

Calorie-Sheet

Item	Quantity	Caloric value	Item	Quantity	Caloric value
Break fast			Beverages		
Egg boiled	1	80	Tea, black, no sugar	1cup	10
Egg fried	1	110	Coffee, black no sugar	1cup	10
Egg omelette	1	120	Tea with milk & sugar	1cup	45
Bread slice with butter	1	90	Coffee, milk & sugar	1cup	45
Chapati	1	60	Milk without sugar	1cup	60
Puri	1	75	Milk with sugar	1cup	75
Paratha	1	150	Horlicks, milk & sugar	1cup	120
Subji	1cup	150	Fresh fruit juice	1cup	120
Idli	1	100	Aerated soft drinks	1bottle	90
Dosa plain	1	120	Beer	1bottle	200
Dosa masala	1	250	Soda	1bottle	10
Sambhar	1cup	150	Alcohol, neat	1peg, small	75
Lunch / Dinner			Miscellaneous		
Cooked rice, plain	1cup	120	Jam	1tsp	30
Cooked rice, fried	1cup	150	Butter	1tsp	50
Phulka	1	60	Ghee	1tsp	50
Nan	1	150	Sugar	1tsp	30
Dal	1cup	150	Biscuit	1	30
Curd	1cup	100	Fried nuts	1cup	300
Curry, vegetable	1cup	150	Puddings	1cup	200
Curry, meat	1cup	175	Ice-cream	1cup	200
Salad	1cup	100	Milk-shake	1glass	200
Papad	1	45	Wafers	1pkt	120
Cutlet	1	75	Samosa	1	100
Pickle	1tsp	30	Bhel puri/pani puri	1helping	150
Soup, clear	1cup	75	Kabab	1plate	150
Soup, heavy	1cup	150	Indian sweet/mithai	1pc	150
			Fruit	1helping	75