

CALCULATING PROTEIN, CARBOHYDRATE AND FAT CONTENT IN FOODS

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CALCULATING PROTEIN CONTENT IN FOODS (SUMMARY)

Good sources of protein

Protein content of some common foods found in the diet

	Food type	Protein content (g) per 100g
Meat protein		
Meat	Chicken breast (grilled without skin)	32.0
	Beef steak (lean grilled)	31.0
	Lamb chop (lean grilled)	29.2
	Pork chop (lean grilled)	31.6
Fish	Tuna (canned in brine)	23.5
	Mackerel (grilled)	20.8
	Salmon (grilled)	24.2
	Cod (grilled)	20.8
Seafood	Prawns	22.6
	Mussels	16.7
	Crabsticks	10.0
Eggs	Chicken eggs	12.5
Dairy	Whole milk	3.3
	Semi-skimmed milk	3.4
	Skimmed milk	3.4
	Cheddar cheese	25.4
	Half-fat cheddar	32.7
	Cottage cheese	12.6
	Whole milk yogurt	5.7
Low fat yogurt (plain)	4.8	
Plant protein		
Pulses	Red lentils	7.6
	Chickpeas	8.4
Beans	Kidney beans	6.9
	Baked beans	5.2
	Tofu (soya bean steamed)	8.1
Grains	Wheat flour (brown)	12.6
	Bread (brown)	7.9
	Bread (white)	7.9
	Rice (easy cook boiled)	2.6
	Oatmeal	11.2
	Pasta (fresh cooked)	6.6
Nuts	Almonds	21.1
	Walnuts	14.7
	Hazelnuts	14.1

PROTEIN CONTENT OF VARIOUS FOODS

EGG & CHEESE DISHES

		EGG AND CHEESE DISHES	
	6	Cauliflower cheese (100g)	
	12	Cheese soufflé (100g)	
	12	Egg, boiled (55g)	
	14	Egg, fried (60g)	
	11	omelette (100g)	
	12	poached (55g)	
	12	raw (55g)	
	11	scrambled (70g)	
	7	Macaroni cheese (180g)	
	15	Quiche Lorraine (150g)	

FISH & SEAFOODS

		FISH AND OTHER SEAFOODS	
	18	Bream, steamed (100g)	
	21	Cod, baked (100g)	
	20	fried in batter (100g)	
	21	poached (100g)	
	19	steamed (100g)	
	20	Crab, boiled (150g)	
	18	canned (90g)	
	9	Fish cakes, fried (4 = 100g)	
	14	fingers, fried (5 = 100g)	
	14	in batter, fried (120g)	
	25	Flounder, baked (100g)	
	21	Haddock, fried (100g)	
	23	steamed (100g)	
	22	Lobster, boiled (120g)	
	17	Mussels, boiled (12 = 120g)	
	11	Oysters, raw (12 = 120g)	
	23	Prawns, boiled (6 = 120g)	
	21	Roe, cod, fried (100g)	
	20	Salmon, canned (100g)	
	20	Sardines, canned (60g)	
	23	Scallops, steamed (10 = 100g)	
	23	Tuna, canned in oil (120g)	
	18	Whiting, crumbed, fried (100g)	
	21	steamed (100g)	

MEAT & MEAT PRODUCTS

		MEAT AND MEAT PRODUCTS
	24	Bacon rashers, middle, fried (2 = 40g)
	25	grilled (40g)
	27	Beef, corned, canned (90g)
	28	fillet steak, grilled (130g)
	23	mince, stewed (120g)
	29	rump steak, fried (150g)
	27	grilled (150g)
	29	silverside, salted, boiled (120g)
	24	sirloin, roast (120g)
	31	stewing steak, stewed (120g)
	27	topside, roast (120g)
	20	Beefburger, frozen, fried (60g)
	10	Beef stew (250g)
	8	Bolognese sauce (100g)
	29	Chicken, boiled (100g)
	24	crumbed, no bone (140g)
	23	roast (130g)
	15	leg quarter (inc. bone 130g)
	12	wing quarter (inc. bone 130g)
	21	Chicken livers, fried (130g)
	20	Duck, roast (100g)
	84	Gelatin (-)
	27	Ham, canned (90g)
	14	Hamburger (170g)
	11	with cheese (190g)
	5	Irish stew (250g)
	12	Lamb, brain, boiled (150g)
	18	chops, loin, grilled (inc. bone 120g)
	15	cutlets, grilled (inc. bone 100g)
	26	heart, roast (140g)
	25	kidney, fried (100g)
	26	leg, roast (120g)
	23	liver, fried (130g)
	20	shoulder, roast (120g)
	18	tongue, stewed (100g)
	13	Luncheon meat, canned (90g)
	8	Meat pie (180g)
	9	Moussaka (200g)
	8	Pastie (160g)
	22	Pork, chop, loin, grilled (100g)
	27	leg, roast (120g)
	7	sweet and sour (250g)
	10	Pork pie (180g)
	14	Rabbit, stewed (inc. bone 170g)
	19	Salami, slices (3 = 90g)
	13	Sausage, liver (60g)
	8	Sausage roll (100g)
	13	Sausages, beef, fried (2 = 120g)
	13	grilled (2 = 120g)
	10	frankfurter (2 = 100g)
	14	pork, fried (2 = 120g)
	13	grilled (2 = 120g)
	10	saveloy, large (2 = 150g)
	5	Spring roll, fried (200g)
	9	Steak and kidney pie (180g)
	15	Stewed steak in gravy, canned (100g)
	16	Tongue, canned (100g)
	15	Tripe, stewed (100g)
	28	Turkey, roast (120g)
	31	Veal, cutlet, fried (110g)
	32	fillet, roast (100g)
	21	schnitzel (140g)

MILK & DAIRY

		MILK & MILK PRODUCTS	
	23	Cheese, camembert (25g)	
	26	Cheddar (25g)	
	18	cheese spread (10g)	
	14	cottage (25g)	
	8	cream cheese (15g)	
	23	Danish blue (25g)	
	24	edam (25g)	
	35	parmesan (10g)	
	22	processed (25g)	
	26	stilton (25g)	
	29	Swiss (25g)	
	2	Cream, 35% fat (30g)	
	3	sterilized, canned (15g)	
	4	Ice-cream (60g)	
	3	non-dairy (60g)	
	10	Milk, cow's, cond. skim, sweet. (30g)	
	8	cond. whole, sweet. (30g)	
	36	dried, skimmed (12g)	
	26	dried, whole (10g)	
	9	evap. whole, unsweet. (30g)	
	3	flavoured (230g)	
	3	fresh, skimmed (230g)	
	3	fresh, whole (230g)	
	3	longlife, UHT (230g)	
	3	goat's (230g)	
	1	human (100g)	
	3	Milkshake, flavoured (340g)	
	4	Yoghurt, flavoured (200g)	
	5	fruit, low-fat (200g)	
	5	natural, low-fat (200g)	
	4	plain (200g)	

NUTS

		NUTS	
	17	Almonds (10 = 15g)	
	12	Brazil nuts (5 = 20g)	
	18	Cashews, roast (10 = 20g)	
	2	Chestnuts (4 = 20g)	
	6	Coconut, desiccated (15g)	
	8	Hazel nuts (10 = 15g)	
	8	Macadamia nuts (8 = 20g)	
	24	Peanuts, raw, in shells (5 = 25g)	
	17	roasted, salted (30 = 25g)	
	19	Pistachio nuts, shelled (25 = 15g)	
	11	Walnuts (5 = 20g)	

BEVERAGES

Protein	grams per 100 grams	BEVERAGES
	.3	Beer (240g)
	Tr	Cider, dry, alcoholic (180g)
	Tr	sweet, alcoholic (180g)
	.1	sweet, non-alcoholic (220g)
	19	Cocoa powder (5g)
	.2	Coffee, percolated (230g)
	Tr	Cola-type drinks (240g)
	Tr	Cordial, diluted 1:4 (240g)
	6	Drinking chocolate (10g)
	Tr	Lemonade, carbonated drinks (240g)
	13	Milo (10g)
	13	Ovaltine (10g)
	.1	Port (60g)
	.2	Sherry, dry (60g)
	.1	medium (60g)
	.3	sweet (60g)
	Tr	Spirits, e.g. whisky (30g)
	.1	Tea, infusion (230g)
	.2	Wine, red (100g)
	.1	white, dry (100g)
	.1	medium (100g)
	.3	sparkling (100g)
	.2	sweet (100g)

SAUCES AND CONDIMENTS

		SAUCES & CONDIMENTS
	2	Barbecue sauce (10g)
	1	Chilli sauce (-)
	1	Chutney, tomato (20g)
	10	Curry powder (-)
	.1	French dressing (15g)
	7	Ginger (ground) (-)
	2	Mayonnaise (20g)
	29	Mustard powder (-)
	38	Oxo cubes (-)
	9	Pepper (-)
	1	Pickles, mustard (20g)
	.6	sweet (20g)
	2	Salad cream (25g)
	0	Salt, table (-)
	19	Sesame seeds (-)
	6	Soy sauce (-)
	1	Tartare sauce (20g)
	2	Tomato sauce (25g)
	.4	Vinegar (-)
	1	Worcestershire sauce (-)

VEGETABLES

		VEGETABLES	
•	.5	Artichoke, globe, boiled (100g)	
■	2	Asparagus, boiled (5 = 100g)	
■	3	Bamboo shoots (50g)	
•	.8	Beans, French, boiled (100g)	
■	5	baked, in tomato sauce (125g)	
■	4	broad, boiled (100g)	
■	7	kidney (and haricot), boiled (100g)	
■	6	mung, cooked dahl (100g)	
■	11	soya-, boiled (100g)	
■	2	Beetroot, slices, boiled (2 = 30g)	
■	1	canned (2 = 30g)	
■	3	Broccoli, boiled (100g)	
■	3	Brussels sprouts, boiled (7 = 70g)	
■	3	Cabbage, raw (50g)	
■	1	boiled (100g)	
■	.7	Carrots, raw (50g)	
■	.6	boiled (50g)	
■	.7	young, canned (50g)	
■	2	Cauliflower, raw (50g)	
■	2	boiled (100g)	
■	2	Celeriac, boiled (3 = 60g)	
■	.9	Celery, raw (50g)	
■	.6	boiled (50g)	
■	8	Chickpeas, cooked dahl (60g)	
■	.6	Cucumber, slices (5 = 30g)	
■	1	Egg plant, baked (½ = 100g)	
■	2	Endive, raw leaves (13 = 15g)	
■	2	Leeks, boiled (4 = 100g)	
■	8	Lentils, split, boiled (100g)	
■	1	Lettuce, raw leaves (2 = 20g)	
■	.5	Marrow, boiled (100g)	
■	2	Mushrooms, raw (3 = 30g)	
■	2	fried (6 = 60g)	
■	.9	Onions, raw (¼ = 20g)	
■	.6	boiled (100g)	
■	2	fried (70g)	
■	.9	spring (4 = 20g)	
■	5	Parsley, sprigs (2 = 5g)	
■	1	Parsnip, boiled (½ = 60g)	
■	5	Peas, canned (60g)	
■	6	canned, processed (60g)	
■	5	fresh, boiled (60g)	
■	5	frozen, boiled (60g)	
■	8	split, boiled (60g)	
■	.9	Peppers, green, raw (¼ = 15g)	
■	.9	boiled (50g)	
■	2	Potato, baked (inc. skin 120g)	
■	1	boiled (120g)	
■	4	chips, fresh, fried (12 = 120g)	
■	3	chips, frozen, fried (8-14 = 120g)	
■	6	crisps (10 = 25g)	
■	2	mashed (100g)	
■	2	instant, cooked (100g)	
■	2	new, boiled (2 = 100g)	
■	1	new, canned (2 = 100g)	
■	3	roast (120g)	
■	.6	Pumpkin (100g)	
■	1	Radishes (2 = 20g)	
■	5	Spinach, leaves, boiled (3 = 60g)	
■	.9	Swede, boiled (80g)	
■	4	Sweetcorn, on cob, boiled (150g)	
■	3	canned kernels (80g)	
■	1	Sweet potato, boiled (100g)	
■	.9	Tomato, raw (120g)	
■	1	canned (120g)	
■	1	fried (120g)	
■	1	juice, canned (120g)	
■	.7	Turnip, boiled (80g)	
■	2	Yam, boiled (100g)	

SOUPS

		SOUPS (as served)
■	1	Chicken, condensed (230g)
■	.8	Chicken noodle, dried (230g)
■	.8	Minestrone, dried (230g)
■	1	Mushroom, canned (230g)
■	.9	Tomato, condensed (230g)
■	.6	Tomato, dried (230g)
■	2	Vegetable, canned (230g)

FAT CONTENT OF FOODS

EGGS & DAIRY

		EGG AND CHEESE DISHES	
	8	Cauliflower cheese (100g)	
	19	Cheese soufflé (100g)	
	11	Egg, boiled (55g)	
	20	Egg, fried (60g)	
	16	omelette (100g)	
	12	poached (55g)	
	11	raw (55g)	
	23	scrambled (70g)	
	10	Macaroni cheese (180g)	
	28	Quiche Lorraine (150g)	

FATS & OILS

		FATS AND OILS	
	81	Butter, salted (10g)	
	100	Dripping, beef (-)	
	100	Lard (-)	
	80	Margarine (10g)	
	100	Vegetable oils (-)	

FISH & OTHER SEAFOOD

		FISH AND OTHER SEAFOODS	
	3	Bream, steamed (100g)	
	1	Cod, baked (100g)	
	10	fried in batter (100g)	
	1	poached (100g)	
	1	steamed (100g)	
	5	Crab, boiled (150g)	
	1	canned (90g)	
	11	Fish cakes, fried (4 = 100g)	
	13	fingers, fried (5 = 100g)	
	16	in batter, fried (120g)	
	11	Flounder, baked (100g)	
	8	Haddock, fried (100g)	
	1	steamed (100g)	
	3	Lobster, boiled (120g)	
	2	Mussels, boiled (12 = 120g)	
	1	Oysters, raw (12 = 120g)	
	2	Prawns, boiled (6 = 120g)	
	12	Roe, cod, fried (100g)	
	8	Salmon, canned (100g)	
	28	Sardines, canned (60g)	
	1	Scallops, steamed (10 = 100g)	
	22	Tuna, canned in oil (120g)	
	10	Whiting, crumbed, fried (100g)	
	1	steamed (100g)	

SOUPS

SOUPS (as served)		
■	4	Chicken, condensed (230g)
	Tr	Chicken noodle, dried (230g)
■	1	Minestrone, dried (230g)
■	4	Mushroom, canned (230g)
■	3	Tomato, condensed (230g)
■	1	Tomato, dried (230g)
■	1	Vegetable, canned (230g)












MILK AND MILK PRODUCTS

MILK & MILK PRODUCTS		
■	23	Cheese, camembert (25g)
■	34	cheddar (25g)
■	23	cheese spread (10g)
■	4	cottage (25g)
■	47	cream cheese (15g)
■	29	Danish blue (25g)
■	23	edam (25g)
■	30	parmesan (10g)
■	25	processed (25g)
■	40	stilton (25g)
■	29	Swiss (25g)
■	38	Cream, 35% fat (30g)
■	23	sterilized, canned (15g)
■	7	Ice-cream (60g)
■	8	non-dairy (60g)
	Tr	Milk, cow's, cond. skim, sweet. (30g)
■	9	cond. whole, sweet. (30g)
■	1	dried, skimmed (12g)
■	26	dried, whole (10g)
■	9	evap. whole, unsweet. (30g)
■	4	flavoured (230g)
	Tr	fresh, skimmed (230g)
■	4	fresh, whole (230g)
■	4	longlife, UHT (230g)
■	5	goat's (230g)
■	4	human (100g)
■	5	Milkshake, flavoured (340g)
■	4	Yoghurt, flavoured (200g)
■	1	fruit, low-fat (200g)
■	1	natural, low-fat (200g)
■	4	plain (200g)





















MEAT & MEAT PRODUCTS

		MEAT AND MEAT PRODUCTS
████████████████████	42	Bacon rashers, middle, fried (2 = 40g)
██████████████████	35	grilled (40g)
██████████████	12	Beef, corned, canned (90g)
██████████	9	fillet steak, grilled (130g)
██████████	15	mince, stewed (120g)
██████████	15	rump steak, fried (150g)
██████████	12	grilled (150g)
██████████	14	silverside, salted, boiled (120g)
██████████	21	sirloin, roast (120g)
██████████	11	stewing steak, stewed (120g)
██████████	12	topside, roast (120g)
██████████	17	Beefburger, frozen, fried (60g)
██████████	8	Beef stew (250g)
██████████	11	Bolognese sauce (100g)
██████████	7	Chicken, boiled (100g)
██████████	22	crumbed, no bone (140g)
██████████	14	roast (130g)
██████████	3	leg quarter (inc. bone 130g)
██████████	3	wing quarter (inc. bone 130g)
██████████	11	Chicken livers, fried (130g)
██████████	29	Duck, roast (100g)
Tr		Gelatin (-)
██████████	5	Ham, canned (90g)
██████████	10	Hamburger (170g)
██████████	13	with cheese (190g)
██████████	7	Irish stew (250g)
██████████	9	Lamb, brain, boiled (150g)
██████████	23	chops, loin, grilled (inc. bone 120g)
██████████	20	cutlets, grilled (inc. bone 100g)
██████████	15	heart, roast (140g)
██████████	6	kidney, fried (100g)
██████████	18	leg, roast (120g)
██████████	14	liver, fried (130g)
██████████	26	shoulder, roast (120g)
██████████	24	tongue, stewed (100g)
██████████	27	Luncheon meat, canned (90g)
██████████	14	Meat pie (180g)
██████████	13	Moussaka (200g)
██████████	20	Pastie (160g)
██████████	19	Pork, chop, loin, grilled (100g)
██████████	20	leg, roast (120g)
██████████	9	sweet and sour (250g)
██████████	27	Pork pie (180g)
██████████	4	Rabbit, stewed (inc. bone 170g)
██████████	45	Salami, slices (3 = 90g)
██████████	27	Sausage, liver (60g)
██████████	18	Sausage roll (100g)
██████████	18	Sausages, beef, fried (2 = 120g)
██████████	17	grilled (2 = 120g)
██████████	25	frankfurter (2 = 100g)
██████████	25	pork, fried (2 = 120g)
██████████	25	grilled (2 = 120g)
██████████	21	saveloy, large (2 = 150g)
██████████	22	Spring roll, fried (200g)
██████████	21	Steak and kidney pie (180g)
██████████	13	Stewed steak in gravy, canned (100g)
██████████	17	Tongue, canned (100g)
██████████	5	Tripe, stewed (100g)
██████████	7	Turkey, roast (120g)
██████████	8	Veal, cutlet, fried (110g)
██████████	12	fillet, roast (100g)
██████████	21	schnitzel (140g)

NUTS

		NUTS	
	54	Almonds (10 = 15g)	
	62	Brazil nuts (5 = 20g)	
	47	Cashews, roast (10 = 20g)	
	3	Chestnuts (4 = 20g)	
	62	Coconut, desiccated (15g)	
	36	Hazel nuts (10 = 15g)	
	74	Macadamia nuts (8 = 20g)	
	34	Peanuts, raw, in shells (5 = 25g)	
	49	roasted, salted (30 = 25g)	
	54	Pistachio nuts, shelled (25 = 15g)	
	52	Walnuts (5 = 20g)	

SAUCES & CONDIMENTS

		SAUCES & CONDIMENTS	
	7	Barbecue sauce (10g)	
	6	Chilli sauce (-)	
	Tr	Chutney, tomato (20g)	
	10	Curry powder (-)	
	73	French dressing (15g)	
	3	Ginger (ground) (-)	
	79	Mayonnaise (20g)	
	29	Mustard powder (-)	
	3	Oxo cubes (-)	
	7	Pepper (-)	
	1	Pickles, mustard (20g)	
	Tr	sweet (20g)	
	27	Salad cream (25g)	
	0	Salt, table (-)	
	49	Sesame seeds (-)	
	1	Soy sauce (-)	
	54	Tartare sauce (20g)	
	5	Tomato sauce (25g)	
	0	Vinegar (-)	
	0	Worcestershire sauce (-)	

VEGETABLES

VEGETABLES		
	Tr	Artichoke, globe, boiled (100g)
	Tr	Asparagus, boiled (5 = 100g)
	Tr	Bamboo shoots (50g)
	Tr	Beans, French, boiled (100g)
•	1	baked, in tomato sauce (125g)
•	1	broad, boiled (100g)
•	1	kidney (and haricot), boiled (100g)
■	4	mung, cooked dahl (100g)
■	6	soya-, boiled (100g)
	Tr	Beetroot, slices, boiled (2 = 30g)
	Tr	canned (2 = 30g)
	Tr	Broccoli, boiled (100g)
	Tr	Brussels sprouts, boiled (7 = 70g)
	Tr	Cabbage, raw (50g)
	Tr	boiled (100g)
	Tr	Carrots, raw (50g)
	Tr	boiled (50g)
	Tr	young, canned (50g)
	Tr	Cauliflower, raw (50g)
	Tr	boiled (100g)
	Tr	Celeriac, boiled (3 = 60g)
	Tr	Celery, raw (50g)
	Tr	boiled (50g)
■	3	Chickpeas, cooked dahl (60g)
	Tr	Cucumber, slices (5 = 30g)
■	5	Egg plant, baked (½ = 100g)
	Tr	Endive, raw leaves (3 = 15g)
	Tr	Leeks, boiled (4 = 100g)
•	1	Lentils, split, boiled (100g)
	Tr	Lettuce, raw leaves (2 = 20g)
	Tr	Marrow, boiled (100g)
•	1	Mushrooms, raw (3 = 30g)
■	22	fried (6 = 60g)
	Tr	Onions, raw (¼ = 20g)
	Tr	boiled (100g)
■	33	fried (70g)
	Tr	spring (4 = 20g)
	Tr	Parsley, sprigs (2 = 5g)
	Tr	Parsnip, boiled (½ = 60g)
	Tr	Peas, canned (60g)
	Tr	canned, processed (60g)
	Tr	fresh, boiled (60g)
	Tr	frozen, boiled (60g)
	Tr	split, boiled (60g)
	Tr	Peppers, green, raw (¼ = 15g)
	Tr	boiled (50g)
	Tr	Potato, baked (inc. skin 120g)
	Tr	boiled (120g)
■	11	chips, fresh, fried (12 = 120g)
■	19	chips, frozen, fried (8-14 = 120g)
■	36	crisps (10 = 25g)
■	5	mashed (100g)
	Tr	instant, cooked (100g)
	Tr	new, boiled (2 = 100g)
	Tr	new, canned (2 = 100g)
■	5	roast (120g)
	Tr	Pumpkin (100g)
	Tr	Radishes (2 = 20g)
•	1	Spinach, leaves, boiled (3 = 60g)
	Tr	Swede, boiled (80g)
•	2	Sweetcorn, on cob, boiled (150g)
•	1	canned kernels (80g)
•	1	Sweet potato, boiled (100g)
	Tr	Tomato, raw (120g)
	Tr	canned (120g)
■	6	fried (120g)
	Tr	juice, canned (120g)
	Tr	Turnip, boiled (80g)
	Tr	Yam, boiled (100g)

CARBOHYDRATE CONTENT OF VARIOUS FOODS

EGGS & CHEESE DISHES

EGG AND CHEESE DISHES		
5	Cauliflower cheese (100g)	
9	Cheese soufflé (100g)	
Tr	Egg, boiled (55g)	
Tr	Egg, fried (60g)	
Tr	omelette (100g)	
Tr	poached (55g)	
Tr	raw (55g)	
Tr	scrambled (70g)	
15	Macaroni cheese (180g)	
21	Quiche Lorraine (150g)	

FISH & OTHER SEAFOODS

FISH AND OTHER SEAFOODS		
0	Bream, steamed (100g)	
0	Cod, baked (100g)	
8	fried in batter (100g)	
0	poached (100g)	
0	steamed (100g)	
0	Crab, boiled (150g)	
0	canned (90g)	
15	Fish cakes, fried (4 = 100g)	
17	fingers, fried (5 = 100g)	
14	in batter, fried (120g)	
0	Flounder, baked (100g)	
4	Haddock, fried (100g)	
0	steamed (100g)	
0	Lobster, boiled (120g)	
Tr	Mussels, boiled (12 = 120g)	
Tr	Oysters, raw (12 = 120g)	
0	Prawns, boiled (6 = 120g)	
3	Roe, cod, fried (100g)	
0	Salmon, canned (100g)	
0	Sardines, canned (60g)	
Tr	Scallops, steamed (10 = 100g)	
0	Tuna, canned in oil (120g)	
7	Whiting, crumbed, fried (100g)	
0	steamed (100g)	

MEAT & MEAT PRODUCTS

		MEAT AND MEAT PRODUCTS
	0	Bacon rashers, middle, fried (2 = 40g)
	0	grilled (40g)
	0	Beef, corned, canned (90g)
	0	fillet steak, grilled (130g)
	0	mince, stewed (120g)
	0	rump steak, fried (150g)
	0	grilled (150g)
	0	silverside, salted, boiled (120g)
	0	sirloin, roast (120g)
	0	stewing steak, stewed (120g)
	0	topside, roast (120g)
	7	Beefburger, frozen, fried (60g)
	4	Beef stew (250g)
	3	Bolognese sauce (100g)
	0	Chicken, boiled (100g)
	10	crumbed, no bone (140g)
	0	roast (130g)
	0	leg quarter (inc. bone 130g)
	0	wing quarter (inc. bone 130g)
	3	Chicken livers, fried (130g)
	0	Duck, roast (100g)
	0	Gelatin (-)
	0	Ham, canned (90g)
	22	Hamburger (170g)
	21	with cheese (190g)
	9	Irish stew (250g)
	0	Lamb, brain, boiled (150g)
	0	chops, loin, grilled (inc. bone 120g)
	0	cutlets, grilled (inc. bone 100g)
	0	heart, roast (140g)
	0	kidney, fried (100g)
	0	leg, roast (120g)
	4	liver, fried (130g)
	0	shoulder, roast (120g)
	0	tongue, stewed (100g)
	6	Luncheon meat, canned (90g)
	18	Meat pie (180g)
	10	Moussaka (200g)
	31	Pastie (160g)
	0	Pork, chop, loin, grilled (100g)
	0	leg, roast (120g)
	18	sweet and sour (250g)
	25	Pork pie (180g)
	0	Rabbit, stewed (inc. bone 170g)
	2	Salami, slices (3 = 90g)
	4	Sausage, liver (60g)
	24	Sausage roll (100g)
	15	Sausages, beef, fried (2 = 120g)
	15	grilled (2 = 120g)
	3	frankfurter (2 = 100g)
	11	pork, fried (2 = 120g)
	12	grilled (2 = 120g)
	10	saveloy, large (2 = 150g)
	29	Spring roll, fried (200g)
	26	Steak and kidney pie (180g)
	1	Stewed steak in gravy, canned (100g)
	0	Tongue, canned (100g)
	Tr	Tripe, stewed (100g)
	0	Turkey, roast (120g)
	4	Veal, cutlet, fried (110g)
	0	fillet, roast (100g)
	10	schnitzel (140g)

MILK & MILK PRODUCTS

MILK & MILK PRODUCTS		
Tr		Cheese, camembert (25g)
Tr		cheddar (25g)
Tr		cheese spread (10g)
1		cottage (25g)
Tr		cream cheese (15g)
Tr		Danish blue (25g)
Tr		edam (25g)
Tr		parmesan (10g)
Tr		processed (25g)
Tr		stilton (25g)
Tr		Swiss (25g)
3		Cream, 35% fat (30g)
3		sterilized, canned (15g)
25		Ice-cream (60g)
21		non-dairy (60g)
60		Milk, cow's, cond. skim, sweet. (30g)
56		cond. whole, sweet. (30g)
53		dried, skimmed (12g)
39		dried, whole (10g)
11		evap. whole, unsweet. (30g)
10		flavoured (230g)
5		fresh, skimmed (230g)
5		fresh, whole (230g)
5		longlife, UHT (230g)
5		goat's (230g)
7		human (100g)
17		Milkshake, flavoured (340g)
11		Yoghurt, flavoured (200g)
18		fruit, low-fat (200g)
6		natural, low-fat (200g)
6		plain (200g)

NUTS

NUTS		
4		Almonds (10 = 15g)
4		Brazil nuts (5 = 20g)
28		Cashews, roast (10 = 20g)
37		Chestnuts (4 = 20g)
6		Coconut, desiccated (15g)
7		Hazel nuts (10 = 15g)
14		Macadamia nuts (8 = 20g)
6		Peanuts, raw, in shells (5 = 25g)
9		roasted, salted (30 = 25g)
19		Pistachio nuts, shelled (25 = 15g)
5		Walnuts (5 = 20g)

SAUCES & CONDIMENTS

		SAUCES & CONDIMENTS	
	8	Barbecue sauce (10g)	
	4	Chilli sauce (-)	
	40	Chutney, tomato (20g)	
	26	Curry powder (-)	
	Tr	French dressing (15g)	
	60	Ginger (ground) (-)	
	Tr	Mayonnaise (20g)	
	21	Mustard powder (-)	
	12	Oxo cubes (-)	
	68	Pepper (-)	
	6	Pickles, mustard (20g)	
	34	sweet (20g)	
	15	Salad cream (25g)	
	0	Salt, table (-)	
	22	Sesame seeds (-)	
	10	Soy sauce (-)	
	6	Tartare sauce (20g)	
	8	Tomato sauce (25g)	
	1	Vinegar (-)	
	18	Worcestershire sauce (-)	

SOUPS

		SOUPS (as served)	
	3	Chicken, condensed (230g)	
	4	Chicken noodle, dried (230g)	
	4	Minestrone, dried (230g)	
	4	Mushroom, canned (230g)	
	7	Tomato, condensed (230g)	
	6	Tomato, dried (230g)	
	7	Vegetable, canned (230g)	

VEGETABLES

VEGETABLES		
.	1	Artichoke, globe, boiled (100g)
.	1	Asparagus, boiled (5 = 100g)
■	5	Bamboo shoots (50g)
.	1	Beans, French, boiled (100g)
■	10	baked, in tomato sauce (125g)
■	7	broad, boiled (100g)
■	17	kidney (and haricot), boiled (100g)
■	11	mung, cooked dahl (100g)
■	11	soya-, boiled (100g)
■	10	Beetroot, slices, boiled (2 = 30g)
■	8	canned (2 = 30g)
.	2	Broccoli, boiled (100g)
.	2	Brussels sprouts, boiled (7 = 70g)
.	3	Cabbage, raw (50g)
.	1	boiled (100g)
■	5	Carrots, raw (50g)
■	4	boiled (50g)
■	5	young, canned (50g)
.	2	Cauliflower, raw (50g)
.	1	boiled (100g)
.	2	Celeriac, boiled (3 = 60g)
.	1	Celery, raw (50g)
.	1	boiled (50g)
■	22	Chickpeas, cooked dahl (60g)
.	2	Cucumber, slices (5 = 30g)
■	4	Egg plant, baked (½ = 100g)
.	1	Endive, raw leaves (3 = 15g)
■	5	Leeks, boiled (4 = 100g)
■	17	Lentils, split, boiled (100g)
.	1	Lettuce, raw leaves (2 = 20g)
.	1	Marrow, boiled (100g)
.	0	Mushrooms, raw (3 = 30g)
.	0	fried (6 = 60g)
■	5	Onions, raw (¼ = 20g)
■	3	boiled (100g)
■	10	fried (70g)
■	9	spring (4 = 20g)
Tr		Parsley, sprigs (2 = 5g)
■	14	Parsnip, boiled (½ = 60g)
■	7	Peas, canned (60g)
■	14	canned, processed (60g)
■	8	fresh, boiled (60g)
■	4	frozen, boiled (60g)
■	22	split, boiled (60g)
.	2	Peppers, green, raw (¼ = 15g)
.	2	boiled (50g)
■	20	Potato, baked (inc. skin 120g)
■	20	boiled (120g)
■	37	chips, fresh, fried (12 = 120g)
■	29	chips, frozen, fried (8-14 = 120g)
■	49	crisps (10 = 25g)
■	18	mashed (100g)
■	16	instant, cooked (100g)
■	18	new, boiled (2 = 100g)
■	13	new, canned (2 = 100g)
■	27	roast (120g)
■	3	Pumpkin (100g)
■	3	Radishes (2 = 20g)
.	1	Spinach, leaves, boiled (3 = 60g)
■	4	Swede, boiled (80g)
■	23	Sweetcorn, on cob, boiled (150g)
■	16	canned kernels (80g)
■	20	Sweet potato, boiled (100g)
■	3	Tomato, raw (120g)
.	2	canned (120g)
■	3	fried (120g)
■	3	juice, canned (120g)
.	2	Turnip, boiled (80g)
■	30	Yam, boiled (100g)

