

Solutionforu Quick Calorie Count

2011

Meat	Calories
Beef lean, raw 100g	126
Chicken breast raw 100g	112
Lamb (lean), raw 100g	158
Veal fillet raw 100g (VERY HIGH)	297
Fish	Calories
White, non oily fish per 100g	133
Prawns per 100g	105
Crab per 100g	98
Lobster 100g	105

Vegetables Per 28g (1 oz) unless otherwise stated	Calories
Asparagus raw 10 stalks	27
Asparagus canned drained (no sugar)	7
Cabbage green raw	7
Cabbage red raw	6
Cabbage white raw	8
Celery raw	2
Chard raw	5
Chicory raw	3
Cucumber	3
Fennel raw	4
Lettuce	4
Onions raw	10
Spinach raw	7
Tomatoes small sweet perino 100g (this fruit is listed here for convenience)	18
Tomatoes each large raw (this fruit is listed here for convenience)	5
Fruit	Calories
Apple large peeled	80
Orange large raw peeled	70
Strawberries raw per ounce (measure one handful for the diet and weigh)	9
Tomatoes small sweet perino 100g	18
Tomatoes each lge raw	5
Grains	Calories
Pure Harvest Rice Crackers	20
Grissini Bread Stick	20
Melba Toast	20