

Energy, Sugar and Omega-3 Levels in Food

	Food	Comparative		Energy		Sugar %	High in Omega-3?	Typical Serving Size		Energy	
		Metric	Imperial	kJ	Cal			Metric	Imperial	kJ	Cal
Fast Food	Chips — McDonald's large serve (fries)	NA				0	-12	1 serve		1900	455
	Fried rice	100 g	3.5 oz	852	204	0.4	-5	165 g	1 cup	1406	337
	Fish and chips — Red Rooster	NA				0.4	-10	1 meal		2470	591
	Hash brown — McDonald's	NA				0.2	-16	1 hash brown		638	153
	Indian honey chicken	100 g	3.5 oz	539	129	5.1	-2	428 g	15.1 oz	2307	552
	Pad Thai	100 g	3.5 oz	873	209	3.6	-2	200 g	7 oz	1760	420
	Pie — meat	100 g	3.5 oz	1075	257	0.6	-9	1 pie (175 g, 6.2 oz)		1881	450
	Pizza — Pizza Hut Meat Lovers thick	100 g	3.5 oz	1148	275	4.2	-5	3 slices		3099	744
	Quarter pounder — McDonald's	NA				*6.2 g	-6	1 burger		2300	550
	Shake — McDonald's (chocolate)	NA				8.5	-2	1 large cup (470 ml, 16 fl oz)		2110	503
	Subway — 6" chick. teri. no dressing	100 g	3.5 oz	538	129	4	-3	1 Sub with basic salad		1280	306
Sushi — chicken and avocado roll	100 g	3.5 oz	700	167	6.5	-2	1 roll (110 g, 3.9 oz)		770	184	
Meat	Bacon (grilled)	100 g	3.5 oz	591	141	1.8	-2	1 rasher (53 g, 1.9 oz raw)		207	49
	Chicken — breast (grilled)	100 g	3.5 oz	690	165	0	-4	200 g	7 oz	1380	330
	Chicken — thigh (baked)	100 g	3.5 oz	740	177	0	-10	200 g	7 oz	1480	354
	Fish — fried (battered)	100 g	3.5 oz	956	229	1	-1	1 piece (150 g, 5.3 oz)		1434	344
	Fish — barramundi (grilled)	100 g	3.5 oz	505	121	0	41	200 g	7 oz	1010	242
	Ham — leg (lean)	100 g	3.5 oz	453	108	0	-5	100 g	3.5 oz	453	108
	Lamb roast	100 g	3.5 oz	833	199	0	-2	3 slices (127 g, 4.5 oz)		1062	254
	Prawns (shelled)	100 g	3.5 oz	371	89	0	4	4 large (28 g, 1 oz)		104	25
	Sausage — pork	100 g	3.5 oz	805	193	1.3	-3	2 sausages (170 g, 6 oz)		1368	328
	Steak — rump (grilled)	100 g	3.5 oz	740	177	0	-2	210 g	7.4 oz	1554	372
Carbohydrates	Bread — white	100 g	3.5 oz	986	236	4	-2	2 slices		690	165
	Bread — wholemeal	100 g	3.5 oz	993	238	2.9	-3	2 slices		794	190
	Bread — Sour Dough Rye (Vienna size)	100 g	3.5 oz	1099	263	1.1	-2	2 slices		769	184
	Cereal — cornflakes	100 g	3.5 oz	1580	378	7.9	-1	30 g	1 cup	474	113
	Cereal — Coco Pops	100 g	3.5 oz	1610	385	36.5	-1	30 g	¼ cup	483	116
	Cereal — muesli (toasted)	100 g	3.5 oz	1692	405	19.7	-5	55 g	1.9 oz	931	223
	Cereal — oats	100 g	3.5 oz	1590	380	1	-6	30 g	1 oz	477	114
	Flour — white	100 g	3.5 oz	1484	355	0	-2	140 g	1 cup	2087	497
	Flour — wholemeal	100 g	3.5 oz	1458	349	0.9	-3	140 g	1 cup	2041	489
	Noodles — egg	100 g	3.5 oz	1179	282	0	-4	½ pack (70 g, 2.5 oz)		825	197
	Noodles — Maggi 2 Minute chicken	100 g	3.5 oz	360	86	0.5	0	1 cake		1368	327
	Pasta — plain	100 g	3.5 oz	584	140	0	-3	150 g	5.3 oz	876	210

C	Pasta — wholemeal	100 g	3.5 oz	540	129	0	-2	150 g	5.3 oz	810	194
	Rice — white (boiled)	100 g	3.5 oz	671	161	0.1	0	80 g	2.8 oz	537	129
	Rice — brown wholemeal (boiled)	100 g	3.5 oz	639	153	0.3	-3	80 g	2.8 oz	511	122
	Rice cake (thin)	100 g	3.5 oz	1630	390	0.2	-1	2 cakes		196	46
	Sugar — white or raw	100 g	3.5 Oz	1600	383	100	0	1 rounded teaspoon		80	19
	Oyster — canned	100 g	3.5 oz	673	161	2.2	45	1 can (85 g, 3 oz)		404	97
	Sardine — canned	100 g	3.5 oz	946	226	0.5	44	1 can (110 g, 3.9 oz)		710	170
	Tuna — canned	100 g	3.5 oz	435	104	0	46	1 can (425 g, 15 oz)		1849	442
	Dairy	Butter	100 g	3.5 oz	3000	718	0.5	-3	1 tablespoon		600
Cheese — cheddar		100 g	3.5 oz	1700	407	0.5	-1	25 g	0.9 oz	425	102
Cheese — cottage (low fat)		100 g	3.5 oz	375	90	0.3	0	1 tablespoon		75	18
Cheese — feta		100 g	3.5 oz	1165	279	0.2	0	30 g	1 oz	350	84
Cream		100 ml	3.4 fl oz	272	65	*4.9 g	-1	250 ml	1 cup	680	163
Custard — regular vanilla		100 g	3.5 oz	432	103	13.9	-3	250 ml	1 cup	1080	258
Dip — French onion (cream cheese base)		100 g	3.5 oz	909	217	9.4	-4	250 g tub	8.8 oz	2273	543
Ice cream — full cream 10% fat		100 g	3.5 oz	815	195	21.4	0	1 litre (500 g, 17.6 oz)		4075	975
Milk — full cream 3.6% fat		100 ml	3.4 fl oz	280	67	*4.7 g	-1	250 ml	1 cup	700	168
Milk — low fat 2% fat		100 ml	3.4 fl oz	198	47	*5.2 g	0	250 ml	1 cup	495	118
Yoghurt — 2% fat with strawberries		100 g	3.5 oz	405	97	15	0	1 tub (170 g, 6 oz)		689	165
Yoghurt — natural plain		100 g	3.5 oz	353	84	4.8	0	1 tub (200 g, 7 oz)		706	168
Snacks	Biscuit — cream (chocolate Oreo)	100 g	3.5 oz	2070	495	40.5	-4	1 biscuit		269	64
	Biscuits chocolate — Tim Tams (orig.)	100 g	3.5 oz	2180	522	44	-2	1 biscuit		410	98
	Biscuits — plain	100 g	3.5 oz	1895	453	2.2	-15	1 biscuit		190	45
	Corn chips — tasty cheese (CC's)	100 g	3.5 oz	2150	514	1.1	-23	1 packet (130 g, 4.6 oz)		2795	668
	Cracker — Cruskit (rye)	100 g	3.5 oz	1390	331	1.7	-1	2 biscuits		165	39
	Cracker — Jatz	100 g	3.5 oz	1990	476	5.9	-3	6 crackers (25 g, 0.9 oz)		498	119
	Muesli bar — dried fruit	100 g	3.5 oz	1562	374	18	-3	1 bar (35 g, 1.2 oz)		547	131
	Potato chips	100 g	3.5 oz	2180	522	1.7	-16	1 packet (175 g, 6.2 oz)		3815	914
	Snickers chocolate bar	100 g	3.5 oz	2113	506	50	-6	1 bar (53 g, 1.9 oz)		1120	268
Spreads	Jam — strawberry (jelly)	100 g	3.5 oz	1123	269	64.4	0	1 tablespoon		168	40
	Honey	100 g	3.5 oz	1416	339	82.5	0	1 tablespoon		354	85
	Peanut butter	100 g	3.5 oz	2521	603	6.5	-19	1 tablespoon		504	121
	Vegemite (8.6% table salt content)	100 g	3.5 oz	798	191	2.2	0	1 teaspoon		48	11
	Alcohol — pure	100 ml	3.4 fl oz	290	70	0	0	1 nip (30 ml, 1 fl oz)		87	21
	Beer	100 ml	3.4 fl oz	152	36	*0.2 g	0	1 can (375 ml, 12.7 fl oz)		570	135
	Beer — low alcohol	100 ml	3.4 fl oz	103	25	*0.1 g	0	1 can (375 ml, 12.7 fl oz)		386	94
	Champagne	100 ml	3.4 fl oz	296	71	*1.7 g	0	1 glass (160 ml, 5.4 fl oz)		473	113
	Gin	100 ml	3.4 fl oz	899	215	0	0	1 nip (30 ml, 1 fl oz)		270	65

Beverages	Rum	100 ml	3.4 fl oz	887	212	0	0	1 nip (30 ml, 1 fl oz)	266	64
	Rum and cola mix	100 ml	3.4 fl oz	282	67	*10 g	0	1 can (375 ml, 12.7 fl oz)	1058	253
	Wine — red	100 ml	3.4 fl oz	285	68	0	0	1 glass (160 ml, 5.4 fl oz)	456	109
	Wine — white (dry)	100 ml	3.4 fl oz	293	70	*0.5 g	0	1 glass (160 ml, 5.4 fl oz)	469	112
	Coca Cola	100 ml	3.4 fl oz	180	43	*10.6 g	0	1 can (375 ml, 12.7 fl oz)	675	161
	Coffee — black	100 ml	3.4 fl oz	2	0	0	-1	250 ml 1 cup	4	1
	Coffee — cappuccino (no sugar)	100 ml	3.4 fl oz	230	55	4.1	-1	220 ml small cup	506	121
	Energy drink (Red Bull)	100 ml	3.4 fl oz	192	46	*11 g	0	1 can (355 ml, 12 fl oz)	682	163
	Fruit juice — orange	100 ml	3.4 fl oz	150	36	*8 g	0	250 ml 1 cup	375	90
	Ice tea drink	100 ml	3.4 fl oz	117	28	*6.7 g	0	1 glass (200 ml, 6.7 fl oz)	234	56
	Milk — flavoured (chocolate)	100 ml	3.4 fl oz	293	70	*9.9 g	0	1 carton (300 ml, 10 fl oz)	879	210
	Milo — choc flav. in low fat milk (1.4%)	100 ml	3.4 fl oz	385	92	*10.1 g	0	2 teasp in 200 ml (6.7 fl oz) milk	770	184
	Soda water	100 ml	3.4 fl oz	0	0	0	0	1 can (375 ml, 12.7 fl oz)	0	0
	Soft drink (soda)	100 ml	3.4 fl oz	209	50	*12.1 g	0	1 can (375 ml, 12.7 fl oz)	784	188
	Tea — black, green or herbal (no sugar)	100 ml	3.4 fl oz	4	1	0	2	250 ml 1 cup	10	3
Tonic water	100 ml	3.4 fl oz	141	34	*8.8 g	0	1 can (375 ml, 12.7 fl oz)	529	128	
Other	Baked beans (canned)	100 g	3.5 oz	450	100	7.1	0	1 can (420 g, 14.8 oz)	1764	420
	Egg — hard boiled	100 g	3.5 oz	545	130	0.3	-9	1 large egg	240	57
	Sauce — pasta (tomato and herbs)	100 g	3.5 oz	241	57	5.6	-13	1 jar (550 g, 19.4 oz)	1323	315
	Sauce — stir fry (black bean)	100 g	3.5 oz	364	87	6.5	-2	1 jar (575 g, 20.3 oz)	2093	500
	Sauce — tomato (ketchup)	100 ml	3.4 fl oz	515	123	25.2	-2	1 tablespoon	103	25
	Syrup — maple	100 g	3.5 oz	920	220	53.9	0	1 tablespoon	184	44
	Syrup — maple flavoured (high fructose)	100 g	3.5 oz	1180	282	49.1	0	1 tablespoon	177	42
Oil, Nuts, etc	Coconut cream	100 ml	3.4 fl oz	789	189	3.5	0	125 ml ½ cup	986	236
	Coconut oil	100 g	3.5 oz	3607	863	0	-2	1 tablespoon	649	155
	Olive oil	100 g	3.5 oz	3700	885	0	-10	1 tablespoon	665	159
	Sunflower oil	100 g	3.5 oz	3500	837	0	-74	1 tablespoon	700	167
	Almond	100 g	3.5 oz	2503	599	4.8	-21	71 g ½ cup	1790	428
	Brazil nut	100 g	3.5 oz	2886	690	2.1	-31	6-8 nuts	866	207
	Peanuts — oil roasted with salt	100 g	3.5 oz	2635	630	4.7	-22	30 nuts	791	189
	Pistachio nut	100 g	3.5 oz	2493	596	7.3	-24	30 nuts	420	100
	Bean — green (boiled)	100 g	3.5 oz	89	21	1.7	-1	100 g 3.5 oz	89	21
	Beetroot	100 g	3.5 oz	187	45	7.7	-1	1 medium (120 g, 4.2 oz)	155	37
	Broccoli	100 g	3.5 oz	124	30	0.4	3	2 florets (45 g, 1.6 oz)	56	14
	Carrot	100 g	3.5 oz	132	32	5	-3	1 medium (140 g, 4.9 oz)	185	45
	Capsicum — red	100 g	3.5 oz	106	25	3.5	-1	10 strips (27 g, 1 oz)	29	7
	Celery	100 g	3.5 oz	64	15	1.2	-5	1 stalk 15 cm (6") long (30 g, 1.1 oz)	19	5
	Corn (boiled)	100 g	3.5 oz	438	105	5.3	-6	kernels from 1 ear (77 g, 2.7 oz)	337	81

Vegetables	Cucumber	100 g	3.5 oz	50	12	2.1	0	60 g	½ cup	30	14
	Garlic	100 g	3.5 oz	522	125	1.5	-1	1 clove (3 g, 0.1 oz)		16	4
	Lettuce	100 g	3.5 oz	40	10	0.4	4	3 leaves (30 g, 1.1 oz)		12	3
	Mushroom — button	100 g	3.5 oz	103	25	0.3	0	60 g	½ cup	62	15
	Onion	100 g	3.5 oz	127	30	4.6	0	1 medium (120 g, 4.2 oz)		122	29
	Peas	100 g	3.5 oz	246	59	2.7	0	80 g	½ cup	197	47
	Potato (boiled)	100 g	3.5 oz	251	60	1.7	0	1 medium (100 g, 3.5 oz)		251	60
	Pumpkin	100 g	3.5 oz	218	52	7.1	0	1 medium (100 g, 3.5 oz)		218	52
	Spinach — baby leaves	100 g	3.5 oz	129	31	0.6	5	50 g	1.8 oz	65	16
	Sweet potato — orange (boiled)	100 g	3.5 oz	273	65	5.6	0	200 g	½ cup	502	220
	Tomato (officially a fruit)	100 g	3.5 oz	74	18	2.3	-4	1 medium (150 g, 5.3 oz)		111	27
Fruit	Apple	100 g	3.5 oz	204	49	10.4	-1	1 medium (150 g, 5.3 oz)		282	68
	Avocado	100 g	3.5 oz	862	206	0.5	-9	1/2 large (100 g, 3.5 oz)		862	206
	Banana	100 g	3.5 oz	378	90	16.9	0	1 medium 20cm (8") long (200 g, 7 oz)		510	122
	Grape	100 g	3.5 oz	284	68	15.5	-1	1 bunch of 20 (120 g, 4.2 oz)		335	80
	Peach	100 g	3.5 oz	195	47	8.5	-2	1 medium (170 g, 6 oz)		298	72
	Pear	100 g	3.5 oz	230	55	8.9	-1	1 medium (200 g, 7 oz)		396	95
	Pineapple	100 g	3.5 oz	178	43	8.2	0	1 slice 1.2cm (½") thick (50g, 1.8 oz)		89	22
	Orange	100 g	3.5 oz	175	42	8	0	1 medium (200 g, 7 oz)		285	68
	Rockmelon	100 g	3.5 oz	120	29	5.7	0	1 wedge (120 g, 4.2 oz)		77	19
	Strawberry	100 g	3.5 oz	108	26	3.8	-1	1/2 punnet (250 g, 8.8 oz)		121	32
	Watermelon	100 g	3.5 oz	127	30	6.4	-2	1 thick slice — ¼ circle		191	45
	Canned — peaches in syrup	100 g	3.5 oz	229	55	12.1	-1	1/2 peach with syrup		224	54
	Dried — dates	100 g	3.5 oz	1212	290	65.9	0	5 dates pitted (30 g, 1.1 oz)		364	87
	Dried — sultanas	100 g	3.5 oz	1311	314	73.2	-1	40 g	1.4 oz	524	126

* grams (weight) of sugar contained within 100 ml (volume), rather than percentage of weight

Omega-3 ratings = higher numbers, the more Omega-3 & greater benefit.

Lower numbers (incl. neg. values) less benefit - indicate a predominance of inflammatory Omega-6 over Omega-3 oils.

The average Calorie intake per person is approx 7560-8400 kj (1800-2000 Cal) per day

You can calculate your Basal Metabolic Rate (BMR) to see what calories your body needs at www.theaimcompanies.com > Health > Weight Loss

Remember, it's about the quality of Calories consumed, not necessarily the quantity.

A banana at 122 Calories is better for you than one Tim Tam at 98 Calories.

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