

Food Calories List

Meats & Fish	Portion size *	per 100 grams (3.5 oz)	energy content
Anchovies tinned	300 cals	300 cals	Medium
Bacon average fried	250 cals (2 rashers)	500 cals	High
Bacon average grilled	150 cals	380 cals	Med-High
Beef (roast)	300 cals	280 cals	Medium
Beef burgers frozen	320 cals	280 cals	Med-High
Chicken	220 cals	200 cals	Medium
Cockles	50 cals	50 cals	Low
Cod fresh	150 cals	100 cals	<u>Low calorie</u>
Cod chip shop food	400 cals	200 cals	Med-High
Crab fresh	200 cals	110 cals	low calorie
Duck roast	400 cals	430 cals	High
Fish cake	90 cals per cake	200 cals	Medium
Fish fingers	50 cals per piece	220 cals	Medium
Gammon	320 cals	280 cals	Med-High
Haddock fresh	200 cals	110 cals	Low calorie
Halibut fresh	220 cals	125 cals	<u>Low calorie</u>
Ham	6 cals	240 cals	Medium
Herring fresh grilled	300 cals	200 cals	Medium
Kidney	200 cals	160 cals	Medium
Kipper	200 cals	120 cals	<u>Low calorie</u>
Liver	200 cals	150 cals	Medium
Liver pate	150 cals	300 cals	Medium
Lamb (roast)	300 cals	300 cals	Med-High
Lobster boiled	200 cals	100 cals	<u>Low calorie</u>
Luncheon meat	300 cals	400 cals	High
Mackerel	320 cals	300 cals	Medium
Mussels	90 cals	90 cals	Low-Med
Pheasant roast	200 cals	200 cals	Medium
Pilchards (tinned)	140 cals	140 cals	Medium
Prawns	180 cals	100 cals	Low- Med
Pork	320 cals	290 cals	Med-High
Pork pie	320 cals	450 cals	High
Rabbit	200 cals	180 cals	Medium
Salmon fresh	220 cals	180 cals	Medium
Sardines tinned in oil	220 cals	220 cals	Medium
Sardines in tomato sauce	180 cals	180 cals	Medium
Sausage pork fried	250 cals	320 cals	High
Sausage pork grilled	220 cals	280 cals	Med-High
Sausage roll	290 cals	480 cals	High
Scampi fried in oil	400 cals	340 cals	High
Steak & kidney pie	400 cals	350 cals	High
Taramasalata	130 cals	490 cals	High
Trout fresh	200 cals	120 cals	<u>Low calorie</u>
Tuna tinned water	100 cals	100 cals	<u>Low calorie</u>
Tuna tinned oil	180 cals	180 cals	Medium
Turkey	200 cals	160 cals	Medium
Veal	300 cals	240 cals	Medium

The All In One Calorie Counter

Rachel Sandford



The All In One Callorie Counter:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **The All In One Callorie Counter**

In a world inundated with screens and the cacophony of instant communication, the profound energy and mental resonance of verbal art often disappear into obscurity, eclipsed by the regular assault of sound and distractions. However, set within the musical pages of **The All In One Callorie Counter**, a fascinating function of fictional beauty that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this interesting opus guides viewers on an emotional odyssey, softly exposing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is main subjects, dissect its charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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