

Bread & Cereals	Portion Size*	Per 100 grams (3.5 oz)	Energy Content
Bagel (1 average)	140 cal (45g)	310 cal	Medium
Biscuit Digestives	86 cal (per biscuit)	480 cal	High
Jaffa Cake	48 cal (per biscuit)	370 cal	Med-High
Bread White (thick slice)	96 cal (1 slice 40g)	240 cal	Medium
Bread Wholemeal	88 cal (1 slice 40g)	220 cal	Low-Med
Chapatis	250 cal	300 cal	Medium
Cornflakes	130 cal (35g)	370 cal	Med-High
Crackerbread	17 cal per slice	325 cal	Low Calorie
Cream Crackers	35 cal (per cracker)	440 cal	Low /portion
Crumpets	93 cal (per crumpet)	198 cal	Low-Med
Flapjacks Basic Fruit Mix	320 cal	500 cal	High
Macaroni (boiled)	238 cal (250g)	95 cal	Low Calorie
Muesli	195 cal (50g)	390 cal	Med-High
Naan Bread (normal)	300 cal (small plate size)	320 cal	Medium
Noodles (boiled)	175 cal (250g)	70 cal	Low Calorie
Pasta (normal noiled)	330 cal (300g)	110 cal	Low Calorie
Pasta (wholemeal boiled)	315 cal (300g)	105 cal	Low Calorie
Porridge Oats (with water)	193 cal (350g)	55 cal	Low Calorie
Potatoes** (boiled)	210 cal (300g)	70 cal	Low Calorie
Potatoes** (roast)	420 cal (300g)	140 cal	Medium