

Caloric Value of Common Food

| Drinks | Weight | Energy (kcal) |
|--------------------------------|---------------|---------------|
| Water * | 240ml (1 cup) | 0 |
| Plain tea * | 240ml (1 cup) | 2 |
| Soya milk * | 240ml (1 cup) | 132 |
| Apple juice (No added sugar) * | 240ml (1 cup) | 114 |
| Cola * | 240ml (1 cup) | 97 |
| Diet cola * | 240ml (1 cup) | 1 |
| Fresh orange juice * | 240ml (1 cup) | 112 |
| Canned vegetable juice * | 240ml (1 cup) | 46 |

| Snacks | Weight | Energy (kcal) |
|---------------------|--------|---------------|
| Potato chip | 100g | 536 |
| Milk chocolate | 100g | 535 |
| Jelly | 100g | 62 |
| Vanilla ice-cream | 100g | 195 |
| Chocolate ice-cream | 100g | 216 |

| Nuts and seeds | Weight | Energy (kcal) |
|-------------------------|--------|---------------|
| Cashew nut | 100g | 553 |
| Chestnut (without skin) | 100g | 196 |
| Peanut (baked) | 100g | 585 |
| Pistachios (baked) | 100g | 568 |

| Fats and sugar | Weight | Energy (kcal) |
|--|--------|---------------|
| Butter | 100g | 717 |
| Butter (low fat) | 100g | 499 |
| Margarine | 100g | 717 |
| Safflower oil | 100g | 900 |
| Corn oil | 100g | 900 |
| Olive oil | 100g | 900 |
| Peanut oil | 100g | 900 |
| Low fat Thousand island salad dressing | 100g | 195 |
| Low fat Italian salad dressing | 100g | 75 |
| White sauce salad dressing | 100g | 390 |
| Curry powder | 100g | 325 |
| Peanut butter | 100g | 588 |
| Jam | 100g | 278 |
| Sugar, white granulated | 100g | 387 |
| Syrup, maple | 100g | 261 |

| Canned soup (prepared with water) | Weight | Energy (kcal) |
|-----------------------------------|---------------|---------------|
| Chicken broth * | 240g (1 bowl) | 38 |
| Cream of chicken * | 244g (1 bowl) | 117 |
| Minestrone * | 241g (1 bowl) | 82 |
| Tomato soup * | 244g (1 bowl) | 73 |

| Instant foods and Dim Sum | Weight | Energy (kcal) |
|--|--------------------|---------------|
| Hotdog * | 114g (1 serving) | 282 |
| Hamburger * | 105g (1 serving) | 265 |
| Cheese burger * | 121g (1 serving) | 318 |
| Fish burger * | 156g (1 serving) | 429 |
| Bacon muffin with egg * | 138g (1 serving) | 297 |
| Sausage muffin * | 114g (1 serving) | 380 |
| Sausage muffin with egg * | 164g (1 serving) | 449 |
| Hash brown potatoes* | 53g (1 serving) | 139 |
| French fries * | 134g (20-25pieces) | 427 |
| Chicken nuggets, fried * | 108g (6 pieces) | 314 |
| Chicken wing, fried * | 48g (1 piece) | 150 |
| Apple pie * | 77g (1 serving) | 240 |
| Spring roll | 100g | 340 |
| Steamed fresh prawn dumpling (Ha-gau) | 100g | 160 |
| Steamed stuffed dumpling with shrimp (Siu-mai) | 100g | 200 |
| Fried noodles with soy sauce | 100g | 160 |
| Mashed potatoes * | 240g (1cup) | 199 |
| Baked potatoes with sour cream * | 302g (1 serving) | 393 |

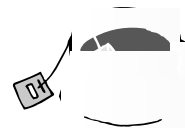
Units:

1 bowl ≈ 1 medium sized bowl ≈ 240ml
 1 cup ≈ 240ml 1oz. ≈ 28g 1 tael ≈ 40g
 1 teaspoon ≈ 5ml 1 tablespoon ≈ 15ml

References:

* Pennington, J.A.T. Bowes and Church's food values of portions commonly used 19th edition. 2010.

Nutrient Information Inquiry System, Centre for Food Safety



Student Health Service
 Department of Health
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| Cereals and grain products | Weight | Energy (kcal) |
|---|-----------------|---------------|
| White rice (cooked) * | 186g (1 bowl) | 242 |
| Brown rice (cooked) * | 195g (1 bowl) | 218 |
| Oatmeal (cooked) * | 234g (1 bowl) | 166 |
| Corn (cooked) * | 164g (1 bowl) | 133 |
| Rolls, dinner, whole-wheat | 100g | 266 |
| Bread, French style | 100g | 284 |
| Pita bread (wheat) (6.5" diameter) * | 64g (1 piece) | 170 |
| Wheat bread * | 28g (1 slice) | 69 |
| White bread * | 25g (1 slice) | 66 |
| Croissant * | 76g (1 serving) | 260 |
| English muffin * | 57g (1 serving) | 129 |
| Chappati (no added fat) | 100g | 217 |
| Chocolate flavoured frosted Puffed corn * | 31g (3/4 cup) | 118 |
| Butter cookies | 100g | 467 |
| Saltine | 100g | 408 |
| Chiffon cake | 100g | 350 |
| Macaroni (cooked) * | 140g (1 bowl) | 221 |
| Spaghetti (cooked) * | 140g (1 bowl) | 221 |
| Rice noodles (cooked) * | 176g (1 bowl) | 192 |
| Instant Noodles | 100g | 473 |
| Sandwich with luncheon meat and egg | 100g | 260 |
| Sandwich with tomatoes and egg | 100g | 190 |
| Cheese pizza (14" diameter, thin) | 100g | 304 |
| Cheese pizza (14" diameter, thick) | 100g | 272 |

| Meat | Weight | Energy (kcal) |
|-----------------------------|--------|---------------|
| Beef (50% lean) | 100g | 125 |
| Beef (lean) | 100g | 106 |
| Ham | 100g | 130 |
| Canned luncheon meat (pork) | 100g | 334 |
| Sausage | 100g | 270 |
| Pork (lean) | 100g | 143 |
| Pork (50% lean) | 100g | 395 |
| Scallop (cooked) | 100g | 104 |

| | | |
|---------------------------------|------|-----|
| Shrimp (cooked) | 100g | 99 |
| Chicken breast (with skin) | 100g | 172 |
| Chicken breast (without skin) | 100g | 114 |
| Chicken wing (with skin) | 100g | 220 |
| Duck (with skin) | 100g | 404 |
| Duck (without skin) | 100g | 135 |
| Goose (with skin) | 100g | 371 |
| Goose (without skin) | 100g | 161 |
| Turkey breast (without skin) | 100g | 118 |
| Grouper | 100g | 92 |
| Smoked salmon | 100g | 135 |
| Canned sardines in tomato sauce | 100g | 185 |
| Threadfin | 100g | 101 |
| Canned tuna (in saline) | 100g | 128 |
| Canned tuna (in oil) | 100g | 186 |

| Eggs and egg products | Weight | Energy (kcal) |
|-----------------------|---------------|---------------|
| Egg white * | 33g (1 large) | 16 |
| Egg (cooked) * | 50g (1 large) | 78 |
| Scrambled egg | 100g | 212 |

| Beans & bean products | Weight | Energy (kcal) |
|--------------------------------------|---------------|---------------|
| Red bean (cooked) * | 230g (1 bowl) | 294 |
| Canned red kidney beans * | 256g (1 bowl) | 215 |
| Green peas (cooked) * | 160g (1 bowl) | 134 |
| Soybean (cooked) * | 172g (1 bowl) | 298 |
| Canned baked beans (in tomato sauce) | 100g (1 bowl) | 78 |
| Tofu | 100g | 76 |
| Tofu (firm) | 100g | 145 |

| Fruits | Weight | Energy (kcal) |
|---------------------------|-----------------|---------------|
| Apple (with skin) * | 138g (1 medium) | 72 |
| Avocado * | 304g (1 medium) | 365 |
| Banana * | 118g (1 medium) | 105 |
| Seedless raisin * | 73g (1/2 cup) | 220 |
| Grape (with skin) * | 160g (1 cup) | 110 |
| Grapefruit (pink & red) * | 246g (1 medium) | 104 |

| | | |
|-------------------------------|-----------------|-----|
| Kiwi fruit * | 76g (1 medium) | 46 |
| Mango * | 207g (1 medium) | 135 |
| Watermelon * | 152g (1 cup) | 46 |
| Orange * | 131g (1 medium) | 62 |
| Canned pineapple (in syrup) * | 254g (1 cup) | 198 |
| Strawberry * | 144g (1 cup) | 46 |
| Western pear (with skin) * | 166g (1 medium) | 96 |

| Vegetables | Weight | Energy (kcal) |
|------------------------|--------|---------------|
| Asparagus | 100g | 20 |
| Broccoli | 100g | 22 |
| Cabbage | 100g | 18 |
| Carrot | 100g | 41 |
| Cauliflower | 100g | 25 |
| Celery | 100g | 16 |
| Lettuce | 100g | 10 |
| Cucumber (with skin) | 100g | 12 |
| Mushroom | 100g | 24 |
| Potato (with skin) | 100g | 69 |
| Pumpkin (without skin) | 100g | 45 |
| Tomato | 100g | 16 |
| Spinach | 100g | 14 |

| Milk and Milk products | Weight | Energy (kcal) |
|----------------------------|------------------|---------------|
| Cheddar cheese * | 28g (1 slice) | 113 |
| Cheddar cheese (low fat) * | 28g (1 slice) | 48 |
| Chocolate milk * | 240ml (1 cup) | 208 |
| Low fat chocolate milk * | 240ml (1 cup) | 190 |
| Whole milk * | 240ml (1 cup) | 156 |
| 2% Low fat milk * | 240ml (1 cup) | 122 |
| Skim milk * | 240ml (1 cup) | 83 |
| Condensed milk | 100g | 332 |
| Evaporated milk | 100g | 120 |
| Low fat plain yogurt | 100g | 64 |
| Plain yogurt | 100g | 72 |
| Milk shake, vanilla * | 250ml (1.25 cup) | 370 |

