

Food Calories List

BREADS & CEREALS	Portion size *	per 100 grams (3.5 oz)	energy content
Bagel (1 average)	140 cals (45g)	310 cals	Medium
Biscuit digestives	86 cals (per biscuit)	480 cals	High
Jaffa cake	48 cals (per biscuit)	370 cals	Med-High
Bread white (thick slice)	96 cals (1 slice 40g)	240 cals	Medium
Bread wholemeal (thick)	88 cals (1 slice 40g)	220 cals	Low-med
Chapatis	250 cals	300 cals	Medium
Cornflakes	130 cals (35g)	370 cals	Med-High
Crackerbread	17 cals per slice	325 cals	Low Calorie
Cream crackers	35 cals (per cracker)	440 cals	<u>Low / portion</u>
Crumpets	93 cals (per crumpet)	198 cals	Low-Med
Flapjacks basic fruit mix	320 cals	500 cals	High
Macaroni (boiled)	238 cals (250g)	95 cals	<u>Low calorie</u>
Muesli	195 cals (50g)	390 cals	Med-high
Naan bread (normal)	300 cals (small plate size)	320 cals	Medium
Noodles (boiled)	175 cals (250g)	70 cals	Low calorie
Pasta (normal boiled)	330 cals (300g)	110 cals	Low calorie
Pasta (wholemeal boiled)	315 cals (300g)	105 cals	<u>Low calorie</u>
Porridge oats (with water)	193 cals (350g)	55 cals	Low calorie
Potatoes** (boiled)	210 cals (300g)	70 cals	Low calorie
Potatoes** (roast)	420 cals (300g)	140 cals	Medium
Rice (white boiled)	420 cals (300g)	140 cals	<u>Low calorie</u>
Rice (egg-fried)	500 cals	200 cals	High in portion
Rice (Brown)	405 cals (300g)	135 cals	Low calorie
Rice cakes	28 Cals = 1 slice	373 Cals	Medium
Ryvita Multi grain	37 Cals per slice	331 Cals	Medium
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals	Medium
Spaghetti (boiled)	303 cals (300g)	101 cals	Low calorie