

Calories

Calories are a scientific unit to measure food energy. In nutrition and dieting, calories are used as a guideline to measure the amount of food energy your body needs to maintain a healthy weight. While the recommended daily calorie intake varies depending on your age, for the average adult female this is about 2,000, and for the average adult male this is about 2,500.

At Eva Pharma, in order to help you create a balanced diet we have created a list of all the most common food items in your daily diet and their number of calories. Using this list, you can keep a check on your daily calorie intake.

Type	Calories	Fat
Beef		
Brisket (boiled)	330	24 g
Fillet Steak (grilled)	210	20 g
Forerib (roast)	358	30 g
Minced (stewed)	235	16 g
Rump Steak (grilled)	220	13 g
Rump Steak (fried)	250	15 g
Silverside (boiled)	240	14 g
Sirloin (roast)	280	20 g
Stewing Steak	225	12 g
Topside (roast)	219	11 g
Cheese		
Brie	320	25.5 g
Camembert	300	23 g
Cheddar	415	33.5 g
Cheddar (low fat)	275	14 g

Cheshire	379	29 g
Danish Blue	350	28.5 g
Double Gloucester	400	32 g
Edam	335	24.5 g
Feta	255	20 g
Lancashire	380	29 g
Leicester	402	32 g
Chicken		
Chicken breast skinless (boiled)	230	7.5 g
Grilled (using lean grilling machine)	215	6 g
Deep fried	300	15 g
Chicken leg and bone, no skin (boiled)	180	6 g
Roasted with oil	215	7.5 g
Grilled (using machine)	184	3 g
Eggs		
Raw	75	6 g
Boiled (average)	80	6 g
Fried in oil	120	6 g
Scrambled (2 eggs with milk)	170	14 g
Poached 1 egg	80	6 g
Scotch egg	140	7 g
Omelet	128	10 g
Omelets and cheese	240	17 g
Quiche (egg& cheese)	300	15 g
Egg fried Rice	210	6 g
Fish		
Bass (steamed)	125	1.1 g
Bloaster (grilled)	190	1.8 g

Catfish (steamed)	100	1 g
Caviar	268	3.5 g
Cod fillets (baked)	85	1.2 g
Cod in Batter (fried)	200	10 g
Coley	100	1 g
Eel jellied	200	2.2 g
Flounder (steamed)	68	0.6 g
Haddock fresh (steamed)	87	0.7 g
Meat		
Bacon Calories (average rashers)	500	45 g
Beef Calories (average lean)	275	20 g
Lamb breast (roast)	398	30 g
Lamb chops (grilled)	368	28 g
Lamb cutlets (grilled)	375	31 g
Lamb Leg (roast)	270	17 g
Lamb Shoulder (roast)	320	24 g
Pork Belly rashers (grilled)	400	35 g
Pork Chops (grilled)	340	24 g
Milk		
Milk skimmed (pasteurized)	34	0.1 g
Semi-skimmed	47	1.6 g
Whole milk full fat	66	3.9 g
Condensed milk whole	320	9.5 g
Dried skimmed milk	360	0.6 g
Evaporated milk whole	155	9 g
Goats milk	62	3.5 g

Sheep's milk	99	6 g
Soya milk	35	2 g
Half cream fresh	150	13 g
Single cream	200	19 g
Vegetables		
Asparagus	26	1.5 g
Aubergine	15	2 g
Calories in Beans	Medium	-
Beetroot	38	9 g
Broccoli (100g)	32	1 g
1 average Broccoli floret (11g)	3 cal	-
Brussels Sprouts	40	3.5 g
Cabbage average	24	2.4 g
Carrot	32	5 g
Cauliflower	32	2 g
Nuts		
Dried Almonds ¼ cup	209	
Cashew 28 grams	160	
Roasted Hazelnut 28 grams	170	
Fresh Fruits		
Apple	81	
Apricot	17	
Banana	105	
Fig	37	
Grapefruit	38	
Grapes	53	
Guava	45	
Kiwi	46	

Mango	68	
Oranges	62	
Canned Fruits (1/2 cup)		
Apricot	111	
Fruit Salad	94	
Peach	95	
Pear	94	
Pineapple	100	
Hot Drinks		
Nescafe (no sugar)	5	
Coffee	5	
Tea	1	
American Coffee	5	
Fizzy Drinks (can)		
Coke	100	
Diet Coke	0	
Orange	119	
Cream Soda	126	
Juices (1/2 cup)		
Apple	60	
Grape	78	
Lemon	3	
Orange	59	
Grapefruit	47	
Peach	67	
Pineapple	70	
Tomato	21	
Cold Cuts		

Turkey 28 grams	57	
Beef 28 grams	88	
Chicken	116	
Salami	72	
Oils		
Margarine	105	
Olive Oil	120	
Sunflower Oil	120	
Corn Oil	120	
Vegetable Oil	126	
Butter	36	