

BE STRONG

Eat. Move. Live

CALORIE REFERENCE GUIDE

CARBOHYDRATES		
FOOD	CALORIES	MACRO NUTRIENT
SLICE OF MEDIUM SLICED WHOLEMEAL BREAD	84	CARBOHYDRATE
SLICE OF MEDIUM SLICED BEST OF BOTH BREAD	87	CARBOHYDRATE
CRUMPET	92	CARBOHYDRATE
SLICE OF MEDIUM SLICED WHITE BREAD	94	CARBOHYDRATE
SLICE OF MEDIUM SLICED GRANARY BREAD	104	CARBOHYDRATE
WEETABIX (2 BISCUITS)	136	CARBOHYDRATE
TORTILLA WRAPS (EACH WRAP)	167	CARBOHYDRATE
PORRIDGE OATS (50G)	181	CARBOHYDRATE
CORNFLAKES (50G)	188	CARBOHYDRATE
SPECIAL K (50G)	188	CARBOHYDRATE
RICE KRISPIES (50G)	191	CARBOHYDRATE
COUSCOUS (HALF A SACHET MADE WITHOUT BUTTER OR OIL)	201	CARBOHYDRATE
MEDIUM POTATO (APPROX. 250G)	205	CARBOHYDRATE
½ A BAG OF BOIL IN THE BAG RICE	222	CARBOHYDRATE
NOODLES (EGG NOODLES – ¼ OF A 250G PACK)	239	CARBOHYDRATE
GRANOLA (50G)	248	CARBOHYDRATE
75G PASTA	263	CARBOHYDRATE
75G RICE	267	CARBOHYDRATE
VEGETABLES		
STICK OF CELERY	2	VEGETABLES
HALF A BAG OF MIXED SALAD	10	VEGETABLES
QUARTER OF CUCUMBER	10	VEGETABLES
SALAD TOMATOES (1 AVERAGE)	16	VEGETABLES
10 CHERRY TOMATOES	22	VEGETABLES

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GREEN BEANS (4 HEAPED TABLESPOONS/80G)	23	VEGETABLES
ASPARAGUS (80G)	23	VEGETABLES
BROCCOLI (¼ OF A HEAD)	31	VEGETABLES
ONE PEPPER	40	VEGETABLES
MEDIUM CARROT	40	VEGETABLES
ONION (MEDIUM)	41	VEGETABLES
STIR FRY VEG PACK (¼ OF A LARGE PACK)	50	VEGETABLES
CAN OF CHOPPED TOMATOES	74	VEGETABLES
CAN OF PLUM TOMATOES	74	VEGETABLES
HALF A TIN OF BEANS	182	PROTEIN AND VEGETABLES
SWEET POTATO (MEDIUM – 250G)	245	VEGETABLES
FRUIT		
RASPBERRIES (80G = APPROX. 8 RASPBERRIES)	25	FRUIT
SATSUMA	29	FRUIT
STRAWBERRIES (100G = APPROX. 6 STRAWBERRIES)	30	FRUIT
BLUEBERRIES (80G = 2 SMALL HANDFULS)	54	FRUIT
PEAR	62	FRUIT
GRAPES (1/5 OF A PUNNET / ABOUT 10)	66	FRUIT
MEDIUM APPLE	71	FRUIT
MEDIUM BANANA	95	FRUIT
ALCOHOL		
SINGLE PUB MEASURE OF VODKA	51	ALCOHOL
SINGLE PUB MEASURE OF GIN	51	ALCOHOL
SINGLE PUB MEASURE OF BRANDY	51	ALCOHOL
SINGLE PUB MEASURE OF WHISKY	55	ALCOHOL
GLASS OF PROSECCO (125ML – STANDARD PUB SERVING)	93	ALCOHOL
PINT OF BITTER	144	ALCOHOL
PUB MEASURE OF BAILEYS (50ML)	175	ALCOHOL
PINT OF CIDER	187	ALCOHOL
GLASS OF WHITE WINE (250ML GLASS – LARGE PUB MEASURE)	188	ALCOHOL
GLASS OF RED WINE (250ML GLASS – LARGE PUB SERVING)	190	ALCOHOL
GLASS OF ROSE WINE (250ML GLASS – LARGE PUB MEASURE)	198	ALCOHOL
PINT OF GUINNESS	210	ALCOHOL
PINT OF PREMIUM LAGER	233	ALCOHOL
BOTTLE OF FRUIT CIDER (500ML)	275	ALCOHOL
SODA WATER (150ML)	0	MIXER
DIET COKE (150ML)	<1	MIXER
SLIMLINE TONIC (150ML)	3	MIXER

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LIME CORDIAL (50ML)	10	MIXER
LEMONADE (150ML)	27	MIXER
TONIC WATER (150ML)	33	MIXER
COCA-COLA (150ML)	63	MIXER
ORANGE JUICE (150ML)	70	MIXER
PROTEIN		
ALMOND MILK (100ML SERVING)	13	PROTEIN
SLICE OF COOKED HAM	34	PROTEIN
SANDWICH SLICE OF ROAST BEEF	48	PROTEIN
PRAWNS (100G)	62	PROTEIN
EGGS (ONE MEDIUM)	66	PROTEIN
EGGS (ONE LARGE)	78	PROTEIN
SALMON FILLET	109	PROTEIN
COD FILLET (SKINLESS AND BONELESS)	112	PROTEIN
TIN OF TUNA (185G)	120	PROTEIN
2 SLICES OF BACON, RIND OFF, GRILLED	144	PROTEIN
QUARTER OF A POUND OF LEAN BEEF MINCE (5% FAT)	155	PROTEIN
HALF A TIN OF BEANS	182	PROTEIN AND VEG
CHICKEN BREAST FILLET (140G) (GRILLED OR BAKED WITHOUT SKIN)	204	PROTEIN
BATTERED COD FILLET (SUPERMARKET)	234	PROTEIN
BREADED COD FILLET	252	PROTEIN
LAMB CHOP (150G GRILLED LAMB CHOP)	369	PROTEIN
SAUSAGES (3 GRILLED – BASED ON TESCO'S BUTCHERS CHOICE SAUSAGES)	384	PROTEIN
RUMP STEAK (AVERAGE SUPERMARKET PORTION)	411	PROTEIN
BATTERED FISH (CHIPPY- MEDIUM PORTION)	545	PROTEIN
DAIRY		
50ML SKIMMED MILK	17	DAIRY
50ML SEMI SKIMMED MILK (A GENEROUS SPLASH IN A CUP OF TEA)	25	DAIRY
50ML WHOLE MILK	32	DAIRY
HEAPED DESSERT SPOON OF 0% FAT GREEK YOGURT - (AVERAGE OF BRANDS)	55	DAIRY
250ML SKIMMED MILK (CEREAL SERVING)	85	DAIRY
250ML WHOLE MILK (CEREAL SERVING)	160	DAIRY
250ML SEMI SKIMMED MILK (CEREAL SERVING)	125	DAIRY
DAIRY PROTEIN		
0% FAT COTTAGE CHEESE (1/2 A TUB)	97	DAIRY PROTEIN
30G MATURE CHEDDAR CHEESE	125	DAIRY PROTEIN
FETA CHEESE (1/4 OF A PACK = 50G)	145	DAIRY PROTEIN

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TREATS

FOX'S PARTY RING	29	TREATS
RICH TEA	43	TREATS
MALTED MILK	44	TREATS
HONEY (TABLESPOON)	49	TREATS
MERINGUE NEST	51	TREATS
CHOCOLATE CHIP COOKIE	53	TREATS
CUSTARD CREAM	62	TREATS
BOURBON	66	TREATS
DIGESTIVE BISCUIT	76	TREATS
CHOCOLATE DIGESTIVE BISCUIT	86	TREATS
MULLER LIGHT YOGURT	89	TREATS
KIT KAT (2 FINGER)	106	TREATS
CHOCOLATE MARSHMALLOW TEACAKES	106	TREATS
CARAMEL WAFER BISCUITS	134	TREATS
CAN OF COKE	139	TREATS

CONDIMENTS

BROWN SAUCE (TABLESPOON)	14	CONDIMENT
SALAD CREAM – LOW FAT (TABLESPOON)	15	CONDIMENT
1 TEASPOON OF SUGAR	16	CONDIMENT
KETCHUP (TABLESPOON)	17	CONDIMENT
GRAVY (100ML MADE FROM GRANULES)	26	CONDIMENT
LIGHT MAYONNAISE (TABLESPOON)	40	CONDIMENT

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