

Standard Measures			
	1 Cup	200 ml	
	1 Bowl	150 ml	
	1 Glass	250 ml	
	1 Table Spoon	15g	
	1 Tea spoon	5g	
MILK AND MILK PRODUCTS			
	Food Stuff	Amount	Calories
	Cow's Milk	1 cup	135
	Soya Milk	1 cup	85
	Toned Milk	1 cup	90
	Double Toned Milk	1 cup	70
	Skimmed Milk	1 cup	60
	Cottage Cheese		
	Cow's Milk	100g	265
	Buffalo Milk	100g	292
	Yoghurt (Cow's Milk)	1 Bowl	100
	Yoghurt (Toned Milk)	1 Bowl	70
	Yoghurt		
	(double toned Milk)	1 Bowl	50
	Butter Milk	1 cup	30
	Cream light	1 1/2 tbsp	45
	Knova	100g	421
	Processed cheese	1 Cube (25g)	80
	Condensed Milk	1/2 Cup	228
	Powdered Milk	1 tbsp	70
FRUITS			
	Apple	1 Medium (100g)	60
	Banana	1 Medium (100g)	139
	Cherries	10 (70g)	45
	Dates (fired)	10 (100g)	317
	Figs	20 (100g)	71
	Guava	1 Medium (150g)	75
	Louquat	6 Large (150g)	43
	Mango	1 small (100g)	74
	Muskmelon	100g	17
	Orange	1 Medium (100g)	72
	Peach	1 Medium (100g)	50
	Pear	1 Medium (100g)	75
	Papaya	100g	32
	Pineapple (fresh)	1 Splice (100g)	46
	Plum	1 small (75g)	39
	Pomegranate	1 small (100g)	65
VEGETABLES			
	Bathua	100g	30
	Beet root	100g	43
	Bitler gaourd	100g	20
	Carrot	1 Medium (60g)	29
	Cabbage	1 Medium (300g)	60
	Capicum	1 Medium (100g)	24
	Cauliflower	1 Medium (500g)	30
	Coriander Leaves	100g	20
	Cucocasia	1 Medium (75g)	72
	Cucumber	1 Medium (150g)	20
	Fenugreek leaves	100g	15
	French Beans	100g	26
	Lady finger	100g	35
	Lettuce	100g	20
	Mint Leaves	100g	15
	Mustard leaves	100g	34
	Onion	1 Medium (50g)	25
	Potato	1 Medium (60g)	28
	Radish	1 Small (100g)	120
	Spinach	100g	26
	Sweet Potato	100g	120
	Trinaya	1 Small (50g)	10
	Tomato	1 Medium (60g)	10
Oils			
	Butter	1 tsp	36
	Ghee	1 tsp	45
	Margarine	1 tsp	45
	Oil	1 tsp	45
	Olive Oil	1 tsp	
	White Sugar	1 tsp	20
Sugar			
	Honey	1 tsp	15
	Jaggery	5g	19
Nuts			
	Almond	10small (10g)	65
	Coconut (fresh)	10g	45
	Coconut (dry)	15g	99
	Cashew Nut	6 Medium (20g)	120
	Pine nuts	10g	60
	Ground Nut	20 (10g)	60
	Pistachio	10 (10g)	65
	Raisins	10g	30
	Walnut	4 Halves (10g)	70
BEVERAGES			
NAME	RAW WEIGHT	MEASURE	CALORIES
Tea	Low fat milk-1tsp	1 Cup	30
	Sugar-1tsp		
Instant coffee	Low fat milk-2tsp	1 Cup	40
	Sugar-1tsp		
Espresso coffee	Low fat milk-1/2tsp	1 Cup	55
	Sugar-1tsp		
	Cream-1/2tsp		
Mango shake	Mango-50g	1 Glass	249
	Buffalo milk-150ml		
	sugar-2tsp		
Fruit punch	Fresh juices	1 Glass	174
Lemonade/Mintade	Mint leaves	1 Glass	40
	Lemon		
	sugar-2tsp		

Jaljeera		1 Glass	NIL
Panna			
(raw mango juice)	Mango-50g	1 Glass	97
	Sugar-3tsp		
Carrot kani		1 Glass	5
Pineapple juice		1 Glass	110
Rose water	(Rooh Afza-3tsp)	1 Glass	150
Soft drink		300ml	125
Tender coconut water		1 Glass	24
ALCOHOLIC DRINKS			
NAME	AMOUNT	CALORIES	
Beer	240ml	110	
Wine(dry)	100ml	80	
Wine(sweet)	100ml	142	
Brandy	30ml	75	
Champagne(dry)	135ml	105	
Champagne(sweet)	135ml	160	
Whisky	30ml	75	
Gin	30ml	85	
Rum	30ml	85	
Sherry(dry)	30ml	45	
(Note: It is healthy to avoid consuming alcohol as much as possible.)			
CEREALS			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Burghol(cracked wheat)	200	1 Cup	225
Rice	200	1 Cup	222
Kichdi1	200	1 Cup	430
Pulao	300	2 Bowls	358
Parantha2	100	2	297
Chappal3	70	2	170
Frnkna	200	1 Cup	225
Bhatura5	36	1	154
Potato parantha6	90	1	213
Khubus(Small)	90	1	240
Frnkna	200	1 Cup	225
Wheat, all bran	28	1/2 Cup	95
Doughnut	32	1	135
Burger, chicken		1	275
Burger, vegetable		1	125
DAL PREPARATION			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Bengal gram dal	125	1 Bowl	124
Black gram dal	145	1 Bowl	161
Green gram dal	155	1 Bowl	316
Lentil dal	140	1 Bowl	248
Red gram dal	135	1 Bowl	104
Kadhi7	140	1 Bowl	118
Spinach with dal	140	1 Bowl	113
Sambar8	160	1 Bowl	81
Chole9	160	1 Bowl	119
Green gram(whole)	145	1 Bowl	113
Lentil (whole)	130	1 Bowl	95
Rajmah10	135	1 Bowl	153
Chick peas(sobha)	140	1 Bowl	141
Phool(fava beans)	100	1/2 Cup	115
VEGETABLE PREPARATION			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Peas and paneer	130	1 Bowl	191
Peas potato curry	135	1 Bowl	132
potato curry	110	3/4 Bowl	131
Fried vegetableballs curry	145	1 Bowl	217
DRY PREPARATION			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Capiscum potato	125	1 Bowl	116
Cauliflower and carrot	95	1 Bowl	100
Ladies finger(okra)	140	1.5 Bowl	226
Eggplant	100	3/4 Bowl	115
Cabbage	100	1 Bowl	131
Stuffed tomato	85	1 Bowl	84
SNACKS PREPARATION			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Poha	150	1 1/2 Bowl	298
Dahi vada	166	2	343
Vada	43	2	138
Masala dosa	100	1	192
Idli	170	3	229
Sago vada	60	2	214
Samosa	65	1	207
Sandwich	65	2	194
Uttara	160	1 1/4	260
Spaghetti	140	1 Cup	197
Waffles	75	1 Large	245
Cake,plain	75	1 Piece	153
Cake, sponge	50	1 Piece	153
Pie	160	1 Portion	375
Ka'ak	100	4 Pieces	300
Manakesh	100	1 Piece	277
Knafteh b'ibun	100	1 Small piece	350

Knafeh b'kashta	100	1 Small piece	345
Znood el sitt	100	1 Small piece	375
Hareesah	100	1 Medium piece	525
Baklawah	100	5 Pieces	550
Borma	100	2 Pieces	600
Ish el bulbul	100	8-10 Pieces	550
Ghraybeh	100	4 Pieces	550
NON-VEG PREPARATION			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Chicken with gravy	125	1 Bowl	257
Fish cutlets	80	2 Bowl	190
Fish fillet	115	2 Bowl	358
Fried Fish	85	2 Bowl	218
Liver tossed with spices	140	1 Bowl	330
Mutton curry	145	1 Bowl	237
Prawn tossed with spices	115	3/4 Bowl	206
Prawn curry	145	1 Bowl	219
CHUTNEYS/PASTES			
PREPARATION	COOKED WT.(G)	COOKED MEASURE/NO.	CALORIES
Coconut chutney	55	2 tbsp	125
Coriander chutney	20	1 tbsp	47
Mint Chutney	18	1 tbsp	7
Tamarind Chutney	20	1 tbsp	65
Tomato Chutney	50	1/2 Bowl	32
Hummos	30	2 tbsp	120
Moutabbal	30	2 tbsp	75
RAITAS			
Cucumber raita(low fat curd)	Yoghurt-100	1 Bowl	52
	Cucumber-50		
Boondi raita(fried bengal flour balls with dressing)	Yoghurt-100	1 Bowl	100
SALADS AND DRESSINGS			
French	15	1 tbsp	70
Mayonnaise	15	1 tbsp	150
Light mayonnaise	15	1 tbsp	110
Tossed green salad with dressing	1 Bowl	1 tbsp	95
Coleslaw veg with jellied fruit salad		1 Bowl	151
Tabsuleh	100g	1 Bowl	108
Fattoush	100g	1 Bowl	125
Caesar	15	1 tbsp	70

FOOD CALORIE CHART