

Calorie Sheet

Sr. No.	Food Item	Quantity	Caloric Value
1	Boiled Egg	1	125
2	Egg Fried	1	110
3	Egg Omelette	1	120
4	Bread slice with butter	1	90
5	Chapati	1	60
6	Puri	1	75
7	Paratha	1	150
8	Subji	1 Cup	150
9	Idli	1	100
10	Dosa Plain	1	120
11	Dosa Masala	1	250
12	Sambhar	1 Cup	150
13	Cooked Rice - Plain	1 Cup	120
14	Cooked Rice - Fried	1 Cup	150
15	Phulka	1	60
16	Nan	1	150
17	Dal	1 Cup	150
18	Curd	1 Cup	100
19	Curry, Vegetable	1 Cup	150
20	Curry, Meat	1 Cup	175
21	Salad	1 Cup	100
22	Papad	1	45
23	Cutlet	1	75
24	Pickle	1 Tsp	30
25	Soup, Clear	1 Cup	75
26	Soup, Heavy	1 Cup	150
27	Tea, Black, No Sugar	1 Cup	10
28	Coffee, Black, No Sugar	1 Cup	10
29	Tea with milk and sugar	1 Cup	45
30	Coffee with milk and Sugar	1 Cup	45
31	Milk without sugar	1 Cup	60
32	Milk with Sugar	1 Cup	75
33	Horlicks, Milk & Sugar	1 Cup	120
34	Fresh Fruit Juice	1 Cup	120
35	Aerated Soft drinks	1 Bottle	90
36	Beer	1 Bottle	200
37	Soda	1 Bottle	10
38	Alcohol, neat	1 Peg, Small	75
39	Jam	1 Tsp	30
40	Butter	1 Tsp	50
41	Ghee	1 Tsp	50
42	Sugar	1 Tsp	30
43	Biscuit	1	30
44	Fried Nuts	1 Cup	300
45	Puddings	1 Cup	200
46	Ice-Cream	1 Cup	200
47	Milk-Shake	1 Glass	200
48	Wafers	1 Packet	120
49	Samosa	1	100
50	Bhel Puri/Pani Puri	1 Plate	150
51	Kabab	1 Plate	150
52	Indian Sweet/mithai	1 Pc	150
53	Fruit	1 Plate	75
54	Dry Fruits Raw	1 Plate	75