

EL CAMINO MEDICAL CLINIC
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Food and 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	<u>Low Calories</u>
Cream crackers	35 cal (per cracker)	440 cal	<u>Low / portion</u>
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	<u>Low calorie</u>
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	<u>Low calorie</u>
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 cal (300g)	140 cal	<u>Low calorie</u>
Rice (egg-fried)	500 cal	200 cal	High in portion
Rice (Brown)	405 cal (300g)	135 cal	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 cal (300g)	101 cal	Low calorie

MEATS & FISH	Portion size *	per 100 grams (3.5 oz)	energy content
Anchovies tinned	300 cal	300 cal	Medium
Bacon average fried	250 cal (2 rashers)	500 cal	High
Bacon average grilled	150 cal	380 cal	Med-High
Beef (roast)	300 cal	280 cal	Medium
Beef burgers frozen	320 cal	280 cal	Med-High
Chicken	220 cal	200 cal	Medium
Cockles	50 cal	50 cal	Low
Cod fresh	150 cal	100 cal	<u>Low calorie</u>
Cod chip shop food	400 cal	200 cal	Med-High
Crab fresh	200 cal	110 cal	low calorie
Duck roast	400 cal	430 cal	High
Fish cake	90 cal per cake	200 cal	Medium
Fish fingers	50 cal per piece	220 cal	Medium
Gammon	320 cal	280 cal	Med-High
Haddock fresh	200 cal	110 cal	Low calorie
Halibut fresh	220 cal	125 cal	<u>Low calorie</u>
Ham	6 cal	240 cal	Medium
Herring fresh grilled	300 cal	200 cal	Medium
Kidney	200 cal	160 cal	Medium
Kipper	200 cal	120 cal	<u>Low calorie</u>
Liver	200 cal	150 cal	Medium
Liver pate	150 cal	300 cal	Medium
Lamb (roast)	300 cal	300 cal	Med-High
Lobster boiled	200 cal	100 cal	<u>Low calorie</u>
Luncheon meat	300 cal	400 cal	High
Mackerel	320 cal	300 cal	Medium
Mussels	90 cal	90 cal	Low-Med
Pheasant roast	200 cal	200 cal	Medium
Pilchards (tinned)	140 cal	140 cal	Medium
Prawns	180 cal	100 cal	Low- Med
Pork	320 cal	290 cal	Med-High

Pork pie	320 cal	450 cal	High
Rabbit	200 cal	180 cal	Medium
Salmon fresh	220 cal	180 cal	Medium
Sardines tinned in oil	220 cal	220 cal	Medium
Sardines in tomato sauce	180 cal	180 cal	Medium
Sausage pork fried	250 cal	320 cal	High
Sausage pork grilled	220 cal	280 cal	Med-High
Sausage roll	290 cal	480 cal	High
Scampi fried in oil	400 cal	340 cal	High
Steak & kidney pie	400 cal	350 cal	High
Taramasalata	130 cal	490 cal	High
Trout fresh	200 cal	120 cal	<u>Low calorie</u>
Tuna tinned water	100 cal	100 cal	<u>Low calorie</u>
Tuna tinned oil	180 cal	180 cal	Medium
Turkey	200 cal	160 cal	Medium
Veal	300 cal	240 cal	Medium
FRUITS & VEGETABLES	Portion size *	per 100 grams (3.5 oz)	energy content
Apple	44 calories	44 calories	Low calorie
Banana	107 cal	65 calories	<u>Low calorie</u>
Beans baked beans	170 cal	80 calories	Low calorie
Beans dried (boiled)	180 cal	130 calories	Low calorie
Blackberries	25 cal	25 calories	Low calorie
Blackcurrant	30 cal	30 calories	Low calorie
Broccoli	27 cal	32 cal	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 cal	20 cal	Very low cal
Cucumber	3 calories	10 calories	<u>Low calorie</u>
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	<u>Low calorie</u>
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	<u>Low calorie</u>

MILK & DAIRY PRODUCE	Portion size *	per 100 grams (3.5 oz)	energy content
Cheese average	110 cal (25g)	440 cal	High
Cheddar types average reduced fat	130	260 calories	Medium
Cheese spreads average	90 cal	270	Medium
Cottage cheese low fat	40 calories	80 cal	low - med
Cottage cheese	49 cal	98 cal	<u>Low calorie</u>
Cream cheese	200 cal	428 cal	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	<u>Low calorie</u>
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	<u>Low calorie</u>
Yogurt reduced fat	70 cal	45 cal	Low calorie