



**An introduction
to your**

Calorie Content Guide

This sheet gives the calorie content of a range of commonly eaten foods and where possible in commonly eaten quantity. Please be aware that all food packaging must carry accurate calorie content so please check the packaging as food companies do alter their products regularly. Always look for the kcal figure, this is the calorie content. A number of web sites including Tesco's provide online calorie information for all their products so if you want to go a little off road it's always possible to find out the calorie content, beforehand.

This is going to feel clunky for a week or two but remember...liking it is optional!! Really important so please just do it! The process can be so eye opening. Something you believed to be healthy may be laden with calories. This is the educational part of the course. It really is so important to be aware of just how many calories are in the foods we eat. We assure you you're going to get some surprises!

If you identify the lower calorie foods and eat plenty from these groups, (vegetables, fruits, lean meat, poultry, fish, eggs) you will be surprised at just how much you can eat. Conversely poor food choices of high calorie foods will make it impossible for you to stay on the program.

For example 200g of dairy milk chocolate has 1040 calories. Below is an example of what you could have instead FOR LESS CALORIES.

- 2 wheatabix skimmed/semi skimmed milk 200k
- 2 egg omelette with tomato, onion, 28 gram (1 pack slice) cheddar cheese 250k
- 120g salmon fillet with cajun spices grilled, 10 asparagus spears steamed, 3 small new potatoes 400k
- 1 apple 50
- 2 satsumas 50
- 2 rice cakes 70

All the above together would have 20 calories less than the 200g of the chocolate. So as you can see wise choices are the key to being fuller and feeling better.

You will get the hang of this in no time! Remember keeping your food choices healthy and simple will make it easier for you.

Calorie Content Guide of commonly eaten foods

Please note this guide is a rough estimate. Check packaging for calorie contents of your purchases.

Alcohol	Serving Size	Calorie Count
Calories in champagne.....	1 glass / 120ml	89
Calories in a pint of beer.....	1 pint	182
Calories in a pint of Guinness.....	1 pint	210
Calories in gin, 40% alcohol	25ml	55
Calories in lager, Stella Artois 1 can / 550ml		221
Calories in sherry.....	50ml	68
Calories in red wine.....	1 glass / 120ml	127
Calories in white wine.....	1 glass / 120ml	127
Calories in vodka	25ml	55

Breakfast Cereal	Serving Size	Calorie Count
Bran Flakes, Kelloggs.....	45g	144
Corn Flakes, Kelloggs	45g	167
Corn Flakes, Crunchy Nut	45g	176
Porridge Oats, Scots, Quaker.....	45g	166
Rice Krispies, Kelloggs.....	45g	171
Shredded Wheat, Nestle	2 pieces / 44g	143
Special K, Kelloggs.....	45g	166
Weetabix.....	2 biscuits 37½g	134
Oatibix	2 biscuits 48g	189

Drinks	Serving Size	Calorie Count
Calories in coffee.....	1 cup / 220ml	5
Calories in a can of coke	330ml	139
Calories in orange juice.....	1 glass / 200ml	88
Calories in tea.....	1 mug / 270ml	2
Calories in water.....	any quantity	0
Calories in milk, skimmed.....	100ml	35
Calories in milk, semi skimmed	100ml	50
Calories in milk, whole.....	100ml	62

Sweeteners	Serving Size	Calorie Count
Calories in sugar.....	1 teaspoon	23
Calories in Hermisetas	per sweetner	0
Calories in Canderel.....	1 teaspoon	2

Oils	Serving Size	Calorie Count
Calories in sunflower oil.....	2 teaspoons	83
Calories in olive oil.....	2 teaspoons	80
Calories in spray oil	per spray	1

Bread and Cakes	Serving Size	Calorie Count
Calories in a bagel.....	85g	216
Calories in a baguette, French	150g	360
Calories in a hot cross bun	70g	205
Calories in a scone	70g	225
Calories in a white, crusty roll.....	50g	140
Calories in bread, brown.....	1 med slice	74
Calories in bread, granary	1 slice / 25g	59
Calories in bread, pitta.....	1 pitta / 25g	147
Calories in bread, white	1 slice / 37g	84
Calories in bread, wholemeal	1 slice / 36g	79

Chicken and Meat	Serving Size	Calorie Count
Calories in 1 beef sausage	60g	151
Calories in a chicken breast	200g	342
Calories in a kebab.....	168g	429
Calories in 1 pork sausage	24g	73
Calories in 1 bacon rasher.....	25g	64
Calories in 1 chicken breast fillet.....	140g	162
Calories in fillet steak.....	112g	216
Calories in gravy, beef.....	83ml	45
Calories in ham 1 slice	30g	35
Calories in lamb chops	1oz / 28g	69
Calories in pork chops.....	1oz / 28g	73
Calories in roast beef.....	1 slice 35g	50
Calories in roast leg of lamb	1oz / 28g	67

Snacks	Serving Size	Calorie Count
Calories in a Special K bar	24g	94
Calories in olives	1oz / 28g	29
Calories in popcorn.....	1 bag / 30g	135
Calories in Nature Valley bar	30g	144
Calories in a rice cake	10g	38

Eggs and Dairy	Serving Size	Calorie Count
Calories in butter	10g	74
Calories in cheese, cheddar	40g	172
Calories in cheese, cream.....	34g	58
Calories in eggs, size 3	57g	84
Calories in yoghurt, black cherry 1 pot / 150g.....		106
Calories in yoghurt, strawberry.. 1 pot / 200g.....		123

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Fish	Serving Size	Calorie Count
Calories in anchovies	100g	226
Calories in baked cod	100g	96
Calories in boiled crab	100g	128
Calories in boiled lobster	100g	103
Calories in kipper	100g	192
Calories in mackerel	100g	205
Calories in boiled mussels	100g	104
Calories in sole/plaice	100g	89
Calories in prawns	100g	99
Calories in poached salmon	100g	195
Calories in smoked salmon	100g	180
Calories in tuna in spring water	100g	107

Fruit	Serving Size	Calorie Count
Calories in a banana	150g	143
Calories in a pear	170g	68
Calories in a satsuma	1 med / 70g	25
Calories in an apple	112g	53
Calories in an avocado pear	145g	275
Calories in an orange	160g	59
Calories in grapes	50g	30
Calories in kiwi fruit	1oz / 28g	14
Calories in melon	1oz / 28g	7
Calories in strawberries	1oz / 28g	7

Nuts and Seeds	Serving Size	Calorie Count
Grams of Fat		
Calories in almonds	1oz / 28g	171
Calories in Brazil nuts	1oz / 28g	193
Calories in cashew nuts	1oz / 28g	164
Calories in hazelnuts	1oz / 28g	183
Calories in salted peanuts	1 sm pack / 50g	311
Calories in sesame seeds	1oz / 28g	171
Calories in sunflower seeds	1oz / 28g	164
Calories in walnuts	1oz / 28g	194

Low Calorie & Low Fat Foods	Serving Size	Calorie Count
Calories in cheese spread, low fat	50g	56
Calories in low fat cookies	23g	82
Calories in garlic bread, low fat	84g	94
Calories in a hot cross bun, low fat	65g	161
Calories in a low calorie ice cream	60g	71
Calories in low calorie mayonnaise	11g	33
Calories in low calorie lasagne	300g	255

Vegetables	Serving Size	Calorie Count
Calories in a jacket potato	180g	245
Calories in beetroot	28g	10
Calories in a cauliflower	28g	9
Calories in asparagus	5 spears	33
Calories in broccoli	30g	7
Calories in cabbage	135g	21
Calories in carrots	60g	13
Calories in cucumber	100g	15
Calories in celery	40g	2
Calories in cherry tomatoes	7	13
Calories in mushrooms	1oz / 28g	4
Calories in iceberg lettuce	1oz / 28g	3.7
Calories in onions	1oz / 28g	8.4
Calories in peas	60g	32
Calories in yellow sweet corn	100g	86
Calories in new potato boiled	3 / 120g	84
Calories in red peppers	1oz / 28g	7

Pasta and Rice	Serving Size	Calorie Count
American long grain rice	50g	175
Batchelors chicken super noodles	100g	170
Blue dragon dry egg noodles	1 sheet 81g	279
Brown Basmati rice	50g	177
Fusilli	90g	316
Long grain brown rice	100g	364
Macaroni	1oz / 28g	99
Spaghetti	50g	181
Pasta shells	75g	265
Uncle Bens boil in the bag rice	62.5g	215

Sandwiches and Wraps	Serving Size	Calorie Count
Calories in a bacon and egg, bacon and tomato, sausage and egg triple sandwich pack	1 pack / 256g	778
Calories in a chicken, ham and prawn sandwich pack	1 pack / 247g	349
Calories in a chicken fajita wrap	1 pack / 185g	263
Calories in a chicken salad sandwich	1 pack / 195g	257
Calories in a ham and cheese toasted sandwich	1 pack / 160g	429
Calories in a ham and Swiss cheese panini	1 panini / 223g	557
Calories in a spicy Mexican flatbread	1 pack / 184g	282
Calories in a salmon, cucumber and mayo sandwich pack	1 pack / 219g	530
Calories in a tuna mayonnaise baguette	1 pack / 230g	535
Calories in an egg mayonnaise sandwich	1 pack	253