

Food Types (Raw)

Meat's	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Eye Fillet (Steak) 100g	178	6	32	0
Beef Mince 100g	129	5	21	0
Chicken Breast 100g	114	2.5	21.2	0
Chicken Thigh 100g	114.2	4.5	17.2	0
Turkey breast mince	226	15.4	22	1
Chicken Mince 100g	149	8.1	19.2	0
Pork Mince 100g	110	4.1	19.6	0
Pork 100g	105	3.5	20	0
Salmon 100g	208	13	20	0
Prawns 100g	82	0.5	19.6	0
Squid 100g	92	1.7	19.2	0
Tuna Tin 100g	20	7	25	0
Snapper 100g	61	0.8	12.2	0
Kangaroo 100g	102	1.3	20	0
Salmon Sashimi 100g	131	4.5	23	0
Shaved turkey breast	70	2	8	3
Turkey breast	138	2	30	1
Shaved leg ham	138	0.8	15	0.8

Fruit	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Apple 100g	70	0.2	0.3	13.8
Banana 100g	105	0.4	1.3	27
Pear 100g	57	0.1	0.4	15
Orange 100g	47	0	0.9	12
Grapes (1 cup)	62	0.3	0.6	15.8
Kiwi Fruit 100g	69	0.5	1.1	15
Pineapple 100g	45	0	0.6	11.8
Strawberries (1 cup)	49	0	1	12
Raspberries (1 cup)	64	0.8	1.5	14.7
Blueberries (1 cup)	83	0.5	1.1	21
Goji Berries (1 cup)	352	5.3	13.2	62.9
Watermelon (1 cup)	46	0.2	0.9	11.6
Rockmelon (1 cup)	35	0.2	0.8	7.5
Peach (1 cup)	60	0.4	1.4	14.7
Grapefruit (1cup)	97	0	2	20.6
Mandarins 100g	37	0	0.6	9.3
Mango (1 cup)	107	0	1	28
Plums 100g	46	0	1	11

Vegetables	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Broccoli (1 cup)	31	0.3	2.6	6
Asparagus (1 cup)	27	0.2	2.9	5.2
Sweet Potato (1 cup)	114	0.1	2.1	27

Carrot (1 cup)	52	0.3	1.2	12.3
Brussel Sprout (1 cup)	38	0.3	3	8
Cauliflower (1 cup)	25	1	2	5.3
Zucchini (1 cup)	18	0	4	1
Mushroom (1 cup)	15	0.2	2.2	2.3
White Potato (1 cup)	116	0.2	3	13.1
Pumpkin (1 cup)	30	0.1	1.2	7.5
Corn (1 cup)	120	0	3	16
Beetroot (1 cup)	59	0	2	13
Squash (1 cup)	20	0.2	1.5	4.2
Green Beans (1 cup)	34	0.2	2	7.7
Broad Beans (1 cup)	160	0.6	10	28
Chick Peas (1 cup)	269	4	15	45
Peas (1 cup)	117	0.6	7.9	21
Bok Choy (1 cup)	9	0	1.1	2
Spinach (1 cup)	7	0.1	0.9	1.1
Lettuce (1 cup)	4	0.1	0.4	0.6
Kale (1 cup)	34	0.5	2.2	6.7
Tomato (1 cup)	38	1	2	8
Celery (1 cup)	16	0.2	0.7	3
Avocado (1 cup)	240	22	3	12.8
Cucumber (1 cup)	16	0.1	0.3	1.9
Capsicum (1 cup)	46	0.4	1.5	9
Egg Plant (1 cup)	20	0.1	0.8	4.8
Cabbage (1 cup)	22	0.1	1.1	5.2
Onion 100g	32	0	2	7

Seeds & Nuts	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Almonds 100g	575	49.4	21.2	21.7
Walnuts 100g	654	68	15	14
Brazil nuts 100g	656	66.4	14.3	12.3
Cashews 100g	590	45	20	24
Pine nuts 100g	695	68.6	14	4
Chia seeds 100g	436	31	20	2
Pumpkin seeds 100g	559	49	30	11
Hazel nuts 100g	660	63.5	16.6	5.6
Peanut 100g	600	48.8	25.2	13.2
Pistachio 100g	581	46.4	24.9	10.2
Sunflower seeds 100g	540	47.5	19.4	18.5
Soy nuts 100g	400	13.3	39.9	29.9

Poltry & Dairy	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Whole Egg	90	6.8	6.3	0.4
Egg White	17	0.1	3.6	0.2
Full cream milk 250ml	160	8.5	8.5	12
Low cream milk 250ml	110	3.4	10.1	9.8
Coconut water 250ml	77	0	0	20
Coconut milk 250ml	45	4.5	0	1

Almond milk 250ml	61	2.5	1	8
Soy milk 250ml	132	4.3	8	15.4
Coconut oil 15g	120	14	0	0
Olive oil 15g	119	13.5	0	0
Flaxseed oil 15g	120	14	0	0
Butter 15g	100	12	0	0
Cottage cheese 100g	90	2	12	5
Natural yogurt 100g	69	3.7	3.8	3.6

Grains	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Pasta 100g	356	2.2	12.7	68.6
Wholegrain pasta 100g	345	2.5	13	68.6
Brown rice 100g	172.5	3	3.75	33
White rice 100g	130	0.2	2.4	28.6
Quinoa 100g	368	6.1	14	64.2
Wild rice 100g	111	0.7	2.4	23
White bread (2 slices)	120	1	4	23
Brown bread (2 slices)	135	2.1	4.8	24.5
Wholegrain bread (2 slices)	152	1.2	5.5	28.4
Wholegrain wrap (1 wrap)	169	4.1	3.5	30.7
Tinned black beans 100g	123	0.8	8.7	20
Untoasted muesli (1 cup)	340	5.2	10	60.2

Condiment	Calories	Fat (g)	Protein (g)	Carbohydrate (g)
Tomato sauce 15g	15	0	0.2	3.5
BBQ sauce 15g	19	0	0.2	4.4
Peanut Butter (1 tbs)	101	8	3.8	3.5
Honey 15g	49	0.1	0	12.7
Soy sauce (1tbs)	10	0	2	0
Cocoa powder (1 tbs)	8	0.2	0.4	1.2
Bolognese sauce (1 cup)	176	7.4	9.6	15.6
Humus 100g	144	7	6.4	38.4
1500mg fish oil tablet (1)	14	1.5	0	0
Natural Peanut Butter (1tbs)	190	16	7	6