

Food Calorie Chart

Item	Quantity	Caloric value
Breakfast		
Egg boiled	1	80
Egg fried	1	110
Egg omelette	1	120
Bread slice with butter	1	90
chapati	1	60
Puri	1	75
Paratha	1	150
Subji	1 Cup	150
Idli	1	100
Dosa plain	1	120
Dosa masala	1	250
Sambhar	1 Cup	150
Lunch / Dinner		
Cooked rice, plain	1 Cup	120
Cooked rice, fried	1 Cup	150
Phulka	1 Cup	60
Nan	1	150
Dal	1	150
Curd	1 Cup	100
Curry, vegetable	1 Cup	150
Curry, meat	1 Cup	175
Salad	1 Cup	100
Papad	1	45
Cutlet	1	75
Pickle	1 Tsp	30
Soup, clear	1 Cup	75
Soup, heavy	1 Cup	75

Item	Quantity	Caloric value
Beverages		
Tea, black, no sugar	1 Cup	10
Coffee, black no sugar	1 Cup	10
Tea with milk & sugar	1 Cup	45
Coffee, milk & sugar	1 Cup	45
Milk without sugar	1 Cup	60
Milk with sugar	1 Cup	75
Horlicks, milk & sugar	1 Cup	120
Fresh fruit Juice	1 Cup	120
Aerated soft drinks	1 Bottle	90
Beer	1 Bottle	200
Soda	1 Bottle	10
Alcohol, neat	1 peg, small	75
Miscellaneous		
Jam	1 Tsp	30
Butter	1 Tsp	50
Ghee	1 Tsp	50
Sugar	1 Tsp	30
Biscuit	1	30
Fried nuts	1 Cup	300
Puddings	1 Cup	200
Ice-cream	1 Cup	200
Milk-shake	1 Glass	200
Wafers	1 Pkt	120
Samosa	1	100
Bhel puri/pani puri	1 Helping	150
Kebab	1 Plate	150
Indian sweet mithai	1 Pc	150
Fruit	1 Helping	75