

## Balancing the Diet

# Unit 6

## Unit 6

### Balancing the Diet

#### Learning Outcomes

By the end of this unit, the learner will be able to:

- ✓ understand what exactly a Balanced Diet is?

#### Background for a Balanced Diet

A balanced diet provides the body with energy, protection from disease, and boosts overall health. A balanced diet ensures that the body gets all of the required essential nutrients that it needs. Eating a balanced diet includes eating a variety of foods every day from each of the food groups to ensure the body gets a healthy proportion of carbohydrates, protein, fat, fibre, vitamins, and minerals. A well-balanced diet also includes drinking enough water to replenish the water that is lost throughout the day through normal bodily processes such as sweating, breathing, and waste elimination. Any food can fit into a healthy diet. Additionally, it is important to choose a variety of foods, since a person's overall diet is what matters.

#### What Exactly is a Balanced Diet?

A balanced diet is one which contains carbohydrates, protein, fat, vitamins, minerals, and fibre in the correct proportions.

A balanced diet that is made up of:

- 45 to 65 percent carbohydrates;
- 10 to 20 percent protein;
- 25 to 35 percent fat;
- 38 grams of fibre per day for men; and
- 25 grams of fibre per day for women

#### Why Eat a Well-Balanced Diet?

Research shows that diet plays a role in helping to prevent diseases such as, heart disease, certain types of cancer, and obesity. A healthy, balanced diet reduces the risk of diabetes, and studies also show that food has a direct impact on energy and mood. Those who eat a balanced diet that includes food from all food groups may find it easier to maintain or lose weight.

#### Maintaining a Healthy, Balanced Diet

In order to maintain a healthy and balanced diet the Food Standards Agency suggests that people should:

1. Base meals on starchy foods;
2. Eat lots of fruit and vegetables;

3. Eat more fish;
4. Cut down on saturated fat and sugar;
5. Try to eat less salt - no more than 6g a day;
6. Get active and try to be a healthy weight;
7. Drink plenty of water; and
8. Don't skip breakfast

### The basics

The basic principles of healthy eating are quite simple:

- Foods are often categorised into five main groups based on their nutrient content. These are vegetables, breads and cereals, fruit, dairy, and meats/alternatives. Each different food group provides unique nutrients to our diet, so it's important to eat a variety of foods from each of the major food groups every day.
- Eating moderate portions of all foods, with the exception of vegetables where we can generally eat plenty (except the starchy veggies such as potato, sweet potato and corn, which are higher in kilojoules than other veggies). Choosing smaller, frequent meals and snacks will help keep the variety in the diet.
- Enjoying foods is the key to being able to sustain healthy eating habits in the long term, so a healthy balanced diet can include the occasional treat!

### Calories Count

While eating a variety of foods is important to a well-balanced diet, calories are also important, especially when trying to lose or maintain a healthy weight. How many calories a person needs depends on a variety of factors including height, weight, age, gender, and those who are physically active will need more calories than individuals who live a sedentary lifestyle.

The following chart will help to estimate the individual needs.

| Activity Level | Male      |          |        | Female    |          |        |
|----------------|-----------|----------|--------|-----------|----------|--------|
|                | Sedentary | Moderate | Active | Sedentary | Moderate | Active |
| 17-18          | 2400      | 2800     | 3200   | 1800      | 2000     | 2400   |
| 19-20          | 2600      | 2800     | 3000   | 2000      | 2200     | 2400   |
| 21-25          | 2400      | 2800     | 3000   | 2000      | 2200     | 2400   |

Approximately 45-65% of our total calories should come from carbohydrates.

Therefore,  $0.55 \times \text{total calories} = \text{calories from carbohydrates}$   
 calories from carbohydrates divided by four calories per gram = grams of carbohydrates.

Following are examples of carbohydrate sources:

| Food                   | CHO (g) | Food            | CHO (g) |
|------------------------|---------|-----------------|---------|
| Rice, 1 cup            | 44      | Raisins, ¼ cup  | 29      |
| Potato, Baked, 1 large | 49      | Banana, 1 large | 31      |

|                     |    |                                  |    |
|---------------------|----|----------------------------------|----|
| Pasta, 1 cup cooked | 39 | Orange juice, 1 cup              | 26 |
| Bagel, 1 regular    | 56 | Pretzels, 1 cup                  | 32 |
| Corn, 1 cup         | 32 | Low fat yogurt, 1 cup with fruit | 47 |

Approximately 10-20% of our total calories should come from protein.

Therefore,  $0.15 \times \text{total calories}$  \_\_\_\_\_ = \_\_\_\_\_ calories divided by four calories per gram = \_\_\_\_\_ grams of protein.

Following are examples of protein sources:

| Food                     | Protein (g) | Food                   | Protein (g) |
|--------------------------|-------------|------------------------|-------------|
| Chicken, cooked, 4 oz.   | 35          | Milk, 1 cup            | 8           |
| Hamburger, cooked, 4 oz. | 28          | Egg, 1                 | 6           |
| Tuna, 3 oz.              | 22          | Cheese, ¼ cup shredded | 7           |
| Cottage cheese, ½ cup    | 14          | Peanut Butter, 2 Tbsp. | 8           |
| Yogurt, 1 cup            | 12          | Black beans            | 6           |

Approximately 25-35% of our total calories should come from fat.

Therefore,  $0.30 \times \text{total calories}$  \_\_\_\_\_ = \_\_\_\_\_ calories divided by nine calories per gram = \_\_\_\_\_ grams of fat.

Following are examples of fat sources:

| Food                      | Fat (g) | Food                      | Fat (g) |
|---------------------------|---------|---------------------------|---------|
| Ranch dressing, 2 Tbsp.   | 14      | Mayonnaise, 1 Tbsp.       | 11      |
| Italian dressing, 2 Tbsp. | 8       | Milk, whole, 1 cup        | 8       |
| Vegetable oil, 1 Tbsp.    | 14      | Butter/margarine, 1 Tbsp. | 11      |
| Almonds, ¼ cup            | 18      | Olive oil, 1 Tbsp.        | 14      |
| Walnuts, ¼ cup chopped    | 20      | Avocado, 1 cup sliced     | 21      |

### HOW DOES A DIET ADD UP?

Do \_\_\_\_\_ CHO cal. + \_\_\_\_\_ Prot. Cal + \_\_\_\_\_ Fat cal. = \_\_\_\_\_ total cal?

Remember, eating healthy requires variety in the diet. No foods are “taboo” and all foods fit into a healthy eating plan. Focusing on eating mostly nutrient-dense foods is the key, but one can have, a treat from time to time.

| Vegetable                     | Calories | Carbs | Water Content |
|-------------------------------|----------|-------|---------------|
| Asparagus                     | 26       | 1.5 g | 90 %          |
| Aubergine                     | 15       | 2 g   | 90 %          |
| <u>Calories in Beans</u>      | Medium   | -     | -             |
| Beetroot                      | 38       | 9 g   | 82 %          |
| Broccoli (100g)               | 32       | 1 g   | 90 %          |
| 1 average Broccoli floret 11g | 3 cals   | -     | -             |
| Brussels Sprouts              | 40       | 3.5 g | 87 %          |
| Cabbage average               | 24       | 2.4 g | 93 %          |
| Carrot                        | 32       | 5 g   | 90 %          |
| Cauliflower                   | 32       | 2 g   | 91 %          |
| Celery                        | 8        | 1 g   | 95 %          |
| Chicory                       | 10       | 3 g   | 90 %          |
| Courgette                     | 20       | 2 g   | 93 %          |
| Cucumber                      | 10       | 1g    | 97 %          |
| Fennel                        | 13       | 1.5 g | 95 %          |
| Gherkins                      | 15       | 2.5 g | 93 %          |
| Gourd                         | 12       | 1 g   | 90 %          |
| Leek                          | 22       | 2.5 g | 92 %          |

|                                 |             |       |      |
|---------------------------------|-------------|-------|------|
| Lettuce (average)               | 13          | 1.5 g | 95 % |
| Marrow                          | 10          | 1.6 g | 95 % |
| Mushroom                        | 15          | 0.5 g | 93 % |
| Okra                            | 30          | 2.5 g | 88 % |
| Onion                           | 35          | 3 g   | 92 % |
| One average Red Onion 150g      | 49 cal      | 2.3 g | 90 % |
| Onion Spring                    | 23          | 2 g   | 88 % |
| Parsnip                         | 60          | 10 g  | 78 % |
| <u>Calories in Peas</u>         | Medium      | -     | -    |
| Peppers red average             | 18          | 5 g   | 90 % |
| <u>Potato Calories ( 100g )</u> | low-med     | 15 g  | 80 % |
| Pumpkin                         | 12          | 2 g   | 95 % |
| Radish                          | 13          | 2 g   | 90 % |
| Spinach                         | 23          | 1 g   | 92 % |
| One average sprout 10 grams     | 4 cal       | -     | 88 % |
| Sprouts                         | 43 Calories | 4 g   | 88 % |
| Swede                           | 22          | 2 g   | 96 % |
| Sweet corn                      | 24          | 12 g  | 40 % |
| Tomatoes                        | 18          | 2.2 g | 93 % |
| Tomatoes cherry                 | 17          | 0.5 g | 90 % |
| Turnip                          | 21          | 2 g   | 90 % |
| Watercress                      | 21          | 0.5 g | 90 % |
| Yam                             | 110         | 30 g  | 65 % |

| Meat Type                               | Calories | Fat   |
|-----------------------------------------|----------|-------|
| <u>Bacon Calories</u> (average rashers) | 500      | 45g   |
| <u>Beef Calories</u> (average lean)     | 275      | 20g   |
| Lamb breast (roast)                     | 398      | 30g   |
| Lamb Chops (grilled)                    | 368      | 28g   |
| Lamb Cutlets (grilled)                  | 375      | 31g   |
| Lamb Leg (roast)                        | 270      | 17g   |
| Lamb Shoulder (roast)                   | 320      | 24g   |
| Pork Belly rashers (grilled)            | 400      | 35g   |
| Pork Chops (grilled)                    | 340      | 24g   |
| Pork Leg (roast)                        | 290      | 20g   |
| Pork Trotters (boiled)                  | 290      | 23g   |
| Veal fillet (roast)                     | 240      | 12g   |
| <u>Chicken Calories</u> (average)       | 140      | 12g   |
| Duck (roast)                            | 330      | 30g   |
| Goose (roast)                           | 350      | 25g   |
| Partridge (roast)                       | 250      | 8g    |
| Pheasant (roast)                        | 250      | 9g    |
| Pigeon (roast)                          | 242      | 13.5g |
| Turkey (roast)                          | 165      | 6g    |
| Hare                                    | 155      | 6g    |
| Rabbit                                  | 187      | 8g    |

|         |     |     |
|---------|-----|-----|
| Venison | 200 | 6.5 |
|---------|-----|-----|

| White Fish                     | Calories | Fat  |
|--------------------------------|----------|------|
| Bass (steamed)                 | 125      | 1.1g |
| Bloater (grilled)              | 190      | 1.8g |
| Catfish (steamed)              | 100      | 1g   |
| Caviar                         | 268      | 3.5g |
| Cod fillets (baked)            | 85       | 1.2g |
| Cod in batter (fried)          | 200      | 10g  |
| Coley (steamed)                | 100      | 1g   |
| Eel jellied                    | 200      | 2.2g |
| Flounder (steamed)             | 68       | 0.6g |
| Haddock fresh (steamed)        | 87       | 0.7g |
| Haddock in breadcrumbs (fried) | 170      | 8g   |
| Halibut fresh (steamed)        | 102      | 3g   |
| Lemon Sole (steamed)           | 79       | 1g   |
| Lobster (meat only)            | 121      | 1.3g |
| Monkfish (steamed)             | 98       | 1g   |
| Mullet (steamed)               | 98       | 1g   |
| Sole in breadcrumbs (fried)    | 167      | 2.7g |
| Perch                          | 124      | 1.4g |
| Pike                           | 97       | 1.2g |
| Plaice fresh (steamed)         | 82       | 1.5g |

|                                |                 |            |
|--------------------------------|-----------------|------------|
| Plaice in batter (fried)       | 260             | 18g        |
| Pollock                        | 98              | 1g         |
| Saithe (steamed)               | 100             | 1g         |
| Shark                          | 187             | 2.3g       |
| Sild in oil                    | 273             | 19g        |
| Skate in batter (fried)        | 168             | 10g        |
| Sprats (fried)                 | 350             | 21g        |
| Sturgeon                       | 96              | 1.2g       |
| Whiting (steamed)              | 87              | 1g         |
| Whiting in breadcrumbs (fried) | 189             | 10g        |
| <b>Oily Fish</b>               | <b>Calories</b> | <b>Fat</b> |
| Anchovies (canned)             | 276             | 20g        |
| Herring (grilled)              | 203             | 13g        |
| Kippers (baked)                | 150             | 9.8g       |
| Mackerel (fried)               | 254             | 12g        |
| Pilchards                      | 136             | 5.7g       |
| Salmon (steamed)               | 180             | 12g        |
| Sardines in tomato sauce       | 170             | 11g        |
| Sardines in oil                | 220             | 14g        |
| Trout (steamed)                | 99              | 2.1g       |
| Tuna in oil                    | 179             | 8g         |
| Tuna in brine                  | 95              | 0.5g       |

| Milks                      | Calories | Fat  |
|----------------------------|----------|------|
| Milk skimmed (pasteurised) | 34       | 0.1g |
| Semi-skimmed               | 47       | 1.6g |
| Whole milk full fat        | 66       | 3.9g |
| Condensed Milk whole       | 320      | 9.5g |
| Dried skimmed milk         | 360      | 0.6g |
| Evaporated milk whole      | 155      | 9g   |
| Goats milk                 | 62       | 3.5g |
| Sheep milk                 | 99       | 6g   |
| Soya milk                  | 35       | 2g   |
| Creams (pasteurised)       | Calories |      |
| Half cream fresh           | 150      | 13g  |
| Single cream               | 200      | 19g  |
| Soured cream               | 209      | 20g  |
| Whipping cream             | 370      | 40g  |
| Double cream               | 450      | 49g  |
| Clotted cream              | 590      | 62g  |
| <u>Cheese Calories</u>     | 400      | 36g  |

Most calories in milk are calculated in tests. Some values for milk calories may vary between different products and should only be used for general comparison purposes.

| Spreads | Calories |
|---------|----------|
| Butter  | 740      |

|                             |                 |
|-----------------------------|-----------------|
| Margarine average           | 740             |
| Margarine with veg fat      | 740             |
| Margarine animal & veg fat  | 740             |
| Very low fat spread average | 290             |
| <b>Oils</b>                 | <b>Calories</b> |
| Coconut oil                 | 900             |
| Cod Liver oil               | 900             |
| Olive oil                   | 900             |
| Safflower oil               | 900             |
| Soya oil                    | 900             |
| Sunflower seed oil          | 900             |
| Vegetable oil               | 900             |

Values correct at time of testing, values for calories in butter will vary between different portion sizes!

| Milk & Dairy produce              | Portion size * | per 100 grams (3.5 oz) | energy content |
|-----------------------------------|----------------|------------------------|----------------|
| Cheese average                    | 110 cals (25g) | 440 cals               | High           |
| Cheddar types average reduced fat | 130            | 260 calories           | Medium         |
| Cheese spreads average            | 90 cals        | 270                    | Medium         |
| Cottage cheese low fat            | 40 calories    | 80 cals                | low - med      |
| Cottage cheese                    | 49 cals        | 98 cals                | Low calorie    |
| Cream cheese                      | 200 cals       | 428 cals               | High           |

| Cream fresh half       | 128 cal                   | 160 cal                | Med-High       |
|------------------------|---------------------------|------------------------|----------------|
| Cream fresh single     | 160 cal                   | 200 cal                | Med-High       |
| Cream fresh double     | 340 cal                   | 430 cal                | High           |
| Cream fresh clotted    | 480 cal                   | 600 cal                | High           |
| Custard                | 210 cal                   | 100 cal                | Medium         |
| Eggs ( 1 average size) | 90 cal                    | 150 cal                | Medium         |
| Eggs fried             | 120 cal                   | 180 cal                | Med-High       |
| Fromage frais          | 125 cal                   | 125 cal                | Low calorie    |
| Ice cream              | 200 cal                   | 180 cal                | Medium         |
| Milk whole             | 175 cal (250ml/half pint) | 70 cal                 | Med-High       |
| Milk semi-skimmed      | 125 cal (250ml/half pint) | 50 cal                 | Medium         |
| Milk skimmed           | 95 cal (250ml/half pint)  | 38 cal                 | Low calorie    |
| Milk Soya              | 90 cal                    | 36 cal                 | Low calorie    |
| Mousse flavored        | 120 cal                   | 140 cal                | Medium         |
| Omelette with cheese   | 300 cal                   | 266 cal                | Medium         |
| Trifle with cream      | 290 cal                   | 190 cal                | Medium         |
| Yogurt natural         | 90 cal                    | 60 cal                 | Low calorie    |
| Yogurt reduced fat     | 70 cal                    | 45 cal                 | Low calorie    |
| Fruits & Vegetables    | Portion size *            | per 100 grams (3.5 oz) | energy content |
| Apple                  | 44 calories               | 44 calories            | Low calorie    |
| Banana                 | 107 cal                   | 65 calories            | Low calorie    |

|                           |              |              |              |
|---------------------------|--------------|--------------|--------------|
| Beans baked beans         | 170 cals     | 80 calories  | Low calorie  |
| Beans dried (boiled)      | 180 cals     | 130 calories | Low calorie  |
| Blackberries              | 25 cals      | 25 calories  | Low calorie  |
| Blackcurrant              | 30 cals      | 30 calories  | Low calorie  |
| Broccoli                  | 27 cals      | 32 cals      | Very low     |
| Cabbage (boiled)          | 15 calories  | 20 calories  | Low calorie  |
| Carrot (boiled)           | 16 calories  | 25 calories  | Low calorie  |
| Cauliflower (boiled)      | 20 calories  | 30 calories  | Low calorie  |
| Celery (boiled)           | 5 calories   | 10 calories  | Low calorie  |
| Cherry                    | 35 calories  | 50 calories  | Low calorie  |
| Courgette                 | 8 cals       | 20 cals      | Very low cal |
| Cucumber                  | 3 calories   | 10 calories  | Low calorie  |
| Dates                     | 100 calories | 235 calories | Med-High     |
| Grapes                    | 55 calories  | 62 calories  | Low calorie  |
| Grapefruit                | 32 calories  | 32 calories  | Low calorie  |
| Kiwi                      | 40 calories  | 50 calories  | Low calorie  |
| Leek (boiled)             | 10 calories  | 20 calories  | Low calorie  |
| Lentils (boiled)          | 150 calories | 100 calories | Medium       |
| Lettuce                   | 4 calories   | 15 calories  | Very Low     |
| Melon                     | 14 calories  | 28 calories  | Medium       |
| Mushrooms raw one average | 3 cals       | 15 cals      | Very low cal |
| Mushrooms (boiled)        | 12 calories  | 12 calories  | Low calorie  |

|                          |                  |              |              |
|--------------------------|------------------|--------------|--------------|
| Mushrooms (fried)        | 100 calories     | 145 calories | High         |
| Olives                   | 50 calories      | 80 calories  | Low calorie  |
| Onion (boiled)           | 14 calories      | 18 calories  | Low calorie  |
| One red Onion            | 49 cals          | 33 cals      | Low calorie  |
| Onions spring            | 3 cals           | 25 cals      | Very low cal |
| Onion (fried)            | 86 calories      | 155 calories | High         |
| Orange                   | 40 calories      | 30 calories  | Low calorie  |
| Peas                     | 210 calories     | 148 calories | Medium       |
| Peas dried & boiled      | 200 calories     | 120 calories | Low calorie  |
| Peach                    | 35 calories      | 30 calories  | Low calorie  |
| Pear                     | 45 calories      | 38 calories  | Low calorie  |
| Pepper yellow            | 6 cals           | 16 cals      | Very low     |
| Pineapple                | 40 calories      | 40 calories  | Low calorie  |
| Plum                     | 30 calories      | 39 calories  | Low calorie  |
| Spinach                  | 8 calories       | 8 calories   | Low calorie  |
| Strawberries (1 average) | 10 calories      | 30 calories  | Low calorie  |
| Sweetcorn                | 95 calories      | 130 calories | Medium       |
| Sweetcorn on the cob     | 70 calories      | 70 calories  | Low calorie  |
| Tomato                   | 30 calories      | 20 calories  | Low calorie  |
| Tomato cherry            | 6 cals ( 3 toms) | 17 Cals      | Very low cal |
| Tomato puree             | 70 calories      | 70 calories  | Low-Medium   |
| Watercress               | 5 calories       | 20 calories  | Low calorie  |

| BREADS & CEREALS           | Portion size *             | per 100 grams (3.5 oz) | energy content |
|----------------------------|----------------------------|------------------------|----------------|
| Bagel ( 1 average )        | 140 cal (45g)              | 310 cal                | Medium         |
| Biscuit digestives         | 86 cal (per biscuit)       | 480 cal                | High           |
| Jaffa cake                 | 48 cal (per biscuit)       | 370 cal                | Med-High       |
| Bread white (thick slice)  | 96 cal (1 slice 40g)       | 240 cal                | Medium         |
| Bread wholemeal (thick)    | 88 cal (1 slice 40g)       | 220 cal                | Low-med        |
| Chapatis                   | 250 cal                    | 300 cal                | Medium         |
| Cornflakes                 | 130 cal (35g)              | 370 cal                | Med-High       |
| Crackerbread               | 17 cal per slice           | 325 cal                | Low Calories   |
| Cream crackers             | 35 cal (per cracker)       | 440 cal                | Low / portion  |
| Crumpets                   | 93 cal (per crumpet)       | 198 cal                | Low-Med        |
| Flapjacks basic fruit mix  | 320 cal                    | 500 cal                | High           |
| Macaroni (boiled)          | 238 cal (250g)             | 95 cal                 | Low calorie    |
| Muesli                     | 195 cal (50g)              | 390 cal                | Med-high       |
| Naan bread (normal)        | 300 cal (small plate size) | 320 cal                | Medium         |
| Noodles (boiled)           | 175 cal (250g)             | 70 cal                 | Low calorie    |
| Pasta ( normal boiled )    | 330 cal (300g)             | 110 cal                | Low calorie    |
| Pasta (wholemeal boiled )  | 315 cal (300g)             | 105 cal                | Low calorie    |
| Porridge oats (with water) | 193 cal (350g)             | 55 cal                 | Low calorie    |
| Potatoes** (boiled)        | 210 cal (300g)             | 70 cal                 | Low calorie    |
| Potatoes** (roast)         | 420 cal (300g)             | 140 cal                | Medium         |

|                      |                   |          |                 |
|----------------------|-------------------|----------|-----------------|
| Rice (white boiled)  | 420 cals (300g)   | 140 cals | Low calorie     |
| Rice (egg-fried)     | 500 cals          | 200 cals | High in portion |
| Rice ( Brown )       | 405 cals (300g)   | 135 cals | Low calorie     |
| Rice cakes           | 28 Cals = 1 slice | 373 Cals | Medium          |
| Ryvita Multi grain   | 37 Cals per slice | 331 Cals | Medium          |
| Ryvita + seed & Oats | 180 Cals 4 slices | 362 Cals | Medium          |
| Spaghetti (boiled)   | 303 cals (300g)   | 101 cals | Low calorie     |
|                      |                   |          |                 |

| Fruit                  | Calories per piece | Carbs (grams) | Water Content |
|------------------------|--------------------|---------------|---------------|
| Apple (1 average)      | 44 calories        | 10.5          | 85 %          |
| Apple cooking          | 35 calories        | 9             | 88 %          |
| Apricot                | 30 calories        | 6.7           | 85 %          |
| Avocado                | 150 calories       | 2             | 60 %          |
| Banana                 | 107 calories       | 26            | 75 %          |
| Blackberries each      | 1 calorie          | 0.2           | 85 %          |
| Blackcurrant each      | 1.1 calorie        | 0.25          | 77 %          |
| Blueberries (new) 100g | 49 Cals ( 100g )   | 15 g          | 81 %          |
| Cherry each            | 2.4 calories       | 0.6           | 83 %          |
| Clementine             | 24 cals            | 5             | 66 %          |
| Currants               | 5 calories         | 1.4           | 16 %          |

|                                |               |       |      |
|--------------------------------|---------------|-------|------|
| Damson                         | 28 calories   | 7.2   | 70 % |
| One average date 5g            | 5 cals        | 1.2   | 14 % |
| Dates with inverted sugar 100g | 250 calories  | 63    | 12 % |
| Figs                           | 10 calories   | 2.4   | 24 % |
| Gooseberries                   | 2.6 calories  | 0.65  | 80 % |
| Grapes 100g Seedless           | 50 cals       | 15    | 82 % |
| one average Grape 6g           | 3 calories    | 0.9   | 82 % |
| Grapefruit whole               | 100 calories  | 23    | 65 % |
| Guava                          | 24 calories   | 4.4   | 85 % |
| Kiwi                           | 34 calories   | 8     | 75 % |
| Lemon                          | 20 calories   | 3.4   | 85 % |
| Lychees                        | 3 calories    | 0.7   | 80 % |
| Mango                          | 40 calories   | 9.5   | 80 % |
| Melon Honeydew (130g)          | 36 calories   | 9     | 90 % |
| Melon Canteloupe (130g)        | 25 cals       | 6     | 93 % |
| Nectarines                     | 42 calories   | 9     | 80 % |
| Olives                         | 6.8 calories  | trace | 63 % |
| Orange average                 | 35 calories   | 8.5   | 73 % |
| Orange large 350g              | 100 Cals      | 22g   | 75 % |
| Papaya Diced (small            | 67 Cals (20g) | 17g   | -    |

|                                     |              |     |      |
|-------------------------------------|--------------|-----|------|
| handful)                            |              |     |      |
| Passion Fruit                       | 30 calories  | 3   | 50 % |
| Paw Paw                             | 28 calories  | 6   | 70 % |
| Peach                               | 35 calories  | 7   | 80 % |
| Pear                                | 45 calories  | 12  | 77 % |
| Pineapple                           | 50 calories  | 12  | 85 % |
| Plum                                | 25 calories  | 6   | 79 % |
| Prunes                              | 9 calories   | 2.2 | 37 % |
| Raisins                             | 5 calories   | 1.4 | 13 % |
| Raspberries each                    | 1.1 calories | 0.2 | 87 % |
| Rhubarb                             | 8 calories   | 0.8 | 95 % |
| Satsuma one average<br>112g         | 29 cals      | 6.5 | 88 % |
| Satsumas 100g                       | 35 calories  | 8.5 | 88 % |
| Strawberries (1 average)            | 2.7 calories | 0.6 | 90 % |
| Sultanas                            | 5 calories   | 1.4 | 16 % |
| Tangerine                           | 26 calories  | 6   | 60 % |
| Tomatoes (1 average<br>size)        | 9 cals       | 2.2 | 93 % |
| Tomatoes Cherry (1<br>average size) | 2 calories   | 0.5 | 90 % |

## How to Count Calories in Food

Suppose a person has consumed 33 grams in their food. The product already lists the total calorie count in 100g, so, we can count the calories consumed by the person, by using this calculation:

1. Find calorie count for 100g (3.5 ounces) of food (check the label!)
2. Now multiply it by 33%
3. This will be the calorie count for the portion size of 33grams

If the person had 150 grams (5 ounces) of the food we can multiply the calorie count for 100g by 150%. This will work for any size portion and is an accurate way to count calories to help lose weight.

### 1200 Calorie Diet sample Day 1

#### Breakfast:

- Small Bowl breakfast cereal with skimmed milk - 200 calories
- Fruit Juice unsweetened - 60 cals

#### Lunch:

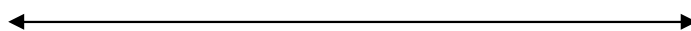
- 1 Banana - 107 cals
- 1 Orange - 23 calories

#### Snack:

- Non fat yogurt small pot - 50 cals
- Fruit - 40 calories

#### Dinner:

- Vegetable Curry with Fried Rice - 700 calories
- Total calories = 1180 Calorie Diet



### 1200 calorie diet sample Day 2

#### Breakfast:

- 1 large hard boiled egg - 90 calories
- 2 slices wholemeal toast with thin smear butter - 200 cals
- Large slice melon - 47 calories

#### Lunch:

- Baked potato with 100g baked beans - 300 cals
- Cottage Cheese reduced fat 100g - 80 calories

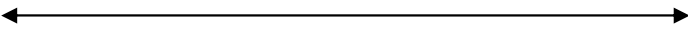
#### Snack:

- meal replacement bar - 200 calories

#### Dinner

- Pasta Salad made with a little olive oil & a little sauce to flavour - 200 - 300 calories ( 250 average )
- 50g Tinned Tuna in brine - 50 cals

Total calories = 1217 Calorie Diet



### 1200 calorie diet sample Day 3

#### Breakfast:

- 2 pieces grilled meat- 200 cals
- Tinned Tomatoes 100g - 16 calories
- 2 slices wholemeal bread/toast with little butter & jam - 220 calories
- Piece of fruit or fruit juice 50 cals

#### Lunch:

- Cream of Mushroom soup - 96 calories
- Slice of bread with butter- 108 calories

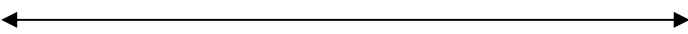
#### Snack:

- Packet of low fat chips - 110 calories
- Fruit - 80 calories

#### Dinner:

- Chicken Chow Mein 280g - 240 calories
- vegetables - 100 calories

Total calories = 1220 Calorie Diet



### 1200 calorie diet sample Day 4

#### Breakfast:

- Small Bowl breakfast cereal with skimmed milk - 200 calories
- Fruit Juice unsweetened - 60 cals

#### Lunch:

- Pasta salad - 320 calories
- Fresh Vegetables - 150 cals

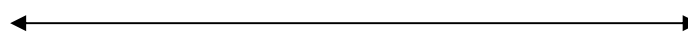
#### Dinner:

- Caribbean Rice & Peas recipe - 434 cals

#### Snack:

- low fat Yogurt - 60 calories
- piece of fruit - 50 cals

Total calories = 1274 Calorie Diet



## 1200 calorie diet sample Day 5

### Breakfast:

- cornflakes with skimmed milk small Bowl - 350 calories
- Fruit juice unsweetened - 60 calories

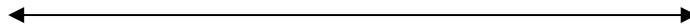
### Lunch:

- French bread Pizza 150 grams - 300 cals
- Mixed Salad Large portion - 80 calories
- Apple - 49 cals

### Dinner:

- Lasagne 250g - 317 calories
- Mixed Vegetables fresh or frozen 200g - 100 cals

Total calories = 1256 Calorie Diet



### Suggested Further Reading:

- ✓ *The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One*, (2010), By Douglas Graham
- ✓ *Cooking for Healthy Healing: Book One : The Healing Diets*, (2002), By Linda Garland Page, Linda G. Rector-Page