

			Carbs	Fat	Protein	Cal	Total g	Carbs	Fat	Protein
1	BC	Corn Flakes	84	1	7	372	92	90%	2%	8%
2	BC	Fruit'n Fiber	69	4	8	340	81	81%	9%	9%
3	BC	Granola	59	20	10	454	88	52%	40%	8%
4	BC	Muesli	63	6	12	352	81	72%	15%	14%
5	BC	Rice Krispies	86	1	7	383	94	90%	3%	7%
6	BC	Weetabix	69	2	12	342	83	81%	5%	14%
7	BI	All Butter Cookies	62	23	5	477	90	52%	44%	4%
8	BI	Breakfast Biscuit	66	14	8	421	88	63%	30%	7%
9	BI	Cereal Bar Choc & Nut	52	26	8	472	86	44%	50%	6%
10	BI	Cream Crackers	68	14	10	432	91	63%	28%	9%
11	BI	Digestive Biscuits	63	21	7	472	91	53%	41%	6%
12	BI	Granola Bar	65	17	8	445	90	58%	35%	7%
13	BI	Hobnobs	60	24	7	480	90	50%	45%	5%
14	BI	Oat biscuits	59	22	8	468	89	51%	42%	7%
15	BI	Oatcakes	50	2	13	272	66	74%	6%	20%
16	BI	Shortbread	62	27	6	515	95	48%	47%	5%
17	BR	Bread white	46	2	9	240	58	77%	8%	15%
18	BR	Bread wholemeal	38	2	10	207	50	73%	8%	19%
19	BR	Crispbread	67	2	9	317	77	84%	5%	11%
20	BR	Hot Cross Bun	52	5	8	281	65	74%	15%	11%
21	BR	Panini	45	5	11	269	61	67%	16%	17%
22	CH	Crème Egg	73	15	3	440	91	66%	31%	3%
23	CH	Dairy Milk	57	30	7	527	94	43%	51%	6%
24	CH	KitKat	63	25	7	498	94	50%	44%	5%
25	CH	Mars Bar	32	15	3	274	50	46%	49%	5%
26	CH	Snickers	54	28	10	506	92	43%	50%	8%
27	PM	Chicken Korma & Rice	14	8	7	154	29	36%	46%	17%
28	PM	Chicken Meatballs	11	3	15	131	29	32%	22%	46%
29	PM	Lasagne	11	6	8	129	25	35%	41%	24%
30	PM	Macaroni Cheese	19	9	8	188	36	41%	42%	18%
31	PM	Pasta	33	1	5	158	39	83%	4%	13%
32	PM	Pizza Pepperoni	35	14	14	318	62	44%	39%	17%
33	PM	Quiche, Bacon & Cheddar	18	20	11	294	49	25%	61%	14%
34	PM	Sausage Roll	24	24	10	349	58	27%	61%	11%
35	PM	Shepherds Pie	10	5	6	105	20	39%	40%	21%
36	PM	Steak Pie	22	16	11	278	49	31%	53%	16%
37	SW	Apple pie	40	10	3	262	53	61%	34%	4%
38	SW	Bread and butter pudding	27	15	5	265	47	41%	51%	8%
39	SW	Carrot cake	48	19	4	383	72	50%	45%	4%
40	SW	Cheesecake	33	28	5	404	66	33%	62%	5%
41	SW	Chocolate mouse	26	8	6	198	40	52%	36%	12%
42	SW	Ice cream	26	11	3	215	40	48%	46%	5%
43	SW	Red velvet cake	33	33	4	444	70	30%	67%	3%
44	SW	Strawberry yoghurt	14	7	3	124	23	44%	47%	9%
45	SW	Victoria sponge	54	10	4	321	68	67%	28%	5%

## Vegetables

			Carbs	Fat	Protein	Cal	Total g	Carbs	Fat	Protein
1	V	Aubergine	6	1	0	34	7	70%	26%	4%
2	V	Avocado	9	15	2	179	26	20%	75%	4%
3	V	Broccoli	4	0	3	32	7	51%	11%	38%
4	V	Brussel sprouts	6	2	0	41	8	53%	44%	3%
5	V	Butternut	12	1	0	57	13	84%	16%	1%
6	V	Cabbage	3	0	1	17	4	71%	5%	24%
7	V	Carrots	10	0	1	46	11	87%	4%	9%
8	V	Cauliflower	5	2	0	38	7	52%	45%	3%
9	V	Chickpeas	17	1	8	109	26	60%	12%	28%
10	V	Kale	4	1	2	29	7	54%	18%	27%
11	V	Leeks	14	2	0	71	16	79%	19%	2%
12	V	Lentils	11	1	6	77	18	57%	12%	31%
13	V	Lettuce	3	0	1	17	4	67%	0%	33%
14	V	Mixed beans	13	1	7	85	20	61%	8%	31%
15	V	Mushroom	3	3	0	42	7	31%	66%	3%
16	V	Olives	5	5	6	89	16	22%	51%	27%
17	V	Onion	9	0	1	40	10	90%	0%	10%
18	V	Parsnips	18	0	1	76	19	95%	0%	5%
19	V	Peas	15	0	5	80	20	75%	0%	25%
20	V	Potato	17	0	2	77	19	88%	1%	10%

		Carbs	Fat	Protein	Cal	Total g	Carbs	Fat	Protein	
21	V	Rice	27	1	3	124	30	86%	5%	9%
22	V	Spinach	4	0	3	30	7	49%	12%	39%
23	V	Sweet potato	20	0	2	87	22	92%	1%	7%
24	V	Tomato	4	1	0	25	5	64%	33%	3%
<b>Fruit</b>										
25	F	Apple	14	0	0	57	14	98%	0%	2%
26	F	Pear	12	0	1	50	13	96%	0%	4%
27	F	Banana	23	0	1	96	24	95%	0%	5%
28	F	Berries	14	0	1	59	15	95%	0%	5%
29	F	Grapes	15	0	1	64	16	97%	0%	3%
30	F	Mango	14	0	1	57	14	95%	0%	5%
31	F	Figs	10	0	1	44	11	91%	0%	9%
<b>Snacks</b>										
32	S	Nuts Mixed	6	62	15	646	84	4%	87%	9%
33	S	Dried Fruits	58	0	3	244	61	95%	0%	5%
34	S	Mixed Seeds	9	50	22	571	81	6%	78%	15%
<b>Meat, Fish, Eggs</b>										
35	M	Beef mince 10%	0	8	22	160	30	0%	45%	55%
36	M	Chicken	0	6	25	154	31	0%	35%	65%
37	M	Pork	0	8	20	152	28	0%	47%	53%
38	M	Lamb	0	10	23	182	33	0%	49%	51%
39	MF	Salmon	0	13	20	197	33	0%	59%	41%
40	MF	Cod	0	1	18	78	19	0%	8%	92%
41	E	Eggs	1	11	13	155	25	3%	64%	33%
<b>Dairy</b>										
42	D	Milk Whole	5	4	4	69	12	27%	52%	20%
43	D	Milk Semi-skimmed	5	2	4	50	10	39%	33%	29%
44	D	Plain Yoghurt full fat	7	5	6	100	18	26%	49%	25%
45	D	Cottage cheese	4	6	9	105	19	16%	48%	36%
46	D	Gouda	0	28	24	347	52	0%	72%	28%
47	D	Cheddar	0	32	25	388	57	0%	74%	26%
48	D	Edam	0	24	26	317	50	0%	67%	33%
49	D	Mozzarella	2	18	17	238	37	3%	68%	29%
50	D	Soft cheese	4	27	5	281	36	6%	88%	7%