

## Food – Calorie Chart



### CEREALS

Each serving in the cereal group contains 15gm of CHO, 3gms of proteins, a trace of fat and 80 calories

Bread(white or brown)	1 large slice
Pau	1 average size
Rice ( brown)	½ cup
Rice (white boiled)	½ cup
Rice flakes	25 gm weight
Chapati	1 (approx 6 inches wide)
Dosa (approx 10 inches)	1 (approx 10 inches in diameter)
Idli (small)	1 small size
Upma	½ cup
Poha	½ cup
Spaghetti(cooked)	½ cup
Macaroni(cooked)	½ cup
Noodles(cooked)	½ cup
Porridge	½ cup
Potato	1 small
Corn	½ cup
Cornflakes	¾ cup
Chowmein noodles	½ cup

## PULSES AND DALS

- Each serving in this group contains 12 gms of CHO, 6gms of proteins and 1 gm of fat and 80cal
- Each serving in the group is about 25 gms by weight if uncooked and about 1 cup cooked (thin watery) or ½ cup cooked (thick)
- Masoor, Arhar, Urad, Rajmah, Chana, Beans

## VEGETABLES

- Each serving in this group contains 5 gms of CHO, 2 gms of proteins and 28 cal
- For vegetables, one cup of raw leafy greens, ¾ cup of vegetable juice, or ½ cup of chopped/cooked vegetable is one serving

## FRUITS



Each serving contains 15 gms of CHO and gives 60 cal

- |                      |                |
|----------------------|----------------|
| ■ Apple              | 1 (medium)     |
| ■ Apricots, raw      | 4              |
| ■ Avocado            | 2 (medium)     |
| ■ Banana             | ½ (medium)     |
| ■ Chikoo             | 1 (small)      |
| ■ Papaya, cubed      | 1 cup          |
| ■ Pineapple, cubed   | ¾ cup          |
| ■ Amla               | 15             |
| ■ Pomegranate        | ½ cup          |
| ■ Jamun              | 12 - 15 pieces |
| ■ Watermelon (cubed) | 1¼ cup         |
| ■ Musk melon         | ¼ medium size  |
| ■ Strawberries       | 1 ¼ cup        |
| ■ Orange             | 1 medium       |
| ■ Pears              | 1 small        |
| ■ Plums              | 2              |
| ■ Sweet lime         | 1              |

- Peaches 1
- Guava 1 medium
- Mango ½ small

**Dried Fruit**

- Dates 2 ½ medium
- Figs 1 ½
- Prunes 3 medium
- Raisins 2 tbsp



**Fruit juice**

- Orange juice ½ cup
- Pineapple juice ½ cup
- Grapefruit Juice ½ cup
- Apple juice ½ cup



**MILK AND MILK BASED PRODUCTS**

Each serving of skimmed milk contains 12 gms CHO, 8 gms Protein and 80 cal

- Skimmed milk 1 cup
- Buttermilk 1 cup
- Yogurt 1 cup
- Cottage cheese 1/3 cup

Each serving of whole milk contains 12 gms CHO, 8 gms of proteins, 8 gms of fat and 150 cal

- Whole milk 1 cup
- Yogurt 8 oz



**FATS AND OILS**

Each serving contains 5 gm of fat and 45 cal

**Unsaturated Fat**

- Oil 1 tsp
- Nuts and seeds 2 whole
- Mayonnaise 1 tbsp
- Peanuts 20 small

**Saturated Fat**

- Butter 1 tsp