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Opening Extract from...

Good Housekeeping
Calorie Counter

Written by
Anita Bean BSc RNutr

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Good Housekeeping

Calorie Counter

Anita Bean BSc RNutr



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How to use this book

Whether you want to lose weight, maintain your weight or gain weight, this book will help you get more calorie savvy. It lists the calorie values of more than 1,200 popular foods and drinks, including staples, such as milk, bread and meat, as well as many branded products, takeaways and restaurant dishes.

Calorie counting may sound old hat, but any nutritionist will tell you that when it comes to weight control, calories always count. Take in more calories than your body uses and you will gain weight as the body stores fat; use more calories than you take in and the weight comes off. This is the principle behind all diets, whether they are low fat, low carb or any other combination of nutrients. To lose weight, you have to consume fewer calories than you burn!

This book is about more than calories. It also gives you the amounts of fat, saturated fat, carbohydrate, protein and fibre per portion for each food. With this information you will see which nutrients each food contributes to your daily intake and so it will help you to plan a healthy diet. You will be able to tally your daily calorie and nutritional intake. Keep a note of what you eat and drink, and then look up each item in the calorie charts and add the figures together. To lose weight, you should try to keep within your daily calorie allowance (page 7); to gain weight you should aim to eat more than your daily calorie expenditure (page 7).

You can also use this book to help you plan your day's food, your weekly shopping and even your meals when eating out. Knowing the calorific value of foods in advance allows you to choose lower calorie and healthier options. Use it to compare similar types of foods or find out how many calories may be hidden in your favourite meals.

The foods are grouped into categories – fruit, vegetables, bread and bakery, pasta, confectionery, soft drinks, eating out and so on – to make it as easy as possible to locate a particular item.

The foods in each category are listed alphabetically so that you can find them easily.

The values for unbranded foods have been obtained from McCance & Widdowson's *The Composition of Foods* (6th summary edition and subsequent supplements), and have been reproduced under the terms of the Open Government Licence. Those for branded items have been obtained from the websites of supermarkets and food manufacturers.

Calories and nutrients are given per standard portion to make life as easy as possible! It means that you don't have to weigh your food or calculate anything. But if you need to know the calories in a different-sized portion, multiply the calories given in this book by the weight of your portion, then divide by the weight given for the standard portion.

It has not been possible to include every food and every brand, but we have tried to give a representative sample of generic foods and brands under each category. If you cannot find a particular item here, you may be able to use the values for a similar product. The nutritional values are up to date at the time of publication but it should be noted that values may change from time to time, because manufacturers frequently change their formulations and amend recipes. Similarly, new products frequently appear on the supermarket shelves and existing ones are withdrawn.



Calorie counting made easy

Counting calories is the easiest way to control your diet and lose weight. It's scientifically proven, it gives you maximum flexibility and is guaranteed to help you shed pounds – provided you stick to your daily calorie allowance!

Losing weight isn't rocket science. By taking in fewer calories from food and drink than you burn through your daily activity, you will drop pounds. And that's where this book can really help. It gives you up-to-date calorie and nutritional information for hundreds of branded and unbranded foods in different categories, to make calorie counting as easy as possible. You are then free to eat anything as long as it is within your daily calorie allowance.

Start subtracting. To lose 0.5kg (1lb) a week, you need to create a calorie deficit of just 500 calories a day. This isn't as daunting as it seems. You can achieve this by foregoing a couple of chocolate biscuits and a glass of wine to save 300 calories; and walking for 40 minutes to burn another 200 calories. Losing 0.5kg (1lb) a week amounts to 7kg (1 stone) in 14 weeks, or 26kg (4 stone) in a year.

It's calories that count. Many diets restrict your intake of one particular nutrient, usually carbohydrates or fat. But the results of a 2012 study published in the *American Journal of Clinical Nutrition* suggest that when it comes to weight loss, it's simply calories that count (although, of course, eating a good balance of nutrients is important). Provided they stuck to their daily calorie allowance, dieters lost the same amount of weight in six months whether they cut carbs or fat, or upped protein. The key, it seems, is to find a plan that you can comfortably live with, rather than attempting to lose weight periodically with strict diets that are hard to maintain.

What is a calorie? Everyone talks about calories as if they are something contained in food. In fact, a calorie is a measure of energy, just as a kilo is a measure of weight and a mile is a measure of distance. In scientific terms, one calorie is the amount of energy (heat) required to increase the temperature of 1g of water by 1°C.

Calories, kilocalories, kilojoules – what's the difference? All of these terms crop up on food labels, which can be a bit confusing! Suffice to say that the scientifically defined calorie is a very small energy unit that is inconvenient to use because an average serving of any food typically provides thousands of these calories. For this reason, when speaking about food in the everyday sense, we say 'calorie' when we mean 'kilocalorie'; for example, a food label may declare a portion of food contains 100kcal but we would probably say 100 calories. You'll also see food energy measured in joules or kilojoules on food labels, which is the SI (International Unit System) unit for energy. 1 kcal is equivalent to 4.2kJ.

Here's how you can reduce your calorie intake to kick-start weight loss:

1. Find your daily calorie expenditure

Your calorie needs depend on your genetic make-up, age, weight, body composition, and your daily activity. They will differ from one day to the next and as you grow older. As a rough guide, it's around 2,000 calories a day for an average woman and 2,500 for a man. For a more accurate estimate of the number of calories you use during daily living and exercise, go to http://nutritiondata.self.com/tools/calories-burned and enter your gender, age, weight, height, lifestyle and details of daily exercise.

2. Work out your daily calorie allowance

Trim 500 calories off that total. For example, if your daily calorie burn is 2,000, then subtract 500 to get 1,500 calories. This is your daily calorie allowance, which will produce a weight loss of 0.5–1kg (1–2lb) per week. Don't try to lose more than this, otherwise you risk fatigue, excessive muscle loss and a significant drop in your metabolic rate, making weight loss harder. Record what you eat and tally your calorie intake with the help of this book. You will find some blank calorie counting charts at the end of the book.

A healthy diet

Counting calories is important when you're trying to drop pounds, but you also need to make sure your diet is healthy and contains a good balance of nutrients. Here's what you need to eat each day.

Fat

Your body needs fat from foods to provide fuel and help to keep cell membranes healthy. It is also a source of vitamins A, D and E, and essential fatty acids (omega-3s and omega-6s), which the body cannot make itself.

However, eating too much fat can be unhealthy because – compared to carbohydrate and protein – it is very high in calories. It is therefore important for your health that you watch the amount of fatty foods you eat. Aim to replace some of the unhealthy saturated fat in your diet with healthier unsaturated fat, as this will provide a better balance and will be beneficial for your heart.

There are three main types of fat – saturated, monounsaturated and polyunsaturated – and most foods contain a combination of these three. Foods also contain other fats, as described right:

Saturated fat can raise blood cholesterol levels, which increases the chance of developing heart disease. It is found in fatty meat, sausages, burgers, bacon, butter, chocolate, cheese, palm oil ('vegetable fat'), and foods made from butter or vegetable fat (such as pies, biscuits and cakes).

Trans fats are found in *hydrogenated fat*, formed when hydrogen is added to liquid oils to make them solid. They increase blood levels of LDL cholesterol ('bad' cholesterol), harden your arteries and increase your risk of heart disease. Many manufacturers have removed these fats, but high levels may still be found in deep-fried fast foods, cakes, biscuits and doughnuts. Check the label for hydrogenated fat.

Monounsaturates and poly-unsaturates are both types of unsaturated fat. These don't raise blood cholesterol in the same way as saturated fats and they provide you with the essential fatty acids that the body needs.

Monunsaturated fats are found in olive oil, margarine made with olive oil, avocados, nuts, seeds, peanut butter and rapeseed oil.

Polyunsaturated fats are found in sunflower oil, corn oil, safflower oil, margarine made with sunflower oil, nuts and seeds.

Omega-3 fatty acids are essential for regulating blood pressure and blood clotting and for boosting immunity. They help to reduce the risk of heart disease and are found in oily fish, walnuts, pumpkin seeds, flaxseed oil, rapeseed oil and omega-3 eggs.

Omega-6 fatty acids are important for healthy skin and hormones. They are found in most vegetable oils, vegetable oil margarine, and products made from them. Use sparingly, as a high intake will block the uptake of omega-3 fats.

Protein

We need to eat protein to make and repair body cells, as well as to manufacture enzymes, hormones and antibodies. The richest sources include meat, fish, poultry, eggs, milk, cheese and yogurt, and good levels are also found in beans, lentils, nuts, seeds, Quorn, tofu and cereals. When two or more plant proteins are combined (such as beans on toast) the overall protein value increases.

Carbohydrate

Sugars and starch provide energy for daily activities as well as fuel for exercise. Your brain, nervous system and heart need a constant supply of carbohydrate in order to function properly. Generally, carbohydrates in fibre-rich unprocessed foods, such as wholegrains, potatoes, beans, lentils, fruit and vegetables, provide longer-lasting energy and help you feel full for longer. These foods should make up most of your carbohydrate intake.

Fibre

The digestive system requires fibre from foods for it to work properly, and fibre is also useful for weight control. There are two kinds: insoluble and soluble. Most plant foods contain both, but proportions vary. Good sources of insoluble fibre include whole grains (such as brown rice, wholemeal bread) and vegetables. These foods help speed the passage

of food through your gut, preventing constipation and bowel problems, and they make you feel full after eating. Soluble fibre – found in oats, beans, lentils, fruit and vegetables – reduces harmful LDL cholesterol levels, and it helps to control blood glucose levels by slowing glucose absorption. It also reduces hunger and improves appetite control. A healthy diet should contain at least 18g (¾oz) a day.

Salt and sodium

On a food label, salt is often listed as sodium, and 1g of sodium is roughly the same as 2.5g of salt. It's the sodium that can lead to health problems such as high blood pressure, increasing your risk of stroke and coronary heart disease. Adults should not have more than 6g (about 1 tsp) of salt per day.

The eatwell plate

To help you eat healthily, the government has devised an eating system called the eatwell plate, based on the five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar

The eatwell plate shows the different types of food you need to eat – and in what proportions – to have a well balanced and healthy diet. You should try to eat a wide variety of foods from the first four groups every day, and limit the amount you eat from the fifth group.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. And you might find it easier to get the balance right over a longer period, say a week. Based on the eatwell plate, you should try to eat:

Bread, rice, potatoes, pasta and other starchy foods

Eat these foods at each meal

These foods should make up roughly a third of the food you eat. Try to choose wholegrain varieties where you can, such as wholemeal bread and pasta, wholegrain breakfast cereals and wholegrain rice. A portion is:

- 2 slices of bread
- 5 tablespoons (180g) pasta or rice
- 40g bowl of breakfast cereal
- 1 fist-sized (150g) potato

Fruit and vegetables

Eat at least 5 portions a day

These foods should make up about a third of the food you eat each day. Aim to eat a variety of fruit and vegetables each day. Fresh, frozen, tinned, dried and juiced all count.

A portion is 80g or any of these:

- 1 apple, banana, pear or orange
- 2 small fruits e.g. satsumas, plums, apricots
- 3 heaped tablespoons of vegetables
- a dessert bowl of salad
- a glass (150ml) of fruit juice (counts as a maximum of one portion a day)

Milk and dairy foods

Eat 2 or 3 portions a day

Foods in this group include milk, cheese and yoghurt. Choose lower-fat options where available, such as skimmed milk. Or you could have just a small amount of the high-fat varieties less often.

A portion is:

- 200ml milk
- A small pot of yoghurt
- A matchbox sized (40g) piece of cheese

Meat, fish, eggs, beans and other non-dairy sources of protein

Eat 2 portions a day

Try to eat some foods from this group each day and aim for at least two portions of fish a week, including a portion of oily fish. Some types of meat can be high in saturated fat so try to choose leaner cuts where possible and trim excess fat. Beans, peas and lentils are good alternatives to meat because they're naturally low in fat, and they're high in fibre, protein, and vitamins and minerals.

A portion is:

- A piece of meat, chicken or fish the size of a deck of cards (70g)
- 2 eggs
- 2 heaped tablespoons of beans or lentils
- 2 tablespoons (25g) nuts or seeds

Foods and drinks high in fat and/or sugar

Eat only small amounts of these foods

These foods include cakes, biscuits, spreads, crisps, sugar, confectionery and soft drinks. Cutting down on these types of food could help you control your weight because they contain lots of calories.

Vitamins and minerals

Vitamins support the immune system, help the brain function and convert food into energy. They are important for healthy skin and hair, controlling growth and balancing hormones. Some vitamins – the B vitamins and vitamin C – must be provided by the diet daily, as they cannot be stored.

Minerals are needed for structural and regulatory functions, including bone strength, haemoglobin manufacture, fluid balance and muscle contraction.

Mineral	Use	Best food sources
Calcium	Builds bone and teeth. For blood clotting, nerve and muscle function	Milk and dairy products; sardines; dark green leafy vegetables; pulses; Brazil nuts; almonds; figs; sesame seeds
Iron	For the formation of red blood cells and for oxygen transport. Prevents anaemia	Meat and offal; wholegrain cereals; fortified breakfast cereals; pulses; green leafy vegetables; nuts; sesame and pumpkin seeds
Zinc	For a healthy immune system, wound healing, and skin and cell growth	Eggs; wholegrain cereals; meat; nuts and seeds
Magnesium	For healthy bones, muscle and nerve function and for cell formation	Cereals; fruit; vegetables; milk; nuts and seeds
Potassium	For fluid balance, and for muscle and nerve function	Fruit; vegetables; cereals; nuts and seeds
Sodium	For fluid balance, and for muscle and nerve function	Salt; processed meat; ready meals; sauces; soup; cheese; bread
Selenium	An antioxidant that helps protect against heart disease and cancer	Cereals; vegetables; dairy products

Vitamin	Use	Best food sources
A	For vision in dim light; healthy skin and linings of the digestive tract, nose and throat	Full-fat dairy products; meat; offal; oily fish; margarine
Beta-carotene	An antioxidant that protects against certain cancers; converts into vitamin A	Fruit and vegetables e.g. apricots, peppers, tomatoes, mangoes, broccoli, squash, carrots, watercress
Vitamin B_1 (thiamin)	Releases energy from carbohydrates. For healthy nerves and digestive system	Wholemeal bread and cereals; pulses; meat; sunflower seeds
Vitamin B_2 (riboflavin)	Releases energy from carbohydrates. For healthy skin, eyes and nerves.	Milk and dairy products; meat; eggs, soya products
Vitamin B_3 (niacin)	Releases energy from carbohydrates; Healthy skin, nerves and digestion.	Meat and offal; nuts; milk and dairy products; eggs; wholegrain cereals
Vitamin B_6 (pyridoxine)	Metabolises protein, carbohydrate, fat. For red blood cell manufacture and a healthy immune system	Pulses; nuts; eggs; cereals; fish; bananas
Folic acid	Formation of DNA and red blood cells. Reduces risk of spina bifida in developing babies	Green leafy vegetables; yeast extract; pulses; nuts; citrus fruit
Vitamin B_{12}	Formation of red blood cells. For energy metabolism	Milk and dairy products; meat; fish; fortified breakfast cereals; soya products; yeast extract
Vitamin C	Healthy connective tissue, bones, teeth, blood vessels, gums and teeth. Promotes immune function. Helps iron absorption	Fruit and vegetables e.g. raspberries, blackcurrants, kiwi, oranges, peppers, broccoli, cabbage, tomatoes
Vitamin D	Builds strong bones. Needed to absorb calcium and phosphorus	Sunlight; oily fish; fortified margarine and breakfast cereals; eggs
Vitamin E	Antioxidant which helps protect against heart disease; promotes normal cell growth and development	Vegetable oils; oily fish; nuts; seeds; egg yolk; avocado

How to read food labels

Food labels provide useful information, but they can be confusing. Here's how to decipher them.

Read the list of ingredients
These are listed in descending order of weight; that is, the most to the least. If an ingredient is mentioned in the name of the product, such as the apple in 'apple pie', or is shown on the label, the amount of the ingredient in the food must be given as a percentage.

Read the nutrition label
The nutrients below must be listed per 100g or per 100ml:
- Energy (Kcals)
- Fat (g)
- Protein (g)
- Carbohydrate (g)

Food manufacturers can include more nutritional information, but if a food product makes a health claim for a specific nutrient, the relevant information must be listed; for example, if a food is described as low salt, the salt content must be given.

Read the Traffic Light or Guideline Daily Amount (GDA) labelling
Traffic light labels are the Food Standards Agency-approved labelling system, and they tell you whether the food has high, medium or low amounts of each of the listed nutrients in 100g of the food:

Green is used to show the food is low in that nutrient;
Amber signals that the product contains medium levels of that nutrient; and
Red represents high amounts and warns shoppers not to consume much.

Many of the foods with traffic light colours will have a mixture of red, amber and greens. The idea is, when you're choosing between similar products, to go for more greens and ambers, and fewer reds.

Guideline Daily Amounts (GDAs) are a guide to how much energy and key nutrients the average healthy person needs in order to have a balanced diet. The GDAs for the most important nutrients listed on food labels are:
GDAs show how much of that nutrient is in a portion of food and are a guide and a maximum. If you are a normal weight you can aim to reach the GDA for calories, but try to eat no more than the GDAs for fat, saturates, salt and sugars.

	Men	Women
Fat (total)	95g	70g
of which saturates	30g	20g
Salt	6g	6g
Sugar*	120g	90g

* Total sugars includes sugars occurring naturally in foods as well as added sugars

Read the nutrition claims

It's important to understand these claims, because a chocolate rice breakfast cereal, for example, could claim to be low in fat, but it could also be high in sugar and calories.
A general rule is to treat these claims with caution. Something that claims to be lower in fat may still contain the same number of calories as other versions. It is best to decide whether a food is suitable by comparing the nutritional information of products.

'Low calorie'	Contains less than 40 calories per 100g
'Reduced calorie'	Contains at least 25% less than the standard version
'Low fat'	Contains less than 3g of fat per 100g (for food) or 1.5g of fat per 100ml (for liquids)
'Reduced fat'	Contains 25% less fat than a similar product.
'Less than 5% fat'	Contains less than 5g of fat per 100g of the food
'No added sugar'	No sugars have been added as an ingredient. But the product may still contain high levels of natural sugars from e.g. fruit juice or dried fruit
'Low sugar'	Contains no more than 5g sugar per 100g
'Reduced sugar'	Contains 25% less sugar than a similar product
'Lite' or 'light'	No legal definition

Calculating your BMI

Carrying too much weight increases your risk of high blood pressure, type-2 diabetes, heart disease and some types of cancer. To get a general picture of your health risk and determine a realistic weight goal, you can calculate your Body Mass Index (BMI) (see page 139).

What is my BMI?

Your BMI expresses your weight in relation to your height and works out whether you are overweight, underweight or just right for your height. People are classed as obese if they have a body mass index of over 30. They are overweight if it is 25–30. A BMI between 18.5 and 24.9 has the lowest health risk. To work out your BMI, divide your weight (kg) by the square of your height (m^2):

		Example
A	My weight = __ kg	71 kg
B	My height = __ m	1.65 m
C	My height^2 = (B) x (B) = __	1.65 x 1.65 = 2.72
D	MY BMI = A ÷ C = __	71 ÷ 2.72 = 26

Alternatively, you can calculate your BMI from the chart on page 139. First select your height then select your weight. Select the nearest value(s) to your own if they are not displayed on the chart. Your body mass index will be listed at the top of the BMI chart.

What it means

BMI less than 18.5: underweight. It's important to avoid being underweight as it can affect your ability to fight infection and recover from illness. It can also weaken your muscles – including your heart. If you're losing weight without trying, talk to your GP or practice nurse to make sure there aren't any other problems causing this

BMI 18.5–24.9: healthy weight. You are a healthy weight for your height. But you also check your waist measurement (see page 17). Aim to keep within a healthy weight range by eating a balanced diet and taking regular exercise.

BMI 25–29.9: overweight. Being overweight increases your risk of developing coronary heart disease, type 2 diabetes, certain cancers and high blood pressure. Keeping to a healthy weight will help you control your blood pressure and cholesterol levels. Aim to exercise more and eat fewer calories towards a healthier weight.

BMI more than 30: obese. As your BMI increases, your risk of developing coronary heart disease, type 2 diabetes and certain cancers increases. It is important that you take steps to reduce your weight. Aim to exercise more and eat fewer calories; read *Good Housekeeping Drop a Dress Size* for easy exercise ideas that you can build into your daily routine. As BMI is based on weight and height, by losing weight you will reduce your BMI and your risk of ill-health.

Waist management

The BMI is a useful method but it doesn't take into account where fat is stored in your body. This is important because 'apple' shaped people (with most of their fat stored around the abdomen) are more at risk of developing obesity-related diseases such as type-2 diabetes, high blood pressure and heart disease, than 'pear' shapes who have most of their fat on their hips. The BMI also does not allow for how much muscle you have. The following tests will help you find out your health risk:

1. Measure your waist:
This tells you roughly the amount of fat you carry in your abdomen and is regarded as more accurate than BMI in predicting type-2 diabetes risk. For women, if your waist measures more than 80cm (32in), or for men more than 94cm (37in), you need to lose weight.

2. Divide your waist measurement by your hip measurement:
This will tell you whether you are an apple or a pear shape. If the figure is greater than 0.85 for women or 0.95 for men, you are an apple shape and more at risk from diseases linked to obesity.



How to offset your calories

Being active is an important part of any weight-loss or weight-maintenance programme. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

Combining calorie counting with exercise means you will lose weight more easily and you will have so much more energy. *Good Housekeeping Drop a Dress Size* has lots of easy exercises and ideas to get you moving.

How much exercise? To lose weight, you should aim to be active for at least 60 minutes most days of the week, according to national guidelines. Anything that makes your heart beat faster counts: brisk walking, cycling, swimming or dancing. The key is to build a little more activity into your day.

Break up your activity. Fortunately, you don't have to do the whole lot at once to get benefits. Instead, you can build up the time over the course of the day; for example, three 10-minute sessions of exercise produce the same results as one 30-minute session. Small changes can give big results. Look for small ways to add more activity to your day. Walking just one mile burns around 100 calories – equivalent to a chocolate biscuit, and this adds up to 36,500 calories or 10kg (22lb) of weight loss in a year.

Burn calories. Knowing the number of calories you burn in conjuction with a sensible diet can help you lose weight. This chart, which is based on a person weighing 59kg (9 stone 4lb) shows the number of calories burned during various activities. To lose 0.5kg (1lb), you must burn 3,500 more calories than you take in as food.

Six more reasons to get moving

There are many other great reasons for getting more active. Here are just some of them:

1. You'll feel less tired and have bags more energy.
2. Your body will be better able to fight off germs, which make you ill.
3. You'll feel better about yourself – and you'll look better too.
4. Your heart and lungs will become stronger.
5. Your muscles will become toned.
6. You'll cope better under stress.

Activity	Calories burned in 30 minutes
Aerobics (low impact)	149
Badminton	195
Cycling, 10mph (6 minutes/mile)	162
Dancing	130
Gardening	117
Hiking	202
Housework	117
Jogging, 6mph (10 minutes/mile)	299
Rowing machine	234
Running, 10mph 6 minutes/mile)	455

Activity	Calories burned in 30 minutes
Shopping	78
Squash	266
Stair-climber machine	208
Step aerobics	189
Swimming (slow)	156
Swimming (fast)	292
Table Tennis	117
Tennis	208
Walking, 3mph (20 minutes/mile)	104
Weight training	247

12 EASY FOOD SWAPS
On page 140 We give you some easy ways to save calories by opting for lower-calorie alternatives.

Calorie Counts

Bacon, Ham & Pork	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
BACON							
Back rashers, grilled	15g (1 rasher)	43	3.0	1.2	0	3.5	0
Collar joint, boiled	85g	276	23	9.0	0	17	0
Gammon joint, trimmed, boiled	85g	142	5.0	1.8	0	25	0
Loin steak, grilled	100g	191	10	3.5	0	26	0
Streaky rashers, grilled	20g (1 rasher)	67	5.0	2.0	0	4.8	0
HAM							
Parma	45g	100	6.0	1.9	0	12	0
Premium	23g	30	1.0	0.4	0.1	4.9	0
PORK							
Belly joint, roasted	110g	322	24	8.1	0	28	0
Fillet slices, grilled	120g	214	6.0	2.3	0	40	0
Leg joint, roasted	90g	194	9.0	3.2	0	28	0
Leg joint, roasted, trimmed	90g	164	5.0	1.7	0	30	0
Loin chops, grilled	120g	308	19	6.7	0	35	0
Loin chops, grilled, trimmed	120g	221	8.0	2.6	0	38	0
Loin chops, roasted	75g	226	14	5.3	0	24	0
Loin joint, roasted	90g	228	15	5.3	0	27	0
Loin steaks, fried	20g	331	22	7.2	0	33	0
Mince	90g	172	9.0	3.5	0	22	0
Sausages, fried	45g (1 sausage)	139	11	3.8	4.5	6.3	0.3
Sausages, grilled	45g (1 sausage)	132	10	3.6	4.4	6.5	0.3
Spare rib joint, roasted	90g	234	16	6.0	0	22	0
Spare rib joint, roasted, trimmed	90g	181	8.0	2.9	0	27	0
Steaks, grilled	135g	267	10	3.6	0	44	0
Steaks, grilled, trimmed	135g	228	5.0	1.8	0	46	0

*No information available
Tr trace quantities<0.1g

Beans, lentils, nuts & seeds	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
BEANS & LENTILS							
Baked beans	200g (1 small can)	162	1.0	0.2	30	9.6	7.0
Baked beans, reduced sugar	200g (1 small can)	148	1.0	0.2	26	11	7.6
Black-eye beans, dried, boiled	120g (4 tbsp)	139	1.0	0.2	24	11	4.2
Broad beans, boiled	120g (4 tbsp)	58	1.0	0.1	6.7	6.1	6.5
Butter beans, canned, drained	120g (4 tbsp)	92	1.0	0.1	16	7.1	5.5
Chickpeas, canned, drained	120g (4 tbsp)	138	3.0	0.4	19	8.6	4.9
Lentils, green or brown, dried, boiled	120g (4 tbsp)	126	1.0	0.1	20	11	4.6
Lentils, red, dried, boiled	120g (4 tbsp)	120	0	0	21	9.1	2.3
Pinto beans, dried, boiled	120g (4 tbsp)	164	1.0	0.1	29	11	*
Red kidney beans	120g (4 tbsp)	120	1.0	0.1	21	8.3	7.4
NUTS & SEEDS							
Almonds	25g (a small handful)	153	14	1.1	1.7	5.3	1.9
Brazil nuts	25g (a small handful)	171	17	4.1	0.8	3.5	1.1
Cashew nuts	25g (a small handful)	143	12	2.4	4.5	4.4	0.8
Chestnuts	25g (a small handful)	43	1.0	0.1	9.1	0.5	1.0
Coconut, dessicated	25g (a small handful)	151	16	13	9.1	0.5	1.0
Hazelnuts	25g (a small handful)	163	16	1.2	1.5	3.5	1.6
Macadamia nuts	25g (a small handful)	187	19	2.8	1.2	2.0	1.3
Peanuts, roasted, salted	25g (a small handful)	151	13	2.4	1.8	6.1	1.5
Pecan nuts	25g (a small handful)	172	18	1.4	1.5	2.3	1.2
Pine nuts	25g (a small handful)	172	17	1.1	1.0	3.5	0.5
Pistachio nuts	25g (a small handful)	150	14	1.9	2.0	4.5	1.5
Pumpkin seeds	15g (1 tbsp)	85	7.0	1.1	2.3	3.7	0.8
Sesame seeds	15g (1 tbsp)	90	0	1.2	0.1	2.7	1.2
Sunflower seeds	15g (1 tbsp)	87	7.0	0.7	2.8	3.0	0.9
Walnuts	25g (a small handful)	172	17	1.4	0.8	3.7	0.9

*No information available
Tr trace quantities<0.1g

Beef & beef dishes	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
BEEF							
Beefburgers, fried	50g	165	12	5.3	0.1	14	0
Beefburgers, grilled	50g	163	12	5.4	0.1	13	0
Braising steak	140g	304	16	6.7	0	41	0
Fillet steak, fried	150g	288	13	5.9	0	42	0
Fillet steak, fried, trimmed	150g	276	12	5.1	0	42	0
Fillet steak, grilled	150g	300	14	6.6	0	43	0
Fillet steak, grilled, trimmed	150g	282	12	5.4	0	44	0
Mince	140g	286	20	8.7	0	27	0
Mince, lean	140g	244	13	5.9	0	31	0
Rump steak, grilled	150g	306	14	7.8	0	44	0
Sausages, fried	45g	126	9.0	3.4	5.6	6.1	0
Sausages, grilled	45g	125	9.0	3.6	5.9	6.0	0
Sirloin steak, fried, trimmed	175g	331	14	6.0	0	50	0
Sirloin steak, fried	175g	408	25	11	0	47	0
Sirloin steak, grilled	175g	373	22	9.8	0	43	0
Sirloin steak, grilled, trimmed	175g	308	13	6.0	0	47	0
Stewing steak, lean	140g	259	9.0	3.2	0	45	0
Topside, roasted	90g	200	10	4.3	0	27	0
Topside, roasted, trimmed	90g	158	5.0	1.9	0	29	0
BEEF DISHES							
Beef bourguignon	260g	317	16	5.4	6.5	36	1.0
Beef casserole	300g	408	20	8.2	14	45	*
Beef curry	350g	480	23	11	22	47	4.2
Chilli con carne	220g	211	9.0	4.2	16	17	3.1
Shepherd's pie	310g	347	18	6.8	29	19	2.2
Steak & kidney pie	160g	517	34	13	41	15	1.4

*No information available
Tr trace quantities<0.1g

Beverages	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
ALCOHOLIC DRINKS							
Bacardi Breezer	275ml, 1 bottle	96	0	0	8.3	0	0
Bailey's Original Irish Cream	25ml, 1 measure	82	3.3	*	6.3	0.8	0
Beer, bitter, draught	300ml, ½ pint	96	0	0	6.9	0.9	0
Brandy	25ml, 1 measure	56	0	0	0	0	0
Champagne	175ml, 1 glass	133	0	0	2.4	0	0
Cider, dry	300ml, ½ pint	108	0	0	7.8	0	0
Cider, sweet	300ml, ½ pint	126	0	0	13	0	0
Gin	25ml, 1 measure	56	0	0	0	0	0
Guinness	300ml, ½ pint	90	0	0	4.5	1.2	0
Lager	300ml, ½ pint	87	0	0	4.5	0.6	0
Liqueurs, high strength e.g. Drambuie, Pernod, Cointreau, Grand Marnier	25ml, 1 measure	79	0	0	6.1	0	0
Liqueurs, low–medium strength, e.g. Tia Maria, cherry brandy	25ml, 1 measure	66	0	0	8.2	0	0
Port	50ml, 1 glass	79	0	0	6.0	0	0
Red wine	175ml, 1 glass	119	0	0	0.4	0	0
Rose wine	175ml, 1 glass	124	0	0	4.4	0	0
Rum	25ml, 1 measure	56	0	0	0	0	0
Sherry, dry	50ml, 1 glass	58	0	0	0.7	0	0
Sherry, sweet	50ml, 1 glass	68	0	0	3.5	0	0
Vermouth, dry	50ml, 1 measure	55	0	0	1.5	0	0
Vermouth, sweet	50ml, 1 measure	76	0	0	7.9	0	0
Vodka	25ml, 1 measure	56	0	0	0	0	0
Whisky	25ml, 1 measure	56	0	0	0	0	0
White wine, dry	175ml, 1 glass	116	0	0	1.1	0	0
White wine, medium	175ml, 1 glass	130	0	0	5.3	0	0
White wine, sparkling	175ml, 1 glass	130	0	0	8.9	0	0
White wine, sweet	175ml, 1 glass	165	0	0	10	0	0

*No information available
Tr trace quantities<0.1g

Beverages	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
HOT DRINKS							
Filter Coffee, black	200ml	4	0	0	0.6	0.4	0
Filter coffee with semi-skimmed milk	200ml	14	0.3	0.1	1.4	1.2	
Filter coffee with whole milk	200ml	16	0.8	0.2	1.4	1.2	0
Instant coffee, black	200ml	0	0	0	0	0	0
Instant coffee with semi-skimmed milk	200ml	14	0.3	0.1	1.4	1.2	0
Instant coffee with whole milk	200ml	16	0.8	0.2	1.4	1.2	0
Green tea	200ml	0	0	0	0	0	0
Herbal tea	200ml	2	0	0	0.4	0	0
Tea with semi-skimmed milk	200ml	14	0.3	0.1	1.4	1.2	0
Tea with whole milk	200ml	16	0.8	0.2	1.4	1.2	0
Hot chocolate with semi-skimmed milk	200ml	146	4.0	2.5	1.4	1.0	0
Hot chocolate with whole milk	200ml	180	8.0	5.2	21	7.0	0
Cocoa with semi-skimmed milk	200ml	114	4.0	2.4	14	7.0	0
Cocoa with whole milk	200ml	152	8.0	5.2	14	6.8	0
Latte with semi-skimmed milk	200ml	143	5.1	2.6	15	9.5	0
Latte with whole milk	200ml	172	8.4	4.8	15	9.1	0
Cappucino with semi-skimmed milk	200ml	97	3.4	1.7	10	6.4	0
Cappucino with whole milk	200ml	116	5.6	3.2	10	6.1	0
Mocha with semi-skimmed milk and whipped cream	200ml	273	13	7.7	33	9.8	0
Mocha with whole milk and whipped cream	200ml	297	16	9.5	33	9.5	0

*No information available
Tr trace quantities<0.1g

