

Food Information



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Values in tables are per 100 grams

Baked Products

The average serving size is 50g, so half the values in the table for one portion.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Bagels	273	55g	10g	2g
Biscuits, plain or buttermilk	428	63g	8g	15g
Bread crumbs, dry, grated, plain	395	72g	13g	5g
Bread sticks, plain	412	68g	12g	10g
Bread stuffing, bread	386	76g	11g	3g
Bread, french	274	52g	9g	3g
Bread, mixed-grain	251	46g	10g	4g
Bread, pita, white, enriched	275	56g	9g	1g
Bread, rye	259	48g	9g	3g
Bread, white	266	51g	8g	3g
Bread, whole-wheat	246	46g	10g	4g
Brownies	434	77g	4g	15g
Cake, carrot	415	79g	5g	10g
Cake, chocolate	367	55g	4g	16g
Cake, creme-filled, sponge	364	64g	3g	11g
Cake, fruitcake	324	62g	3g	9g
Cake, marble	416	79g	3g	12g
Cake, pineapple upside-down	319	51g	4g	12g
Cake, sponge	297	58g	7g	4g
Cheesecake	321	26g	6g	23g
Chocolate mousse	260	30g	4g	15g
Coconut macaroons	404	72g	4g	13g
Coffeecake	311	52g	5g	10g
Cookies, butter	467	69g	6g	19g
Cookies, chocolate chip	497	66g	5g	25g
Cookies, fortune	378	84g	4g	3g
Cookies, ladyfingers	365	60g	11g	9g
Cookies, oatmeal	462	67g	7g	19g
Crackers	383	81g	9g	2g
Croissants, butter	406	46g	8g	21g
Croutons	407	74g	12g	7g
Danish pastry	403	45g	7g	22g
Doughnuts	421	50g	5g	23g
Eclairs	262	24g	6g	16g
Fig bars	348	71g	4g	7g
French toast	213	32g	7g	6g
Gingerbread	356	49g	4g	16g
Ice cream cones, cake or wafer-type	417	79g	8g	7g
Muffins	227	44g	9g	2g
Pancakes	225	39g	5g	5g
Pancakes	227	29g	7g	9g

Pie, apple, prepared from recipe	265	37g	2g	13g
Pie, egg custard, commercially prepared	210	21g	6g	12g
Pie, lemon meringue, prepared from recipe	285	39g	4g	13g
POP TARTS	395	72g	4g	10g
Puff pastry, frozen, ready-to-bake, baked	558	46g	7g	39g
Rolls, dinner	300	50g	8g	7g
Shortbread	346	49g	6g	14g
Strudel, apple	274	41g	3g	11g
Taco shells, baked	468	62g	7g	23g
Tortillas	312	51g	8g	8g
Waffle, plain	298	45g	7g	10g
Waffles, plain	291	33g	8g	14g

Beverages

The average serving size is 250g, so for one portion multiply the values in the table by 2.5

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Carbonated beverage	37	10g	0g	0g
Carbonated beverage, reduced sugar	20	5g	0g	0g
Carbonated beverage, tonic water	34	9g	0g	0g
Fruit juice drink	50	12g	0g	0g
Coffee	1	0g	0g	0g
Energy drink, RED BULL	45	11g	0g	0g
Malt beverage	37	8g	0g	0g
Milkshake	113	19g	3g	3g
Sports drink, fruit-flavoured, ready-to-drink	27	7g	0g	0g
Tea	1	0g	0g	0g
Water, bottled, generic	0	0g	0g	0g

Breakfast Cereal

The average serving size is 30g, so for one portion multiply the values in the table by 0.3

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
ALL-BRAN	260	74g	13g	5g
Coco Pops	381	86g	5g	3g
Corn Flakes	361	87g	7g	1g
FROSTED FLAKES	367	90g	3g	1g
KELLOGG'S SPECIAL K	379	71g	23g	2g
Muesli	357	73g	9g	6g
Oatmeal/Porridge	370	77g	9g	5g
RICE KRISPIES	387	86g	6g	1g
Wheat Cereal	332	80g	11g	2g

Dairy Products

The average serving size is 50g, so for one portion half the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Cheese spread	295	4g	7g	29g
Cheese, brie	334	0g	21g	28g
Cheese, cheddar	403	1g	25g	33g
Cheese, cottage	103	3g	12g	5g
Cheese, goat	452	2g	31g	36g
Cream	130	4g	3g	12g
Cream, canned	257	12g	3g	22g
Cream, whipping	345	3g	2g	37g
Egg	147	1g	13g	10g
Egg (if fried)	201	1g	14g	15g
Egg, duck, whole, fresh, raw	185	1g	13g	14g
Milk	60	5g	3g	3g
Milk, goat	69	4g	4g	4g
Yogurt, fruit variety	94	19g	4g	0g

Fastfood

The average serving size is 200g, so for one portion double the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
BURGER KING, Cheeseburger	286	24g	15g	15g
BURGER KING, DOUBLE WHOPPER	266	14g	14g	17g
BURGER KING, French Fries	331	40g	4g	17g
BURGER KING, Hamburger	275	27g	14g	12g
BURGER KING, Original Chicken Sandwich	286	24g	13g	15g
BURGER KING, Vanilla Shake	168	19g	3g	9g
BURGER KING, WHOPPER	250	17g	11g	15g
Chicken fillet sandwich, plain	283	21g	13g	16g
Chicken fillet sandwich, with cheese	277	18g	13g	17g
Chicken, breaded and fried, boneless pieces	297	16g	16g	19g
Chilli con carne	101	9g	10g	3g
Coleslaw	148	13g	1g	11g
Hamburger, regular	305	34g	14g	13g
Hotdog, plain	247	18g	11g	15g
McDONALD'S, Bacon, Egg & Cheese Biscuit	304	23g	14g	18g
McDONALD'S, BIG MAC	257	20g	12g	15g
McDONALD'S, BIG 'N TASTY	226	17g	11g	14g
McDONALD'S, Cheeseburger	263	28g	13g	12g
McDONALD'S, Chicken McNUGGETS	264	16g	16g	15g
McDONALD'S, Crispy Chicken Sandwich	230	22g	11g	11g
McDONALD'S, DOUBLE QUARTER POUNDER	262	14g	17g	16g
McDONALD'S, Egg McMUFFIN	210	21g	13g	8g
McDONALD'S, French Fries	307	40g	3g	16g
McDONALD'S, Hamburger	252	31g	12g	9g

McDONALD'S, McDONALDLAND Cookies	447	73g	7g	15g
McDONALD'S, McFLURRY with M&M'S CANDIES	177	27g	4g	6g
McDONALD'S, QUARTER POUNDER	258	20g	15g	14g
McDONALD'S, Side Salad	20	4g	1g	0g
McDONALD'S, THICK Shake	156	27g	3g	4g
Onion rings, breaded and fried	332	38g	4g	19g
Pizza Chain, 14" Pizza, regular crust	264	33g	12g	10g
Pizza Chain, 14" Pizza, thick crust	272	31g	12g	11g
Pizza Chain, 14" Pizza, thin crust	304	27g	14g	16g
Sundae	196	32g	5g	6g

Fish and Meat

The average serving size is 100g, so for one portion use the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Beef mince	246	0g	24g	16g
Beef, corned beef	251	0g	18g	19g
Beef, general	251	0g	31g	13g
Beef, ribs	358	0g	23g	29g
Beef, sirloin	326	0g	28g	23g
Beef, t-bone steak	205	0g	27g	10g
Beef, tenderloin	332	0g	24g	26g
Chicken	300	0g	26g	21g
Chicken, fried, batter	331	10g	22g	22g
Cod	105	0g	23g	1g
Cod, breaded and fried	221	8g	18g	13g
Deer	158	0g	30g	3g
Duck	201	0g	23g	11g
Fish Sticks	249	21g	11g	13g
Haddock, smoked	116	0g	25g	1g
Ham	178	0g	23g	9g
Lamb	267	0g	23g	19g
Mackerel, canned, drained solids	156	0g	23g	6g
Pollock	113	0g	24g	1g
Pork	269	0g	23g	19g
Rabbit	173	0g	33g	4g
Salmon, canned, solids with bone and liquid	139	0g	20g	6g
Sardine, canned in tomato sauce	186	1g	21g	10g
Tuna, canned in oil, drained solids	198	0g	29g	8g
Tuna, canned in water, drained solids	116	0g	26g	1g
Turkey	221	0g	27g	12g
Veal	282	0g	26g	19g

Fruit and Juice

The average serving size is 100g, so for one portion use the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Apple juice	47	12g	0g	0g
Apples	48	13g	0g	0g
Apricots, canned	48	12g	1g	0g
Apricots	48	11g	1g	0g
Bananas	89	23g	1g	0g
Blackberries	43	10g	1g	0g
Blueberries	57	14g	1g	0g
Cherries, canned	36	9g	1g	0g
Cherries	50	12g	1g	0g
Clementine's	47	12g	1g	0g
Cranberry juice	46	12g	0g	0g
Figs	74	19g	1g	0g
Fruit cocktail, canned	57	15g	0g	0g
Grapefruit juice	46	11g	1g	0g
Grapefruit	32	8g	1g	0g
Grapes, red or green	69	18g	1g	0g
Melons, honeydew	36	9g	1g	0g
Orange juice	44	10g	1g	0g
Oranges	49	13g	1g	0g
Peaches, canned	44	12g	1g	0g
Peaches	39	10g	1g	0g
Pears, canned	50	13g	0g	0g
Pears	58	15g	0g	0g
Pineapple juice	53	13g	0g	0g
Pineapple, canned	60	16g	0g	0g
Plums	46	11g	1g	0g
Raisins	299	79g	3g	0g
Raspberries	52	12g	1g	1g
Rhubarb	21	5g	1g	0g
Strawberries	32	8g	1g	0g
Tangerines	53	13g	1g	0g
Watermelon	30	8g	1g	0g

Ready Meals

The average serving size is 300g, so for one portion multiply the values in the table by 3.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Beef Ravioli	94	15g	3g	2g
Beef Stroganoff	163	16g	8g	7g
Chicken & Noodles	148	11g	6g	9g
Chilli with Beans	163	11g	7g	10g
Lasagne	129	12g	9g	5g
Macaroni and Cheese	370	68g	16g	4g
Oriental Beef with Vegetables and Rice	95	14g	5g	2g
Roast Beef	106	7g	10g	4g
Soup	69	9g	2g	3g
Spaghetti with meat sauce	90	15g	5g	1g
Stew	135	8g	6g	9g
Sweet & Sour Vegetables Fruit & Sauce with Chickpeas	65	13g	2g	1g

Rice, Pasta and Noodles

The average serving size is 75g, so for one portion multiply the values in the table by 0.75

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Noodles	138	25g	5g	2g
Noodles, Chinese, chow mein	527	58g	8g	31g
Noodles, Japanese	99	21g	5g	0g
Pasta	131	25g	5g	1g
Rice noodles	109	25g	1g	0g
Rice, brown	111	23g	3g	1g
Rice, white	130	28g	3g	0g
Spaghetti	158	31g	6g	1g

Snacks

The average serving size is 75g, so for one portion multiply the values in the table by 0.75

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Banana chips	519	58g	2g	34g
Breakfast bars	464	67g	10g	18g
Chocolate Bar	423	72g	5g	16g
Crisps	487	68g	7g	21g
Egg custards	121	17g	4g	4g
Flan	113	19g	3g	3g
Fudge	384	82g	1g	5g
Ice creams	201	24g	4g	11g
Marshmallows	318	81g	2g	0g
Nuts, almonds, brazil nuts, pecans etc	578	20g	21g	51g
Popcorn	429	73g	13g	10g
Pretzels	338	69g	8g	3g
Rice cake	392	81g	7g	4g

Vegetables

The average serving size is 100g, so for one portion use the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Asparagus	20	4g	2g	0g
Broccoli	28	5g	3g	0g
Brussels sprouts	41	9g	3g	1g
Cabbage	22	4g	1g	0g
Carrots	35	8g	1g	0g
Cauliflower	23	4g	2g	0g
Cucumber	15	4g	1g	0g
Mushrooms	22	3g	3g	0g
Onion rings	407	38g	5g	27g
Onions	44	10g	1g	0g
Parsnips	81	20g	1g	0g
Potatoes	87	20g	2g	0g
Sweet potato	90	21g	2g	0g
Tomatoes	23	5g	1g	0g
Turnips	22	5g	1g	0g

Vegetarian Foods

The average serving size is 200g, so for one portion double the values in the table.

Nutrition Facts	Calories	Carbohydrate	Protein	Fat
Bacon, meatless	310	6g	11g	30g
Baked beans, canned, no salt added	105	21g	5g	0g
Fish sticks, meatless	290	9g	23g	18g
Frankfurter, meatless	233	8g	20g	14g
Hummus	166	14g	8g	10g
Luncheon slices, meatless	189	4g	18g	11g
Peanut butter	589	22g	24g	50g
Peanuts	599	15g	28g	53g
Sandwich spread, meatless	149	9g	8g	9g
Sausage, meatless	257	10g	19g	18g
Soy milk	52	5g	4g	2g
Soyburger	179	13g	18g	6g
Vegetarian meatloaf or patties	197	8g	21g	9g