

Sultanas



351kJ / 83kcal
30g

Grapes



229kJ / 54kcal
80g

Strawberries



101kJ / 24kcal
80g

Banana



278kJ / 65kcal
80g

Lychees



198kJ / 46kcal
80g

Orange



122kJ / 29kcal
80g

Pineapple



141kJ / 33kcal
80g

Melon



65kJ / 15kcal
80g

Apple



172kJ / 41kcal
80g

Okra
(Stir-fried)



887kJ / 215kcal
80g

Spinach
(Boiled)



63kJ / 15kcal
80g

Sweet potato
(Boiled)



286kJ / 67kcal
80g

Frozen peas
(Boiled)



239kJ / 56kcal
80g

Broccoli
(Steamed)



114kJ / 27kcal
80g

Carrots
(Boiled)



98kJ / 23kcal
80g

Mixed vegetables
(Boiled)



144kJ / 34kcal
80g

Pak choi
(Steamed)



46kJ / 11kcal
80g

Sweetcorn
(Canned)



264kJ / 62kcal
80g

Lettuce



38kJ / 9kcal
80g

Cucumber



48kJ / 11kcal
80g

Cherry tomatoes



75kJ / 18kcal
80g

Avocado



627kJ / 152kcal
80g

Fruit salad



353kJ / 83kcal
140g

Orange juice



230kJ / 54kcal
150ml

Red pepper



71kJ / 17kcal
80g

Vegetables
(Stir fried)



216kJ / 51kcal
80g

Butternut squash
(Baked)



110kJ / 26kcal
80g

Celery



24kJ / 6kcal
80g

Mushrooms
(Fried)



350kJ / 85kcal
80g

Apricots
(Semi-dried)



202kJ / 47kcal
30g

Ratatouille



610kJ / 148kcal
180g

Sugar snap peas



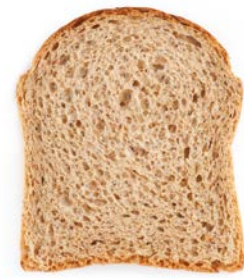
116kJ / 27kcal
80g

White toast



307kJ / 72kcal
27g

Wholemeal bread



332kJ / 78kcal
36g

Wholemeal roll



705kJ / 166kcal
68g

Plain bagel



1045kJ / 246kcal
90g

Chapati



830kJ / 197kcal
60g

Pitta bread



650kJ / 153kcal
60g

Naan bread



784kJ / 185kcal
65g

**Crumpet
(Toasted)**



441kJ / 104kcal
50g

**Cream
crackers**



300kJ / 71kcal
16g

**Cornflakes
with semi
skimmed milk**



725kJ / 170kcal
155g

**Porridge with
semi skimmed
milk**



1214kJ / 286kcal
340g

**Muesli with
semi skimmed
milk**



1019kJ / 241kcal
175g

**Wheat
biscuits with
semi skimmed
milk**



773kJ / 182kcal
163g

**Baked potato
(With skin)**



743kJ / 175kcal
180g

**Chips
(Oven baked)**



1080kJ / 255kcal
135g

**Potato wedges
(Baked)**



1105kJ / 261kcal
180g

**Couscous
(Cooked)**



1139kJ / 267kcal
150g

**Egg noodles
(Boiled)**



476kJ / 111kcal
125g

**Basmati rice
(Boiled)**



896kJ / 211kcal
180g

**Brown rice
(Boiled)**



1012kJ / 238kcal
180g

**White
spaghetti
(Boiled)**



1322kJ / 310kcal
220g

**Wholewheat
spaghetti
(Boiled)**



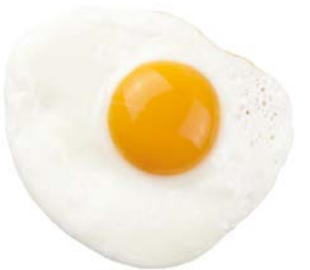
1250kJ / 295kcal
220g

Peanut butter



503kJ / 121kcal
20g

**Egg
(Fried)**



499kJ / 120kcal
60g

**Egg
(Boiled)**



363kJ / 87kcal
61g

**Back bacon
(Grilled)**



299kJ / 72kcal
25g

Ham



104kJ / 25kcal
23g

**Chicken breast
(Grilled)**



814kJ / 192kcal
130g

**Pork loin chop
(Grilled)**



929kJ / 221kcal
120g

**Beef burger
(Grilled)**



1057kJ / 254kcal
78g

**Lamb kebab
(Grilled)**



1079kJ / 259kcal
90g

**Kidney beans
(Canned)**



313kJ / 74kcal
80g

Tofu
(Steamed)



301kJ / 72kcal
99g

Peanuts



585kJ / 141kcal
25g

Baked beans



686kJ / 162kcal
200g

Vegetarian sausages



673kJ / 161kcal
90g

Hummus



636kJ / 154kcal
50g

Veggie burger
(Grilled)



379kJ / 90kcal
56g

Tuna
(Canned in brine)



258kJ / 61kcal
56g

Prawns
(Cooked)



177kJ / 42kcal
60g

Fish fingers



524kJ / 125kcal
56g

Grilled salmon



1393kJ / 335kcal
140g

Cod in batter
(Fried)



2252kJ / 540kcal
225g

Cod
(Baked)



595kJ / 140kcal
140g

Greek style plain yogurt



689kJ / 166kcal
125g

Plain yogurt
(Low fat)



304kJ / 71kcal
125g

Fruit fromage frais
(Fortified)



196kJ / 47kcal
47g

Fruit soya yogurt
(Fortified)



383kJ / 90kcal
125g

Edam cheese



425kJ / 102kcal
30g

Cheese slice



247kJ / 59kcal
20g

Cheddar cheese



518kJ / 125kcal
30g

Cheddar cheese
(Reduced fat)



392kJ / 94kcal
30g

Soft cheese
(Full fat)



312kJ / 76kcal
30g

Soft cheese
(Medium fat)



191kJ / 46kcal
30g

Unsweetened soya milk
(Fortified)



216kJ / 52kcal
200ml

Whole milk



530kJ / 126kcal
200ml

Skimmed milk



288kJ / 68kcal
200ml

Butter



351kJ / 74kcal
10g

Spread



219kJ / 53kcal
10g

Jam



167kJ / 39kcal
15g

Crisps



516kJ / 123kcal
25g

Chocolate mousse
(Low fat)



311kJ / 74kcal
60g

Chocolate digestive biscuits



676kJ / 161kcal
33g

American blueberry muffin



1053kJ / 251kcal
67g

Milk chocolate



782kJ / 187kcal
36g

Sausage roll



880kJ / 211kcal
60g

Cola



574kJ / 135kcal
330ml

**Soft scoop
vanilla ice cream**



313kJ / 74kcal
44g

Apple crumble



1418kJ / 337kcal
170g

Mayonnaise



424kJ / 103kcal
15g

**Mayonnaise
(Reduced fat)**



178kJ / 43kcal
15g

**Vegetable
samosa**



683kJ / 163kcal
75g

**Fine cut chips
(Fried)**



1390kJ / 331kcal
114g

**Chocolate
gâteau**



865kJ / 207kcal
70g

Jelly



325kJ / 76kcal
125g

Fruit gums



719kJ / 168kcal
52g

Chicken pie



1563kJ / 374kcal
130g

**Lasagne
(Extra lean
beef mince)**



2818kJ / 672kcal
420g

**Bolognese
sauce
(Extra lean
beef mince)**



1085kJ / 259kcal
240g

**Bolognese
sauce
(Standard
beef mince)**



1651kJ / 386kcal
240g

**Chicken curry
with cook-in
sauce**



1570kJ / 374kcal
260g

Cottage pie



1448kJ / 344kcal
310g

**Sausage
casserole**



1781kJ / 429kcal
260g

Beef stew



1147kJ / 273kcal
260g

**Cheese and
tomato pizza**



1148kJ / 272kcal
100g

Fish pie



1303kJ / 310kcal
250g

**Macaroni
cheese**



1690kJ / 403kcal
220g

Dahl



508kJ / 120kcal
200g

Pasta salad



2396kJ / 570kcal
506g

**Vegetable
quiche**



2169kJ / 520kcal
180g

**Vegetable
soup**



690kJ / 165kcal
300g

**Vegetable
chilli**



420kJ / 98kcal
200g

**Tomato
ketchup**



73kJ / 17kcal
15g

Diet cola



7kJ / 3kcal
330ml

Water



0kJ / 0kcal
200ml

**Fruit squash
(No added sugar)**



13kJ / 3kcal
250ml