresh	220 cal	180 cal	Medium
Sardines tinned in oil	220 cal	220 cal	Medium
Sardines in tomato sauce	180 cal	180 cal	Medium
Sausage pork fried	250 cal	320 cal	High
Sausage pork grilled	220 cal	280 cal	Med-High
Sausage roll	290 cal	480 cal	High
Scampi fried in oil	400 cal	340 cal	High
Steak & kidney pie	400 cal	350 cal	High
Taramasalata	130 cal	490 cal	High
Trout fresh	200 cal	120 cal	<u>Low calorie</u>
Tuna tinned water	100 cal	100 cal	<u>Low calorie</u>
Tuna tinned oil	180 cal	180 cal	Medium
Turkey	200 cal	160 cal	Medium
Veal	300 cal	240 cal	Medium