

Nutrition

MACRO-NUTRITION INTAKE GUIDELINES

Protein Intake:

- About 2.0 - 2.5 grams per kg (body weight) per day
- For a 100kg person this is 200 g/day or 800 Kcal/day
- This amount is most applicable to when you are training or playing *very* intensely
- Less can be eaten you are not training hard
- If you are not training at all then protein intake can be about half this amount
- For the most part this protein can come from normal foods but for a post workout or game meal, easily digested protein is beneficial and using a high quality whey protein powder is beneficial at this time
- *The post workout meal should contain a good quality protein such as whey protein (about ¼ g/kg body wt.)*
 - around 25 g (100cal) for a 100 kg person

Examples of good protein sources;

- Beef (T-bone steak 100g or just over 3 oz.) gives 24 g of protein
- Canned salmon (100g) gives 20 g of protein
- Canned Tuna (100g) gives 25g of protein
- Egg (whole med.) gives 6g of protein, (100g) of egg gives 12g of protein
- Peanut Butter (100g) gives 25g of protein, (2 Tablespoons) gives 8g of protein

Fat Intake:

- Fat should be about 25% to 30% or less of your total calories
- Therefore around 0.5 to 1.0 g/kg body wt per day
- Most of this fat should be coming from unsaturated sources; olive oil, cold water fish oils (e.g. salmon), and flax seed oils.
- Since these oils can be broken down easily Vit. E (400 IUs) and Vit. C (2000mg) can be supplemented to help reduce their oxidation

Carbohydrate Intake:

- Consume about 1 g/kg CHO (carbohydrate) every 2 hours for 6 to 8 hours after strenuous exercise
- The first 2 hour consumption should happen as soon after activity as possible
 - Around 100g or 400cal for a 100kg person.

Hydration:

- Drink 3 – 4 litres of water a daily
- Water is an excellent way to replace fluids when exercising lightly for short periods of time (under 1 hour)
- Sport drinks are engineered to help the body rehydrate faster and more completely than water alone
- When exercising start drinking fluids within 10 minutes the start of the activity (do not wait until you are thirsty, as you will already be dehydrated by that time. This means your performance could already be detrimentally effected).
- Drink about 500 mls about an hour before activity
- Drink 1 litre of fluids per hour of strenuous activity (separate this into 250 mls every 15 minutes)
 - This is not an easy thing to do and needs to be practiced before competition time
- To know how much fluid to replace with after a strenuous workout do the following:
 1. Weigh yourself nude before the activity
 2. Complete the activity
 3. Weigh yourself nude after the activity
 4. Replace 150% of weight (kg) lost in litres of fluid. (e.g). If you lost 1.5 kg over the course of your activity then you would need at least $1.5\text{kg} \times 1.5 = 2.25 \text{ L}$ or 2 and a quarter litres of fluid to rehydrate you. This is assuming you were properly hydrated before the activity.
- If your urine is not fairly clear then you are not adequately hydrated and should drink more water.

In General:

These guidelines are to be used to help balance your macro nutrient intake. The way to get these nutrients is by eating large variety of whole foods. As pointed out, supplementing Vit C and E can help in reducing harmful effects of a stressful daily regimen. As well there is a whole repertoire of “phytochemicals” that work together to help in recovery and therefore help optimize the results you can obtain from your workouts. These chemicals are found in fruits and, better yet, vegetables. The darker, more colourful they are; the better. Iron and zinc are two more vital nutrients for the active athlete. Where is the best place to go to up your intake of these nutrients? Red meat, and seafood. The best and first place to look for you nutrients is a whole and complete meal.

Supplements are exactly that; supplements. They may be able to help when they are a supplement to an already healthy, balanced diet.

Supplements can be the finishing touches on a pyramid of optimum nutrition. If the base is not complete then the supplements will not be able to top anything off because a poor base will not be able to sustain their added weight. In other words if the main part of your diet is not up to par; supplements will not do you any good, and may possibly even do some harm by masking deficiencies.

Changes in Body Weight

Weight Reduction:

- keep protein intake the same
 - keep fat intake at 25% to 30% of energy intake ∴ g/day are reduced from normal intake
 - change the CHO intake so that your total energy intake will be approximately 500 Kcal/day less than your energy output
 - eat high CHO (fruit juice is not the best; sport drinks are engineered for this as long as *fructose* is not in their ingredient list) & protein meal soon after training
- Note: extremely low energy diets make your body retain as much body fat as it can resulting in the “diet” being totally counterproductive leaving you reducing muscle mass and retaining fat.

Weight Gain:

- concentrate on your resistance training
- For a 1 Kg gain in body weight per week consume about 500 to 1000 calories each day more than the amount of calories that allows you to maintain a stable body weight (theoretically should be about 500 more calories than you expend in a given day).
- This gain in energy intake has to be balanced with training or the extra energy will end up adding body weight as body fat
- keep protein intake approximately the same; don't worry if it increases a little
- eat high CHO & protein meal soon after training
- Eat high Protein meal for breakfast
- For the most part these extra calories can be consumed by eating larger portions at mealtime
- Meal replacement supplements can be used if the high calorie diets are difficult to maintain
 - Ensure the supplements are not just carbohydrate drinks; they need to be nutrient dense protein & carbohydrate containing supplements, even extra fat at this point would not be harmful as long as it is low in saturated fats and even lower in processed fats.
- Recovery and adequate sleep are necessities

How to Calculate Caloric Intake and % age of Carbohydrates, Protein and Fats

Procedure:

1. Determine Daily Caloric Expenditure Using the Activity Chart.
2. Set Caloric Intake amount by determining if body weight is optimal.
 - a) IF yes, Caloric Intake should equal Caloric Expenditure
 - b) If no, weight gain is desired, Caloric Intake should be 300 – 600 calories more per day than Caloric Expenditure.
 - c) If no, weight loss is desired, Caloric Intake should be 300 – 600 Calories less per day than Caloric Expenditure.
3. Once Caloric Intake level is determined, we can determine the number of grams of protein, fats, and carbohydrates.
4. Protein intake should be about 2.0 - 2.5 g/ kg body mass. To calculate multiply body weight (kg) x 2.5 g.
5. Fat intake should next be calculated by multiplying Total Daily Caloric Intake by 25% - 30%. Divide this number by 9.0 to give you the amount of fat in grams.
6. Carbohydrate amount is calculated by
 - a) Multiply grams of protein by 4.1 g to get caloric amount of protein.
 - b) Subtract the caloric amount of protein and fat from the daily caloric intake. This will give you the amount of calories you need to derive from carbohydrates.
 - c) Take the caloric amount for carbohydrates and divide by 4.1. This will give you the amount of carbohydrates in grams.

Calculation Examples

No Weight Gain or Loss Desired

Example for 100kg player who is utilizing 3500 cal/day in their activities and is maintaining their present weight.

Protein Requirement:

Body Wt. 100kg x 2.0g = **200** grams of protein OR (200 x 4) = **800** cal from protein

Fat requirement:

Total Cals 3500cal x 30% = **1050** cals or (1050 ÷ 9) = **120** grams of fat

CHO Requirement:

(Total Cals 3500 - cals from fat 1050 - 800) = **1650**cals ÷ 4 = 412 grams of CHO

Gaining mass

Example for a 100 kg player who is expending about 3500 cal/day in their activities.

Energy requirements are Total energy expenditure *plus 500 cals*. Therefore this player will need 4000cals

Protein Requirement:

Body Wt. 100kg x 2.0g = **200** grams of protein or (200 x 4) = **800** cal from protein

Fat requirement:

Total Cals 4000cal x 30% = **1200** cals or (1050 ÷ 9) = **135** grams of fat

CHO Requirement:

(Total Cals 4000 - cals from fat 1200 - 800) = 2000cals ÷ 4 = 500 grams of CHO

Reducing Fat Mass

Example for a 100 kg player who is expending about 3500 cal/day in their activities

Energy requirements are Total energy expenditure *minus 500 cals*. Therefore this player will need 3000cals.

Protein Requirement:

Body Wt. 100kg x 2.0g = **200** grams of protein or (200 x 4) = **800** cal from protein

Fat requirement:

Total Cals 3000cal x 30% = **1000** cals or (1050 ÷ 9) = **100** grams of fat

CHO Requirement:

(Total Cals 3000 - cals from fat 1000 - 800) = 1200cals ÷ 4 = 300 grams of CHO

Nutrition Calculation Sheet

Target Protein, Fat, & Carbohydrate Requirements for Active Athletes

Calories expended = Calories taken in (to maintain current body weight)

From Menu/Activity Diary:

Total Daily Calories Expended: _____

Total Daily Calories Taken in: _____

Body wt.: _____

Desired Amounts:

Total Daily Calories Expended: _____

Total Daily Calories Taken in: _____

Body wt.: _____

Protein Requirement: Body Wt. (kg) x 2.0 = Grams of protein

_____ X 2.0 = _____ g x 4^{cal/g} = _____ cal

Fat Requirement: Total Calories x 30% = cals of fat ÷ 9 = Grams of Fat

_____ X 0.3 = _____ cal ÷ 9 = _____ g

Carbohydrate Requirement:

(Total Calories – calories from fat – calories from protein) = cals of CHO ÷ 4 = grams of CHO needed

(_____ - _____ - _____) = _____ Cal ÷ 4 = _____ g

Body Weight & Caloric Balance Appraisal Section

The purpose of this proposal is to examine the factors involved with caloric intake and output and to determine the extent to which the amount of calories you consume and the amount of calories you metabolise effects your body weight. When the number of calories ingested is equal to the number of calories burned, body weight remains stable. When this caloric balance shifts to either side of the fulcrum, a weight loss or gain occurs. To underscore this delicate balance, imagine caloric intake exceeding caloric output by 200 kcal per day. In a year, the individual will have ingested an additional 73 000 kcal which calculates out to 20 lbs. This weight gain would occur if one were to drink an additional 16 ounces of beer each day for one year without a corresponding increase in exercise.

We can determine the number of calories consumed in an average day by keeping a detailed chart of all the foods consumed during a specific period of time. We can also compute the approximate number of calories burned during this time period. By comparing these two figures, we are able to project an idea of the state of caloric balance.

Procedures

- A. Use the Caloric Intake Record attached, and record daily consumption over a five day period (include two weekend days). Using the Nutrition Calorie Chart (attached) also record the number of calories. Add the total calories of each day up and divide by five to get an average daily caloric intake.
- B. Use the Caloric Activity Record attached, and record daily activity over the same five days. Using the Activity Calorie Chart record the number of calories burned for each activity. The chart lists the activity and calories burned per minute. Just multiply minutes of the activity with corresponding expenditure estimate. Add up the five days and divide by five to get an average daily caloric expenditure.
- C. Determine the difference between intake and expenditure.

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|---|---------------------|------------|---------------------|-------------|-------------------|---------|---|---------------------|------------|---------------------|-------------|-------------------|---------|
| Bread Cereals and Other Grain Products | | | | | | | | | | | | | |
| Flours and Bran | | | | | | | | | | | | | |
| Buckwheat Flour | 125 ml | 63 | 212 | 8 | 45 | 2 | Soy Flour, Defatted | 250ml | 106 | 348 | 50 | 41 | 1 |
| Cornmeal | 125 ml | 73 | 267 | 6 | 57 | 1 | Tapioca, Pearl, Uncooked | 125 ml | 80 | 274 | tr | 71 | tr |
| Cornstarch | 125 ml | 68 | 258 | tr | 62 | tr | Wheat Bran | 125 ml | 32 | 68 | 5 | 20 | 1 |
| Flax Seeds | 125 ml | 73 | 361 | 13 | 27 | 25 | Wheat Germ, Toasted | 15 ml | 7 | 27 | 2 | 4 | 1 |
| Oat Bran | 125 ml | 50 | 122 | 9 | 33 | 3 | Wheat, Flour, all Purpose | 250 ml | 132 | 481 | 14 | 101 | 1 |
| Oat Flakes, Dry | 125 ml | 55 | 213 | 8 | 37 | 4 | Wheat, Flour, Bread | 250 ml | 145 | 523 | 17 | 105 | 2 |
| Potato Flour | 250 ml | 189 | 664 | 15 | 151 | 2 | Wheat, Flour, Cake | 250 ml | 115 | 417 | 9 | 90 | 1 |
| Rye Flour, Light | 250 ml | 108 | 396 | 9 | 86 | 1 | Wheat, Flour, Whole Grain | 250 ml | 127 | 430 | 17 | 92 | 2 |
| Breads and Buns | | | | | | | | | | | | | |
| Bagel, plain | 1 | 89 | 245 | 9 | 48 | 1 | Bread, White, Commercial | 1 slice | 25 | 67 | 2 | 12 | 1 |
| Bannock | 1 medium | 77 | 243 | 5 | 35 | 9 | Bread, White, Homemade with 2% milk | 1 slice | 42 | 120 | 3 | 21 | 2 |
| Bread, cracked-wheat | 1 slice | 25 | 68 | 2 | 12 | 1 | Bread, White, Calorie Reduced | 1 slice | 23 | 48 | 2 | 10 | 1 |
| Bread, French or Vienna | 1 Slice | 25 | 68 | 2 | 13 | 1 | Bread, Whole Wheat, Commercial | 1 slice | 28 | 70 | 3 | 13 | 1 |
| Bread, Italian | 1 slice | 30 | 81 | 3 | 15 | 1 | Bread, Whole Wheat, Homemade | 1 slice | 46 | 128 | 4 | 24 | 2 |
| Bread, mixed-grain | 1 slice | 26 | 65 | 3 | 12 | 1 | English Muffin, Plain, Toasted | 1 muffin | 52 | 133 | 4 | 26 | 1 |
| Bread, Oatmeal | 1 slice | 27 | 73 | 2 | 13 | 1 | English Muffin, Whole Wheat, Toasted | 1 muffin | 61 | 135 | 6 | 27 | 1 |
| Bread, Pita (White) | 1 | 60 | 165 | 5 | 33 | 1 | Roll, Crusty | 1 roll | 57 | 167 | 6 | 30 | 2 |
| Bread, Pita (Whole Wheat) | 1 | 64 | 170 | 6 | 35 | 2 | Roll, Dinner, Plain | 1 roll | 28 | 85 | 2 | 14 | 1 |
| Bread, Pumpernickel | 1 slice | 32 | 80 | 3 | 15 | 1 | Roll, Dinner, Whole-wheat | 1 roll | 28 | 75 | 2 | 14 | 1 |
| Bread, Raisin | 1 slice | 26 | 71 | 2 | 14 | 1 | Roll, Hamburger or Hotdog, Plain | 1 roll | 43 | 123 | 4 | 22 | 2 |
| Bread, Rye | 1 slice | 30 | 81 | 3 | 15 | 1 | | | | | | | |
| Other Bread Products | | | | | | | | | | | | | |
| Bread Crumbs, Plain, Dry | 125 ml | 57 | 225 | 7 | 41 | 3 | Melba Toast, Plain | 2 Toast | 10 | 39 | 1 | 8 | tr |
| Bread Sticks, Plain | 2 Sticks | 20 | 82 | 2 | 14 | 2 | Rusk Toast | 1 rusk | 10 | 41 | 1 | 7 | 1 |
| Bread Stuffing, Dry Mix, Prepared | 125 ml | 106 | 188 | 3 | 23 | 9 | Taco Shells | 1 shell | 13 | 61 | 1 | 8 | 3 |
| Crotons, Plain | 125ml | 16 | 65 | 2 | 12 | 1 | Tortilla, Corn | 1 | 25 | 56 | 1 | 12 | 1 |
| Matzos, Plain | 1 matzos | 28 | 112 | 3 | 24 | tr | Tortilla, Wheat | 1 | 35 | 114 | 3 | 19 | 2 |
| Breakfast Cereals, Hot | | | | | | | | | | | | | |
| Cream of Wheat, Instant, Apple-Cinnamon | 1 pouch | 160 | 114 | 2 | 25 | tr | Oatmeal, Instant, regular | 1 pouch | 186 | 109 | 4 | 19 | 2 |
| Cream of Wheat, Regular | 175 ml | 177 | 54 | 2 | 11 | tr | Oatmeal, Large Flakes/quick | 175 ml | 146 | 99 | 4 | 18 | 2 |
| Oat Bran, Cooked | 175 ml | 162 | 65 | 5 | 19 | 1 | Red River | 175 | 160 | 102 | 4 | 21 | 1 |
| Oatmeal, Instant, Apple-Cinnamon | 1 pouch | 186 | 136 | 3 | 26 | 2 | | | | | | | |
| Breakfast Cereals, Cold | | | | | | | | | | | | | |
| All Bran | 125 ml | 35 | 87 | 4 | 26 | 1 | Harvest Crunch | 125 ml | 47 | 230 | 5 | 30 | 11 |
| Alpha-Bits | 250 ml | 27 | 114 | 2 | 23 | 1 | Just Right | 250 ml | 45 | 167 | 3 | 38 | 1 |
| Bran Buds with Psyllium | 125 ml | 44 | 117 | 4 | 35 | 1 | Lucky Charms | 250 ml | 34 | 134 | 2 | 29 | 1 |
| Bran Flakes | 175 ml | 37 | 121 | 4 | 29 | 1 | Mini-Wheats with White Frosting | 175 ml | 35 | 122 | 3 | 29 | tr |
| Cheerios | 250 ml | 24 | 98 | 3 | 18 | 2 | Muesli | 75 ml | 40 | 144 | 5 | 28 | 2 |
| Corn Bran | 250 ml | 38 | 149 | 2 | 32 | 2 | Puffed Wheat | 250 ml | 13 | 49 | 2 | 10 | tr |
| Corn Flakes | 250 ml | 26 | 101 | 2 | 23 | tr | Raisin Bran | 175 ml | 41 | 127 | 3 | 33 | tr |
| Count Chocula | 250 ml | 33 | 130 | 2 | 29 | 1 | Rice Krispies | 250 ml | 29 | 110 | 2 | 24 | tr |
| Fibre 1 | 125 ml | 30 | 92 | 2 | 25 | 1 | Shredded Wheat | 1 biscuit | 38 | 140 | 3 | 20 | 0 |
| Froot Loops | 250 ml | 30 | 114 | 1 | 26 | 1 | Shreddies | 175 ml | 38 | 140 | 4 | 31 | 1 |
| Frosted Flakes | 250 ml | 37 | 140 | 2 | 33 | tr | Special K | 250 ml | 24 | 93 | 4 | 18 | tr |
| Fruit & Fibre, Dates/Raisins/Walnuts | 125 ml | 29 | 99 | 3 | 22 | 1 | Sugar Crisp | 250 ml | 26 | 99 | 2 | 23 | tr |
| Granola with Raisins | 125 ml | 59 | 229 | 5 | 46 | 4 | Trix | 250 ml | 30 | 120 | 1 | 26 | 2 |
| Grape-Nuts | 125 ml | 58 | 221 | 6 | 46 | 1 | Weetabix | 2 biscuits | 35 | 129 | 4 | 28 | 1 |
| Pasta, Rice and Other Grains | | | | | | | | | | | | | |
| Barley, Hulled, Dry | 125 ml | 97 | 344 | 12 | 71 | 2 | Rice, Wild, Cooked | 125 ml | 87 | 88 | 3 | 19 | tr |
| Barley, Pearled, Cooked | 125 ml | 81 | 100 | 2 | 23 | tr | Macaroni, Cooked | 250 ml | 148 | 209 | 7 | 42 | 1 |
| Bulgar, Cooked | 125 ml | 68 | 56 | 2 | 13 | tr | Macaroni, Uncooked | 125 ml | 55 | 206 | 7 | 41 | 1 |
| Couscous, Cooked | 125 ml | 73 | 82 | 3 | 17 | tr | Noodles, Chinese, Chow Mein, Uncooked | 250 ml | 48 | 253 | 4 | 28 | 15 |
| Millet, Cooked | 125 ml | 90 | 107 | 3 | 21 | 1 | Noodles, Egg, Cooked | 250 ml | 169 | 225 | 8 | 42 | 2 |
| Rice, Brown, Long-Grain, Cooked | 250 ml | 209 | 232 | 5 | 48 | 2 | Spaghetti, Cooked | 250 ml | 148 | 209 | 7 | 42 | 1 |
| Rice, White, Long-Grain, Cooked | 250 ml | 217 | 282 | 6 | 61 | 1 | Spaghetti, Whole-Wheat, Cooked | 250 ml | 148 | 183 | 8 | 39 | 1 |
| Rice, White, Long-Grain, Instant, Prepared | 250 ml | 174 | 171 | 4 | 37 | tr | Pasta with Egg, Fresh-Refrigerated, Plain, Cooked | 250 ml | 169 | 221 | 9 | 42 | 2 |
| Rice, White, Long-Grain, Parboiled, Cooked | 250 ml | 185 | 211 | 4 | 46 | tr | Pasta with Egg, Fresh-Refrig., Spinich, Cooked | 250 ml | 169 | 220 | 9 | 42 | 2 |
| Pancakes and Waffles | | | | | | | | | | | | | |
| Pancake with Butter and Syrup, Fast Food (17 cm) | 1 pancake | 77 | 173 | 3 | 30 | 5 | Pancake, whole wheat, from mix, milk, Egg and Oil | 1 pancake | 44 | 92 | 4 | 13 | 3 |
| Pancake, Buckwheat, From Mix, Egg and Oil | 1 pancake | 70 | 62 | 2 | 8 | 2 | Potato Pancake, Home Prepared, Egg, Margarine | 1 pancake | 36 | 98 | 2 | 10 | 5 |
| Pancake, Plain, From Mix, Milk, Egg and Oil, cook | 1 pancake | 38 | 83 | 3 | 11 | 3 | Waffle, Plain, Frozen, Complete Mix, cooked | 1 waffle | 50 | 145 | 3 | 18 | 7 |
| Pancake, Plain, Frozen, Ready-to-Heat (10 cm) | 1 pancake | 36 | 82 | 2 | 16 | 1 | Waffle, Plain, Frozen, Ready-to-Heat (10 cm) | 1 waffle | 39 | 98 | 2 | 15 | 3 |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|---|---------------------|------------|---------------------|-------------|-------------------|---------|
| Baked Goods | | | | | | | | | | | | | |
| Biscuits, Croissants, Doughnuts and Muffins | | | | | | | | | | | | | |
| Biscuit, from Mix, Plain or Buttermilk, Baked | 1 biscuit | 57 | 191 | 0 | 28 | 7 | Doughnut, Yeast Leavened, Jelly Filled | 1 doughnut | 71 | 197 | 4 | 34 | 5 |
| Biscuit, Plain or Buttermilk, Fast Food | 1 biscuit | 74 | 276 | 4 | 34 | 13 | Muffin, Blueberry, Commercial | 1 muffin | 71 | 197 | 4 | 34 | 5 |
| Biscuit, Refrigerated Dough, Mixed Grain, Baked | 1 biscuit | 44 | 134 | 3 | 24 | 3 | Muffin, Blueberry, from Mix | 1 muffin | 50 | 150 | 3 | 24 | 4 |
| Biscuit, Refrigerated Dough, Plain, Baked | 1 biscuit | 21 | 63 | 2 | 12 | 1 | Muffin, Blueberry, from recipe, 2% Milk | 1 muffin | 57 | 162 | 4 | 23 | 6 |
| Croissant, Butter | 1 medium | 57 | 231 | 5 | 26 | 12 | Muffin, Bran, from Mix | 1 muffin | 50 | 138 | 3 | 23 | 5 |
| Doughnut, Cake-Type, Plain (8 cm) | 1 doughnut | 47 | 198 | 2 | 23 | 11 | Muffin, Bran, from Recipe, 2% Milk | 1 muffin | 45 | 127 | 3 | 19 | 5 |
| Coughnut, Cake-type, Plain Chocolate Coated | 1 doughnut | 85 | 289 | 5 | 33 | 16 | | | | | | | |
| Cookies and Granola Bars | | | | | | | | | | | | | |
| Animal Crackers (arrowroot, social tea) | 1 cookie | 3 | 134 | 2 | 22 | 4 | Granola Bars, Soft, Peanut Butter, Choc-Coated | 1 bar | 28 | 143 | 3 | 15 | 9 |
| Chocolate Chip, Commercial | 1 cookie | 10 | 48 | 1 | 7 | 2 | Granola Bars, Soft, Plain | 1 bar | 28 | 125 | 2 | 19 | 5 |
| Chocolate Chip, From Mix, Prepared | 1 cookie | 16 | 79 | 1 | 10 | 4 | Molasses Cookies | 1 cookie | 15 | 64 | 1 | 11 | 2 |
| Chocolate Chip, From Recipe, with Margarine | 1 cookie | 16 | 78 | 1 | 9 | 5 | Oatmeal, from Recipe, Without Raisins | 1 cookie | 15 | 67 | 1 | 10 | 3 |
| Chocolate Coated Marshmallow | 1 cookie | 13 | 55 | 1 | 9 | 2 | Oatmeal, With or Without Raisins, Commercial | 1 cookie | 13 | 58 | 1 | 9 | 2 |
| Chocolate Sandwich | 1 cookie | 10 | 47 | tr | 7 | 2 | Oatmeal, With or Without Raisin, Mix, Prepared | 1 cookie | 16 | 74 | 1 | 10 | 3 |
| Coconut Macaroons, From Recipe | 1 cookie | 24 | 97 | 1 | 17 | 3 | Penut Butter Sandwich | 1 cookie | 14 | 67 | 1 | 9 | 3 |
| Fig Bars | 1 cookie | 16 | 56 | 1 | 11 | 1 | Penut Butter, from Recipe, made with Margarine | 1 cookie | 20 | 66 | 2 | 12 | 5 |
| Ginger Snaps | 1 cookie | 7 | 29 | tr | 5 | 1 | Shortbread, Commercial, Plain | 1 cookie | 8 | 40 | tr | 5 | 2 |
| Graham Crackers, Plain or Honey | 1 cookie | 7 | 30 | tr | 5 | 1 | Shortbread, from Recipe, made With Butter | 1 cookie | 11 | 60 | 1 | 6 | 4 |
| Granola Bars, Hard, Chocolate Chip | 1 bar | 25 | 110 | 2 | 18 | 4 | Sugar Cookies, Commercial | 1 cookie | 15 | 72 | 1 | 10 | 3 |
| Granola Bars, Hard, Plain | 1 bar | 25 | 118 | 3 | 16 | 5 | Sugar Cookies, from Recipe, made With Butter | 1 cookie | 14 | 66 | 1 | 8 | 3 |
| Granola Bars, Soft, Choc-Chip, and Marshmallow | 1 bar | 28 | 120 | 2 | 20 | 4 | Vanilla Wafers | 1 wafer | 4 | 18 | tr | 3 | 1 |
| Granola Bars, Soft, Nuts and Raisins | 1 bar | 28 | 127 | 2 | 18 | 6 | | | | | | | |
| Cakes | | | | | | | | | | | | | |
| Angelfood, Commercial | 1/12 cake | 28 | 73 | 2 | 16 | tr | Coffee Cake, Cinnamon, from Mix | 1/8 cake | 56 | 178 | 3 | 30 | 5 |
| Angelfood, from Mix | 1/12 cake | 50 | 128 | 3 | 29 | tr | Fruitcake, Commercial | 1 piece | 43 | 139 | 1 | 26 | 4 |
| Banana Bread, from Recipe, made With Margarine | 1 slice | 60 | 196 | 3 | 33 | 6 | Gingerbread, from Mix | 1/9 cake | 67 | 207 | 3 | 34 | 7 |
| Boston Cream Pie, Commercial | 1/6 pie | 92 | 232 | 2 | 39 | 8 | Marble, Pudding-type, from Mix, No Icing | 1/12 cake | 73 | 253 | 3 | 35 | 12 |
| Brownies, Commercial (7 cm x 2 cm) | 1 brownie | 56 | 227 | 3 | 36 | 9 | Pound, Commercial, made With Butter | 1/12 cake | 28 | 110 | 2 | 14 | 6 |
| Brownies, from Recipe (5 cm x 5 cm) | 1 brownie | 36 | 168 | 2 | 18 | 10 | Pound, from Recipe, made With Butter | 1/16 cake | 54 | 206 | 3 | 28 | 9 |
| Carrot, from Recipe With Cream Cheese Icing | 1/12 cake | 111 | 484 | 5 | 52 | 29 | Shortcake, Biscuit-type, from Recipe | 1 biscuit | 65 | 225 | 4 | 32 | 9 |
| Cheesecake, Commercial | 1/6 cake | 80 | 257 | 4 | 20 | 18 | Sponge, Commercial | 1/12 cake | 38 | 110 | 2 | 23 | 1 |
| Cheesecake, from Mix, No Bake Type | 1/6 cake | 132 | 362 | 7 | 47 | 17 | Sponge, from Recipe | 1/12 cake | 63 | 187 | 5 | 36 | 3 |
| Cheesecake, Plain, Recipe, With Cherry Topping | 1/12 cake | 112 | 321 | 6 | 30 | 21 | White, from Mix, Without Icing | 1/12 cake | 62 | 190 | 3 | 34 | 5 |
| Chocolate (Devils Food Fudge) from Mix | 1/12 cake | 65 | 198 | 4 | 32 | 8 | White, from Recipe, Without Icing | 1/12 cake | 74 | 264 | 4 | 42 | 9 |
| Chocolate, Commercial + Chocolate Icing | 1/10 cake | 66 | 242 | 3 | 36 | 11 | Yellow, Commercial, With Chocolate Icing | 1/10 cake | 66 | 250 | 3 | 37 | 11 |
| Chocolate, from Recipe, No Icing | 1/12 cake | 95 | 340 | 5 | 51 | 14 | Yellow, from Mix, Without Icing | 1/12 cake | 63 | 202 | 3 | 34 | 6 |
| Coffee Cake, Cinnamon, Commercial | 1/9 cake | 63 | 263 | 4 | 29 | 15 | Yellow, Pudding-type, from Mix, Without Icing | 1/12 cake | 73 | 257 | 3 | 35 | 12 |
| Pies | | | | | | | | | | | | | |
| Apple, Commercial, 2 Crusts | 1/8 pie | 125 | 296 | 2 | 42 | 14 | Pecan, Commercial | 1/6 pie | 113 | 452 | 5 | 65 | 21 |
| Apple, from Recipe, 2 Crusts | 1/8 pie | 155 | 411 | 4 | 58 | 19 | Pumpkin, Commercial | 1/6 pie | 109 | 229 | 4 | 30 | 10 |
| Banana Cream, from Mix, no Bake Type | 1/8 pie | 92 | 231 | 3 | 29 | 12 | Pie Crust, Cookie-type, Graham, Recipe, Baked | 1 crust | 239 | 1181 | 10 | 156 | 60 |
| Cherry, Commercial, 2 Crusts | 1/8 pie | 125 | 325 | 2.5 | 50 | 14 | Pie Crust, Standard-type, With Shortening, Baked | 1 crust | 180 | 949 | 12 | 86 | 62 |
| Chocolate Cream, Commercial | 1/6 pie | 113 | 344 | 3 | 38 | 22 | Pie Crust, Standard-type, Frozen, Baked | 1 crust | 126 | 648 | 6 | 62 | 41 |
| Coconut Cream, Commercial | 1/6 pie | 64 | 191 | 1 | 24 | 11 | Pie Filling, Apple, Canned | 250 ml | 279 | 282 | tr | 73 | tr |
| Fried Pie, Fruit (Apple, Blueberry, Strawberry) | 1 pie | 128 | 404 | 4 | 55 | 21 | Pie Filling, Cherry, Canned | 250 ml | 279 | 321 | 1 | 82 | 1 |
| Lemon Meringue, Commercial | 1/6 pie | 113 | 303 | 2 | 53 | 10 | Pie Filling, Pumpkin, Canned | 250 ml | 285 | 297 | 3 | 75 | tr |
| Mince Pie, from Recipe, 2 Crusts | 1/8 pie | 165 | 477 | 4 | 79 | 18 | | | | | | | |
| Other Baked Goods | | | | | | | | | | | | | |
| Apple crisp, prepared from recipe | 125mL | 149 | 243 | 3 | 48 | 5 | Eclairs, custard filled, chocolate glaze, from recipe | 1 éclair | 100 | 262 | 6 | 24 | 16 |
| Bread pudding with raisins, prepared from recipe | 125mL | 133 | 224 | 7 | 33 | 8 | Popovers, from mix, prepared | 1 popover | 33 | 67 | 3 | 10 | 1 |
| Cream puffs, from recipe, shell only (9cm diam.) | 1 shell | 66 | 239 | 6 | 15 | 17 | Puff pastry, frozen, baked | 1 shell | 40 | 223 | 3 | 18 | 15 |
| Danish pastry, cinnamon (11 cm diam.) | 1 pastry | 65 | 262 | 5 | 29 | 13 | Phyllo dough | 1 sheet | 19 | 57 | 1 | 10 | 1 |
| Danish pastry, fruit (apple, raisin, lemon, raspberry) | 1 pastry | 71 | 263 | 4 | 34 | 1 | Toaster pastries, brown sugar & cinnamon | 1 pop-tart | 50 | 206 | 3 | 34 | 7 |
| Dumpling | 1 dumpling | 30 | 40 | 1 | 6 | 16 | Toaster pastries, fruit (apple, cherry, strawberry) | 1 pop-tart | 52 | 204 | 2 | 37 | 5 |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|---|---------------------|------------|---------------------|-------------|-------------------|---------|--|---------------------|------------|---------------------|-------------|-------------------|---------|
| Vegetables | | | | | | | | | | | | | |
| Vegetables | | | | | | | | | | | | | |
| Alfalfa sprouts, raw | 125mL | 17 | 5 | 1 | 1 | tr | Carrots, frozen, sliced, boiled, drained | 125 mL | 77 | 28 | 1 | 6 | tr |
| Artichoke, boiled, drained | 1 medium | 125 | 62 | 4 | 14 | tr | Carrots, sliced, boiled, drained | 125 mL | 82 | 37 | 1 | 9 | tr |
| Asparagus, boiled, drained | 5 spears | 75 | 18 | 2 | 3 | tr | Carrots, sliced, canned, drained | 125 mL | 77 | 18 | tr | 4 | tr |
| Asparagus, canned, drained | 5 spears | 90 | 17 | 2 | 2 | 1 | Cauliflower, pieces, raw | 250 mL | 106 | 26 | 2 | 5 | tr |
| Bean sprouts, mung, stir-fried | 250 mL | 131 | 66 | 6 | 14 | tr | Cauliflower, pieces, boiled, drained | 125 mL | 66 | 15 | 1 | 3 | tr |
| Beans, lima, boiled, drained | 125 mL | 90 | 110 | 6 | 21 | tr | Cauliflower, pieces, frozen, boiled | 125 ml | 95 | 18 | 2 | 4 | tr |
| Beans, lima, (baby), frozen, boiled, drained | 125 mL | 90 | 94 | 6 | 17 | tr | Celery, Raw | 1 stalk | 40 | 6 | tr | 1 | tr |
| Beans, snap (green, yellow, Italian), boiled, drained | 125 mL | 66 | 23 | 1 | 5 | tr | Celery, pieces, boiled, | 125 ml | 79 | 14 | 1 | 3 | tr |
| Beans, snap (green, yellow, Italian), canned, drained | 125mL | 72 | 14 | 1 | 3 | tr | Collards, Chopped, Boiled | 125 ml | 68 | 18 | 1 | 4 | tr |
| Beans, snap (green, yellow, Italian), frozen, boiled, | 125 mL | 71 | 20 | 1 | 5 | tr | Corn, Sweet, Canned, Cream Style | 125 ml | 135 | 97 | 2 | 25 | 1 |
| Beet greens, chopped, boiled, drained | 125 mL | 76 | 21 | 2 | 4 | tr | Corn, Sweet, Canned, Niblets | 125 ml | 111 | 88 | 3 | 22 | 1 |
| Beets, sliced, canned, drained | 125 mL | 90 | 28 | 1 | 6 | tr | Corn, Seet, on or off the cob, boiled | 1 ear | 121 | 131 | 4 | 30 | 2 |
| Beets, diced or sliced, boiled, drained | 125 mL | 90 | 40 | 2 | 9 | tr | Cucumber, Sliced, Peeled | 250 ml | 110 | 14 | 1 | 3 | tr |
| Beets, pickled, canned, solids and liquids | 125 mL | 120 | 78 | 1 | 20 | tr | Eggplant, Pieces, Boiled | 250 ml | 101 | 28 | 1 | 7 | tr |
| Belgium endive, raw | 1 endive | 53 | 9 | tr | 2 | tr | Fiddlehead Greens, Frozen, Boiled | 250 ml | 101 | 28 | 1 | 7 | tr |
| Broccoli, raw | 3 spears | 93 | 26 | 3 | 5 | tr | Hearts of Palm, canned | 3 hearts | 99 | 28 | 2 | 5 | 1 |
| Broccoli, frozen, boiled, drained | 125 mL | 97 | 27 | 3 | 5 | tr | Kale, Chopped, Boiled | 125 ml | 69 | 22 | 1 | 4 | tr |
| Broccoli, spears, boiled, drained | 3 spears | 111 | 31 | 3 | 6 | tr | Leek, Chopped, Boiled | 125 ml | 55 | 17 | tr | 4 | tr |
| Brussel sprouts, boiled, drained | 4 sprouts | 84 | 33 | 2 | 7 | tr | Lettuce, Boston, Chopped | 250 ml | 58 | 8 | 1 | 1 | tr |
| Brussel sprouts, frozen, boiled, drained | 125 mL | 82 | 34 | 3 | 7 | tr | Lettuce, Iceberg, Chopped | 250 ml | 59 | 8 | 1 | 1 | tr |
| Cabbage, Chinese (, Bok Choy), shredded, boiled | 125 mL | 90 | 11 | 1 | 2 | tr | Lettuce, Looseleaf, Chopped | 250ml | 59 | 11 | 1 | 2 | tr |
| Cabbage, shredded, raw | 250 mL | 74 | 18 | 1 | 4 | tr | Lettuce, Romaine, Chopped | 250 ml | 59 | 9 | 1 | 1 | tr |
| Cabbage, shredded, boiled, drained | 125 mL | 79 | 17 | 1 | 4 | tr | Mushrooms, Raw | 6 medium | 108 | 27 | 2 | 5 | tr |
| Carrots, raw | 1 medium | 80 | 35 | 1 | 8 | tr | Mushrooms, Canned, Pieces | 125 ml | 82 | 20 | 2 | 4 | tr |
| Carrots, baby, raw | 10 carrots | 100 | 38 | 1 | 8 | 1 | Mushrooms, Pieces, Boiled | 125 ml | 82 | 22 | 2 | 4 | tr |
| Vegetables Continued | | | | | | | | | | | | | |
| Onion, Chopped, Raw | 125 ml | 85 | 32 | 1 | 7 | tr | Potato, Canned | 3 potat. | 105 | 63 | 1 | 14 | tr |
| Onion, Chopped, boiled | 125 ml | 111 | 49 | 2 | 11 | tr | Potato, With Skin, Boiled | 1 potato | 150 | 129 | 3 | 30 | tr |
| Onion, Green, Pieces, Raw | 125 ml | 53 | 17 | 1 | 4 | tr | Potato, Microwave, With Skin | 1 potato | 202 | 212 | 5 | 49 | tr |
| Parsnip, Sliced, Boiled | 125 ml | 82 | 67 | 1 | 16 | tr | Potato, Microwave, Peeled | 1 potato | 156 | 156 | 3 | 36 | tr |
| Peas and Carrots, Canned | 125 ml | 135 | 51 | 3 | 11 | tr | Potato, Peeled before Boiling | 1 potato | 136 | 117 | 2 | 27 | tr |
| Peas and Carrots, Frozen, Boiled | 125 ml | 85 | 41 | 3 | 9 | tr | Pumpkin, Canned | 125 ml | 129 | 44 | 1 | 10 | tr |
| Peas, Green, Boiled | 125 ml | 85 | 71 | 5 | 13 | tr | Radichio, Chopped | 250 ml | 42 | 10 | 1 | 2 | tr |
| Peas, Green, Canned | 125 ml | 90 | 62 | 4 | 11 | tr | Radishes, Raw | 10radishes | 45 | 8 | tr | 2 | tr |
| Peas, Green, Frozen, Boiled | 125 ml | 85 | 66 | 4 | 12 | tr | Rutabaga, Cubed, Boiled | 125 ml | 90 | 35 | 1 | 8 | tr |
| Peas, Snowpeas, Raw | 125 ml | 77 | 32 | 2 | 6 | tr | Sauerkraut, Canned | 125 ml | 125 | 24 | 1 | 5 | tr |
| Peas, Snowpeas, Boiled | 125 ml | 85 | 36 | 3 | 6 | tr | Seaweed, Dulse, Dried | 125 ml | 8 | 17 | 3 | 2 | tr |
| Peppers, Hot Chili, Red and Green, Canned | 60 ml | 34 | 9 | tr | 2 | tr | Spinach, Boiled | 125 ml | 95 | 22 | 3 | 4 | tr |
| Peppers, Sweet, Green, Raw | 1 pepper | 164 | 44 | 1 | 11 | tr | Spinach,Chopped | 250 ml | 59 | 13 | 2 | 2 | tr |
| Pepper, Sweet, Green, Chopped, Boiled | 125 ml | 72 | 20 | 1 | 5 | tr | Squash, Summer, All Types, Boiled, Mashed | 125 ml | 127 | 25 | 1 | 5 | tr |
| Pepper, Sweet, Red, Raw | 1 pepper | 164 | 44 | 1 | 11 | tr | Squash, Winter, All Types, Cubed, Baked | 125 ml | 108 | 42 | 1 | 9 | 1 |
| Peppr, Sweet, Red, Chopped, Boiled | 125 ml | 72 | 20 | 1 | 5 | tr | Sweetpotato, Baked, Skin removed after cooking | 1 potato | 114 | 117 | 2 | 28 | tr |
| Pepper, Sweet, Yellow, raw | 1 pepper | 186 | 50 | 2 | 12 | tr | Sweetpotato, Boiled without skin, mashed | 75 ml | 104 | 109 | 2 | 25 | tr |
| Pickles, Cucumber, Sweet | 1 pickle | 35 | 41 | tr | 1 | tr | Swiss Chard, Chopped, Boiled | 125 ml | 92 | 18 | 2 | 4 | tr |
| Pickle, Cucumber, Dill | 1 pickle | 65 | 12 | tr | 3 | tr | Tomato Paste, Canned | 75 ml | 83 | 70 | 3 | 16 | 1 |
| Potatoes, Dehydrated, Flakes | 125 ml | 24 | 84 | 2 | 19 | tr | Tomato Sauce for Pasta, Canned | 125 ml | 132 | 143 | 2 | 21 | 6 |
| Potatoes, dehydrated, Flakes, w milk and butter | 125 ml | 111 | 125 | 2 | 17 | 6 | Tomato Sauce, Canned | 125 ml | 129 | 39 | 2 | 9 | tr |
| Potatoes, French Fried, Oven | 10 strips | 50 | 100 | 2 | 16 | 4 | Tomato, Raw | 1 tomato | 123 | 26 | 1 | 6 | tr |
| Potatoes French Fried, Frozen, Deep Fried Veg Oil | 10 strips | 50 | 131 | 2 | 20 | 5 | Tomatoes, Canned, Stewed | 125 ml | 135 | 35 | 1 | 9 | tr |
| Potatoes, Hashed brown, frozen, heated | 125 ml | 82 | 180 | 3 | 23 | 9 | Tomatoes, Canned, Whole | 125 ml | 127 | 25 | 1 | 5 | tr |
| Potatoes, Hashed Brown, Home Prepared | 125 ml | 87 | 182 | 2 | 19 | 12 | Tomatoes, Sun Dried | 125 ml | 29 | 74 | 4 | 16 | 1 |
| Potatoes, Mashed, with 2% milk and butter | 125 ml | 111 | 124 | 2 | 19 | 5 | Turnip Greens, Chopped, Boiled | 125 ml | 76 | 15 | 1 | 3 | tr |
| Potatoes, scalloped | 125 ml | 129 | 111 | 4 | 14 | 5 | Turnips, Boiled, Mashed | 125 ml | 82 | 15 | 1 | 4 | tr |
| Potatoes, Scalloped, From Mix | 125 ml | 129 | 120 | 3 | 17 | 6 | Vegetables, Mixed, Canned | 125 ml | 86 | 40 | 2 | 8 | tr |
| Poatoes, baked, with Skin | 1 potato | 202 | 220 | 5 | 51 | tr | Vegetables, Mixed, Frozen, Boiled | 125 ml | 96 | 57 | 3 | 13 | tr |
| Potato, baked, skinless | 1 potato | 156 | 145 | 3 | 34 | tr | Zucchini, Raw, Sliced | 125 ml | 69 | 10 | 1 | 2 | tr |
| Vegetable Products | | | | | | | | | | | | | |
| Carrot Juice, Canned | 250 ml | 260 | 104 | 2 | 24 | tr | Salad, Vegetable, Fast food, Without Dressing | 250 ml | 145 | 23 | 2 | 5 | tr |
| Clam and Tomato Juice, Canned | 250 ml | 255 | 117 | 2 | 28 | tr | Tomato Juice, Canned | 250 ml | 257 | 44 | 2 | 11 | tr |
| Coleslaw with Dressing | 125 ml | 63 | 44 | 1 | 8 | 2 | Vegetable Juice Cocktail, Canned | 250 ml | 256 | 49 | 2 | 12 | tr |
| Onion Rings, Breaded, Frozen, Oven cooked | 5 rings | 50 | 204 | 3 | 19 | 13 | Zucchini, Breaded, Fried | 4 sticks | 44 | 63 | 1 | 4 | 5 |
| Potato Salad | 125 ml | 132 | 189 | 4 | 15 | 11 | | | | | | | |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | | | | | | | |
|--|---------------------|------------|---------------------|-------------|-------------------|------------------------------------|---|---------------------|------------|---------------------|-------------|-------------------|---------|--|--|--|--|--|--|--|
| Fruits & Related Products | | | | | | | | | | | | | | | | | | | | |
| Fruits | | | | | | | | | | | | | | | | | | | | |
| Apples, Raw, With Skin | 1 apple | 138 | 82 | tr | 21 | tr | Lemons, Raw | 1 medium | 58 | 17 | 1 | 5 | tr | | | | | | | |
| Applesauce, Canned, Unsweetened | 125 ml | 129 | 55 | tr | 16 | tr | Limes, Raw | 1 medium | 67 | 20 | tr | 7 | tr | | | | | | | |
| Apricots, Raw | 3 apricots | 106 | 67 | 1 | 17 | tr | Mangos, Raw | 1 medium | 207 | 135 | 1 | 35 | 1 | | | | | | | |
| Apricots, Canned, Halves with Skin, Light syrup | 125 ml | 106 | 67 | 1 | 17 | tr | Nectarines | 1 fruit | 136 | 67 | 1 | 16 | 1 | | | | | | | |
| Apricots, Dried, Cooked without sugar | 60 ml | 63 | 54 | 1 | 14 | tr | Oranges, raw | 1 fruit | 131 | 62 | 1 | 15 | tr | | | | | | | |
| Apricots, Dried, Uncooked | 60 ml | 33 | 78 | 1 | 20 | tr | Papayas, Raw | 1 fruit | 311 | 121 | 2 | 31 | tr | | | | | | | |
| Avocados, California, Raw | 1 avocado | 173 | 306 | 4 | 12 | 30 | Peaches, Raw | 1 fruit | 87 | 37 | 1 | 10 | tr | | | | | | | |
| Avocados, Florida, Raw | 1/2 avocad | 152 | 170 | 2 | 14 | 13 | Peaches, Canned, Halves or Slices, Juice Pack | 125 ml | 131 | 58 | 1 | 15 | tr | | | | | | | |
| Bananas, Raw | 1 medium | 115 | 105 | 1 | 27 | 1 | Peaches, Canned, Halves or Slices, Syrup Pack | 125 ml | 130 | 70 | 1 | 19 | tr | | | | | | | |
| Blackberries, Raw | 125 ml | 76 | 40 | 1 | 10 | tr | Pears, Raw with Skin | 1 fruit | 169 | 100 | 1 | 26 | 1 | | | | | | | |
| Blueberries, Raw | 25 ml | 77 | 43 | 1 | 11 | tr | Pears, Canned, Halves, Juice Pack | 125 ml | 131 | 66 | tr | 17 | tr | | | | | | | |
| Cantaloup, Raw | 1/2 cantal. | 267 | 93 | 2 | 22 | 1 | Pears, Canned, Halves, Syrup Pack | 125 mL | 132 | 79 | tr | 20 | tr | | | | | | | |
| Cherries, Sour, Canned, Heavy Syrup | 125 ml | 135 | 123 | 1 | 31 | tr | Pineapple, Canned, Juice Pack | 125 ml | 132 | 79 | 1 | 21 | tr | | | | | | | |
| Cherries, Sweet, Raw | 10 cherries | 68 | 49 | 1 | 11 | 1 | Pineapple, Canned, Water Pack | 125 ml | 130 | 42 | 1 | 11 | tr | | | | | | | |
| Cranberries, Raw | 125 ml | 50 | 25 | tr | 6 | tr | Pineapple, Sliced, raw | 1 slice | 90 | 44 | tr | 11 | tr | | | | | | | |
| Currants, Red and White, Raw | 125 ml | 59 | 33 | 1 | 8 | tr | Plums, Raw | 1 fruit | 66 | 36 | 1 | 9 | tr | | | | | | | |
| Dates, Dry | 10 dates | 83 | 228 | 2 | 61 | tr | Plums, Canned, Purple, Heavy Syrup Pack | 125 ml | 136 | 121 | tr | 32 | tr | | | | | | | |
| Figs, Raw | 1 medium | 50 | 37 | tr | 10 | tr | Prunes, Dried, Cooked, Without Sugar | 125 ml | 112 | 120 | 1 | 31 | tr | | | | | | | |
| Figs, Dried, Cooked | 10 figs | 187 | 477 | 6 | 122 | 2 | Prunes, Dried, Uncooked | 10 Prunes | 84 | 201 | 2 | 53 | tr | | | | | | | |
| Fruit Cocktail, Canned, Juice Packed | 125 ml | 131 | 60 | 1 | 16 | tr | Raisins, Seedless | 125 ml | 77 | 230 | 2 | 61 | tr | | | | | | | |
| Fruit, Cocktail, Canned, Light Syrup Pack | 125 ml | 133 | 76 | 1 | 20 | tr | Raspberries, raw | 125 ml | 65 | 32 | 1 | 8 | tr | | | | | | | |
| Fruit Salad, Tropical, Canned, Heavy Syrup Pack | 125 ml | 136 | 117 | 1 | 30 | tr | Raspberries, Frozen, Sweetened | 125 ml | 132 | 136 | 1 | 35 | tr | | | | | | | |
| Gooseberries, raw | 125 ml | 79 | 35 | 1 | 8 | tr | Rhubarb, Raw | 125 ml | 65 | 14 | 1 | 3 | tr | | | | | | | |
| Grapefruit, Canned, Light Syrup | 125 ml | 134 | 81 | 1 | 21 | tr | Rhubarb, Frozen, Cooked, With Added Sugar | 125 ml | 127 | 147 | tr | 4 | tr | | | | | | | |
| Grapefruit, Pink or Red, Raw | 1/2 fruit | 123 | 37 | 1 | 9 | tr | Strawberries, Raw | 5 medium | 60 | 18 | tr | 4 | tr | | | | | | | |
| Grapefruit, White, Raw | 1/2 fruit | 118 | 39 | 1 | 10 | tr | Strawberries, Frozen, unsweetened | 125 ml | 117 | 41 | 1 | 11 | tr | | | | | | | |
| Grapes, Raw | 10 grapes | 50 | 36 | tr | 9 | tr | Tangerines, Raw | 1 fruit | 84 | 37 | 1 | 9 | tr | | | | | | | |
| Honeydew Melon, raw | 1/10 melon | 129 | 45 | 1 | 12 | tr | Tangerines, Canned, Light Syrup Pack | 125 ml | 133 | 81 | 1 | 22 | tr | | | | | | | |
| Kiwifruit, Raw | 1 medium | 76 | 46 | 1 | 11 | tr | Watermelon, Raw, Sliced | 1/2 slice | 230 | 74 | 1 | 16 | 1 | | | | | | | |
| Fruit Juices | | | | | | | | | | | | | | | | | | | | |
| Apple Juice, Canned or Bottled, Vit C | 250 ml | 262 | 123 | tr | 31 | tr | Grapefruit Juice, Canned, Sweetened | 250 ml | 267 | 123 | 2 | 30 | tr | | | | | | | |
| Apple Juice, Frozen, Diluted, vit C | 250 ml | 253 | 119 | tr | 29 | tr | Grapefruit juice, Canned, Unsweetened | 250 ml | 261 | 99 | 1 | 23 | tr | | | | | | | |
| Apricot, Nectar, Canned, Vit C | 250 ml | 265 | 149 | 1 | 38 | tr | Grapefruit Juice, Frozen, Diluted | 250 ml | 261 | 107 | 1 | 25 | tr | | | | | | | |
| Grape Juice, Canned or Bottled, NO Vit C | 250 ml | 267 | 163 | 1 | 40 | tr | Grapefruit Juice, White, Freshly Squeezed | 250 ml | 261 | 102 | 1 | 24 | tr | | | | | | | |
| Grape Juice, Frozen, Diluted, Sweetened, Vit C | 250 ml | 267 | 136 | 1 | 34 | tr | Lemon Juice, Canned or Bottled | 250 ml | 258 | 54 | 1 | 17 | 1 | | | | | | | |
| Fruit Juices Continued | | | | | | | | | | | | | | | | | | | | |
| Lemon Juice, Freshly Squeezed | 250 ml | 258 | 64 | 1 | 22 | 0 | Orange-Grapefruit Juice, Canned | 250 ml | 261 | 112 | 2 | 27 | tr | | | | | | | |
| Lime Juice, Freshly Squeezed | 15 ml | 16 | 4 | tr | 1 | tr | Peach Nectar, Canned | 250 ml | 263 | 142 | 1 | 37 | tr | | | | | | | |
| Orange Juice, Canned | 250 ml | 263 | 111 | 2 | 26 | tr | Pear Nectar, Canned | 250 ml | 264 | 158 | tr | 42 | tr | | | | | | | |
| Orange Juice, Chilled | 250 ml | 263 | 116 | 2 | 26 | 1 | Pineapple Juice Canned, Vit C | 250 ml | 264 | 148 | 1 | 36 | tr | | | | | | | |
| Orange Juice, Frozen, Diluted | 250 ml | 263 | 118 | 2 | 27 | tr | Prune Juice, Canned | 250 ml | 270 | 192 | 2 | 47 | tr | | | | | | | |
| Orange Juice, Freshly Squeezed | 250 ml | 262 | 118 | 2 | 27 | 1 | Fruit Flavored Drinks | | | | | | | | | | | | | |
| Citrus fruit juice drink, frozen, diluted | 250ml | 262 | 121 | 1 | 30 | 0 | Lemonade, aspartame sweetened, powder, diluted | 250ml | 252 | 5 | 0 | 1 | 0 | | | | | | | |
| Cranberry juice cocktail, bottled | 250ml | 267 | 155 | tr | 40 | tr | Lemonade, pink or white, frozen, diluted | 250ml | 262 | 105 | tr | 28 | 0 | | | | | | | |
| Fruit punch flavored drink(Kool-aid), Diluted | 250ml | 276 | 102 | 0 | 26 | 0 | Orange drink, canned, Vitamin C added | 250ml | 262 | 134 | 0 | 34 | 0 | | | | | | | |
| Fruit punch flavored drink, Diluted, vitamin C added | 250ml | 276 | 102 | 0 | 26 | 0 | Orange flavor drink, powder(Tang etc)diluted, Vit C | 250ml | 255 | 124 | 0 | 31 | 0 | | | | | | | |
| Fruit punch juice drink, frozen, diluted | 250ml | 262 | 131 | tr | 32 | 1 | Thirst quencher drink(Gatorade, Power-aid) bottled | 250ml | 255 | 64 | 0 | 16 | 0 | | | | | | | |
| Dairy Foods and Other Products | | | | | | | | | | | | | | | | | | | | |
| Milk, Fluid | | | | | | | | | | | | | | | | | | | | |
| Buttermilk | 250ml | 259 | 105 | 9 | 12 | 2 | Milk, skim | 250ml | 259 | 90 | 9 | 13 | tr | | | | | | | |
| Milk, Chocolate, 2% | 250ml | 264 | 189 | 8 | 27 | 5 | Milk, skim with added milk solids | 250ml | 260 | 106 | 10 | 14 | 1 | | | | | | | |
| Milk, partly skimmed, 1% | 250ml | 258 | 108 | 8 | 12 | 3 | Milk, whole, 3.3% | 250ml | 258 | 158 | 8 | 12 | 9 | | | | | | | |
| Milk, partly skimmed, 2% | 250ml | 258 | 128 | 9 | 12 | 5 | Milk Processed | | | | | | | | | | | | | |
| Milk, condensed, sweetened, canned | 300ml | 388 | 1245 | 31 | 211 | 34 | Skim milk powder | 125ml | 36 | 132 | 13 | 19 | tr | | | | | | | |
| Milk, evaporated, skimmed, canned, undiluted, 12.5% | 250ml | 270 | 211 | 20 | 31 | 1 | Milk reconstituted, from skim milk powder | 250ml | 259 | 86 | 8 | 13 | tr | | | | | | | |
| Milk, evaporated, partly skimmed, canned, 2.0% | 250ml | 268 | 246 | 20 | 30 | 5 | Whole milk powder | 125ml | 68 | 335 | 18 | 26 | 18 | | | | | | | |
| Milk, evaporated, whole, canned, undiluted, 7.8% | 250ml | 266 | 363 | 18 | 27 | 21 | Milk Beverages | | | | | | | | | | | | | |
| Chocolate milk powder +2% milk | 250ml | 279 | 209 | 9 | 33 | 6 | Malted milk, chocolate flavor powder+ 2% milk | 250ml | 279 | 208 | 10 | 31 | 6 | | | | | | | |
| Chocolate syrup +2% milk | 250ml | 295 | 216 | 9 | 36 | 5 | Malted milk, natural flavor powder +2% milk | 250ml | 279 | 214 | 11 | 30 | 6 | | | | | | | |
| Eggnog, 7% | 250ml | 268 | 361 | 10 | 36 | 20 | Milk shake, chocolate | 250ml | 211 | 251 | 6 | 45 | 6 | | | | | | | |
| Hot cocoa, aspartame sweetened, powder + water | 250ml | 270 | 67 | 5 | 12 | 1 | Milk shake, vanilla | 250ml | 211 | 236 | 8 | 38 | 6 | | | | | | | |
| Hot cocoa, homemade with 2% milk | 250ml | 264 | 203 | 10 | 31 | 6 | Soy-based beverage | 250ml | 254 | 84 | 7 | 5 | 5 | | | | | | | |
| Hot cocoa, powder + water | 250ml | 295 | 147 | 4 | 32 | 2 | Yogourt beverage | 200ml | 207 | 144 | 5 | 28 | 2 | | | | | | | |
| Instant breakfast powder +2% milk | 250ml | 280 | 251 | 16 | 24 | 5 | Yogurt | | | | | | | | | | | | | |
| Yogourt, coffee & Vanilla flavors, 1.9% MF | 175 | 161 | 7 | 27 | 3 | Yogourt, plain, 1-2% MF | 175 | 110 | 9 | 12 | 3 | | | | | | | | | |
| Yogourt, fruit bottom, 1-2% MF | 175 | 177 | 7 | 31 | 3 | Yogourt, plain, greater than 4% MF | 175 | 182 | 7 | 13 | 10 | | | | | | | | | |
| Yogourt, fruit bottom, less than 1% MF | 175 | 108 | 8 | 19 | tr | | | | | | | | | | | | | | | |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|--|---------------------|------------|---------------------|-------------|-------------------|---------|
| Cheese | | | | | | | | | | | | | |
| Blue | 4 slices | 53 | 186 | 11 | 1 | 15 | Edam | 4 slices | 52 | 185 | 13 | 1 | 14 |
| Brick | 4 slices | 52 | 194 | 12 | 1 | 16 | Feta | 125 ml | 79 | 216 | 12 | 3 | 17 |
| Brie | 4 slices | 52 | 173 | 11 | tr | 14 | Goat, soft (21%MF) | 50 ml | 52 | 139 | 10 | tr | 11 |
| Camembert | 15 ml | 16 | 47 | 3 | tr | 4 | Gouda | 4 slices | 52 | 189 | 13 | 1 | 15 |
| Cheddar | 4 slices | 52 | 211 | 13 | 1 | 17 | Gruyere | 4 slices | 46 | 188 | 14 | tr | 15 |
| Cheddar or Colby type, low fat 7%MF | 4 slices | 52 | 91 | 13 | 1 | 4 | Mozzarella, partly skimmed (16.5%MF) | 125 ml | 60 | 157 | 15 | 2 | 10 |
| Cheddar, processed, thin slices | 2 slices | 42 | 137 | 8 | 3 | 10 | Mozzarella (22.5%MF) | 125 ml | 60 | 175 | 12 | 1 | 13 |
| Cheddar, processed, thin slices, light | 2 slices | 42 | 117 | 9 | 5 | 7 | Parmesan | 125 ml | 53 | 241 | 22 | 2 | 16 |
| Cheddar, processed, skim, spread | 50 ml | 53 | 102 | 13 | 6 | 3 | Ricotta, made with whole milk | 50 ml | 50 | 90 | 6 | 2 | 7 |
| Cheddar, processed, spread | 50 ml | 53 | 155 | 9 | 5 | 11 | Romano | 125 ml | 53 | 204 | 17 | 2 | 14 |
| Cottage (2%MF) | 125 ml | 119 | 107 | 16 | 4 | 2 | Swiss (Emmentaler) | 4 slices | 46 | 171 | 13 | 2 | 13 |
| Cream cheese | 50 ml | 49 | 171 | 4 | 1 | 17 | Swiss, processed, thin slices | 2 slices | 42 | 134 | 9 | 2 | 10 |
| Cream | | | | | | | | | | | | | |
| Half and half, 10%MF | 15 ml | 15 | 18 | tr | 1 | 2 | Table, 18%MF | 15 ml | 15 | 28 | tr | 1 | 3 |
| Half and half, 10%MF | 250 ml | 256 | 301 | 8 | 11 | 26 | Whipped, pressurized | 15 ml | 4 | 10 | tr | tr | 1 |
| Sour, 14%MF | 250 ml | 243 | 370 | 7 | 10 | 34 | Whipping cream, 35%MF not whipped | 250 ml | 178 | 582 | 4 | 5 | 62 |
| Sour, 14%MF | 15 ml | 15 | 22 | tr | 1 | 2 | Whipping cream, 35%MF whipped | 125 ml | 63 | 206 | 1 | 2 | 22 |
| Imitation Cream Products | | | | | | | | | | | | | |
| Coffee whitener, liquid, frozen | 15 ml | 15 | 21 | tr | 2 | 2 | Dessert topping, pressurized | 125 ml | 33 | 89 | tr | 5 | 8 |
| Coffee whitener, powdered | 15 ml | 6 | 33 | tr | 3 | 2 | Dessert topping, frozen | 125 ml | 33 | 108 | tr | 8 | 9 |
| Dessert topping, powdered, prepared with 2% milk | 125 ml | 42 | 79 | 2 | 7 | 5 | | | | | | | |
| Puddings | | | | | | | | | | | | | |
| Pudding, banana, instant mix with 2% milk | 125ml | 155 | 162 | 4 | 31 | 3 | Pudding, lemon, instant mix with 2% milk | 125ml | 155 | 163 | 4 | 31 | 3 |
| Pudding, banana, regular mix with 2% milk | 125ml | 148 | 151 | 4 | 27 | 3 | Pudding, rice, from mix with 2% milk | 125ml | 152 | 170 | 5 | 32 | 2 |
| Pudding, banana, ready to eat | 125ml | 138 | 175 | 3 | 29 | 5 | Pudding, tapioca, from mix with 2% milk | 125ml | 149 | 155 | 4 | 29 | 3 |
| Pudding, chocolate, instant mix with 2% milk | 125ml | 155 | 158 | 5 | 29 | 3 | Pudding, tapioca, ready to eat | 125ml | 138 | 164 | 3 | 27 | 5 |
| Pudding, chocolate, from recipe with 2% milk | 125ml | 166 | 217 | 5 | 43 | 4 | Pudding, vanilla, instant mix with 2% milk | 125ml | 150 | 156 | 4 | 30 | 3 |
| Pudding, chocolate, regular mix with 2% milk | 125ml | 150 | 146 | 5 | 30 | 3 | Pudding, vanilla, ready to eat | 125ml | 119 | 155 | 3 | 26 | 4 |
| Pudding, chocolate, ready to eat | 125ml | 138 | 184 | 4 | 31 | 6 | Egg custards, from mix with 2% milk | 125ml | 141 | 157 | 6 | 25 | 4 |
| Pudding, coconut, instant mix with 2% milk | 125ml | 155 | 166 | 5 | 30 | 4 | Fian, caramel custard, from mix with 2% milk | 125ml | 141 | 143 | 4 | 27 | 3 |
| Eggs | | | | | | | | | | | | | |
| Eggs | | | | | | | | | | | | | |
| Egg, fried in 5g margarine and salt | 1 large | 46 | 92 | 6 | 1 | 7 | Egg yolk, raw with small amount of white | 1 large | 17 | 59 | 3 | tr | 5 |
| Egg, hard-boiled (or raw) | 1 large | 50 | 78 | 6 | 1 | 5 | Egg white, raw | 1 large | 33 | 16 | 3 | tr | 0 |
| Egg, poached | 1 large | 50 | 74 | 6 | 1 | 5 | Egg substitute, frozen (Yolk replaced) | 60 ml | 61 | 97 | 7 | 2 | 7 |
| Egg, scrambled with 2% milk and margarine | 125 ml | 116 | 225 | 16 | 3 | 16 | | | | | | | |
| Fish and Shellfish | | | | | | | | | | | | | |
| Fish | | | | | | | | | | | | | |
| Anchovy, canned in oil | 10 | 40 | 84 | 12 | 0 | 4 | Catfish, channel baked or broiled | 1 fillet | 143 | 150 | 26 | 0 | 4 |
| Bass, mix species baked or broiled | 1 fillet | 124 | 181 | 30 | 0 | 6 | Cod, atlantic baked or broiled | 1/2 fillet | 90 | 94 | 21 | 0 | 1 |
| Cod, atlantic dried and salted | 1 piece | 66 | 192 | 42 | 0 | 2 | Salmon, pink(humpback)canned, solids, bone+salt | 125 ml | 79 | 129 | 13 | 0 | 8 |
| Haddock, baked or broiled | 1 fillet | 150 | 17 | 4 | 0 | tr | Sardine, atlantic, canned in oil with bone | 4 sardines | 48 | 100 | 12 | 0 | 5 |
| Halibut, atlantic or pacific, baked or broiled | 1/2 fillet | 159 | 223 | 42 | 0 | 5 | Sardine, pacific, canned in tomato sauce with bone | 2 sardines | 76 | 135 | 12 | 0 | 9 |
| Herring, atlantic, kippered | 2 fillet | 74 | 161 | 18 | 0 | 9 | Snapper, mixed species, baked or broiled | 1 fillet | 170 | 218 | 45 | 0 | 3 |
| Mackerel, atlantic, baked or broiled | 1 fillet | 88 | 231 | 21 | 0 | 16 | Smelt, breaded and fried | 1 smelt | 25 | 63 | 5 | 0 | 3 |
| Ocean perch,atlantic, baked or broiled | 2 fillet | 100 | 121 | 24 | 0 | 2 | Sole (flatfish) baked or broiled | 1 fillet | 127 | 149 | 31 | 0 | 2 |
| Pickering (walleye), baked or broiled | 1 fillet | 124 | 148 | 30 | 0 | 2 | Trout, mixed species, baked or broiled | 1 fillet | 62 | 118 | 17 | 0 | 5 |
| Pollock, atlantic, baked or broiled | 1/2 fillet | 151 | 178 | 38 | 0 | 2 | Tuna bluefin, baked or broiled | 1/4 fillet | 108 | 199 | 32 | 0 | 7 |
| Salmon, atlantic, baked or broiled | 1/2 fillet | 154 | 280 | 39 | 0 | 13 | Tuna, light, canned in oil, drained + salt | 125 ml | 79 | 92 | 20 | 0 | 1 |
| Salmon, Chum (Keta) poached | 1/4 fillet | 103 | 116 | 23 | 0 | 3 | Tuna, white, canned in oil, drained + salt | 125 ml | 77 | 143 | 20 | 0 | 6 |
| Salmon, coho, framed, baked or broiled | 1 fillet | 143 | 255 | 35 | 0 | 12 | Turbot, baked or broiled | 1/2 fillet | 159 | 194 | 33 | 0 | 6 |
| Salmon, pink(Humpback), Baked or broiled | 1/2 fillet | 124 | 185 | 32 | 0 | 5 | Whitefish, lake, mixed species baked or broiled | 1 fillet | 154 | 265 | 38 | 0 | 12 |
| Salmon, sockeye, baked or broiled | 1/2 fillet | 155 | 335 | 42 | 0 | 17 | | | | | | | |
| Shellfish | | | | | | | | | | | | | |
| Clam, mixed species, boiled or steamed | 5 large | 60 | 89 | 15 | 3 | 1 | Mussel, blue, boiled or steamed | 15 small | 53 | 90 | 12 | 4 | 2 |
| Clam, mixed species, canned, drained solids | 125 ml | 85 | 125 | 22 | 4 | 2 | Oyster, boiled or steamed | 5 medium | 60 | 82 | 8 | 5 | 3 |
| Crab, blue, canned, drained | 125 ml | 71 | 71 | 15 | 0 | 1 | Oyster, canned, solids and liquid | 125 ml | 131 | 90 | 9 | 5 | 3 |
| Crab, snow, boiled or steamed, flaked | 125 ml | 62 | 72 | 15 | 0 | 1 | Scallop, mixed species, boiled or steamed | 3 large | 75 | 72 | 11 | 2 | 2 |
| Crayfish, mixed species, boiled or steamed | 4 medium | 60 | 53 | 10 | 0 | 1 | Shrimp, mixed species, boiled or steamed | 10 large | 55 | 54 | 12 | 0 | 1 |
| Lobster, boiled or steamed, diced | 125 ml | 77 | 75 | 16 | 1 | tr | Shrimp,mixed species, canned | 125 ml | 68 | 81 | 16 | 1 | 1 |
| Fish Products | | | | | | | | | | | | | |
| Caviar, granular | 15 ml | 16 | 41 | 4 | 1 | 3 | Fish portions and sticks, frozen and reheated | 3 pieces | 83 | 227 | 13 | 20 | 10 |
| Clam fritters | 1 fritter | 40 | 124 | 5 | 12 | 6 | Salmon, smoked, lox | 1 piece | 20 | 23 | 4 | 0 | 1 |
| Crab cakes | 1 cake | 60 | 93 | 12 | tr | 5 | Shrimp, breaded and fried | 12 medium | 60 | 145 | 13 | 7 | 7 |
| Crabs, imitation | 125 ml | 71 | 73 | 9 | 7 | 1 | Tuna salad | 125 ml | 108 | 203 | 17 | 10 | 10 |
| Fish fillet, battered or breaded, fried, fast food | 1 fillet | 91 | 211 | 13 | 15 | 11 | | | | | | | |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|---|---------------------|------------|---------------------|-------------|-------------------|---------|
| Meat and Poultry | | | | | | | | | | | | | |
| Beef | | | | | | | | | | | | | |
| Blade roast lean | 2 slices | 88 | 249 | 25 | 0 | 16 | Outside round roast lean | 2 slices | 88 | 181 | 26 | 0 | 8 |
| Blade steak lean | 1 piece | 86 | 292 | 24 | 0 | 21 | outside round steak lean | 1 piece | 86 | 169 | 27 | 0 | 6 |
| Cross rib roast lean | 2 slices | 88 | 221 | 31 | 0 | 10 | Rib eye steak lean | 1 piece | 86 | 174 | 25 | 0 | 7 |
| Eye of round roast lean | 2 slices | 88 | 155 | 24 | 0 | 6 | Rib steak lean | 1 piece | 86 | 189 | 23 | 0 | 10 |
| Eye of round steak lean | 1 piece | 86 | 176 | 27 | 0 | 7 | Rump roast lean | 2 slices | 88 | 176 | 27 | 0 | 7 |
| Flank steak lean | 1 piece | 86 | 197 | 27 | 0 | 9 | Short ribs lean | 2 slices | 88 | 364 | 20 | 0 | 31 |
| Ground, lean, broiled well done | 1 patty | 70 | 174 | 20 | 0 | 10 | Sirloin tip roast lean | 2 slices | 88 | 184 | 27 | 0 | 8 |
| Ground lean, medium broiled | 1 patty | 84 | 201 | 21 | 0 | 12 | Standing rib roast lean | 2 slices | 88 | 194 | 25 | 0 | 10 |
| Ground lean, medium pan fried | 1 patty | 85 | 201 | 21 | 0 | 12 | Stewing beef lean | 175 ml | 98 | 194 | 32 | 0 | 6 |
| Ground medium, medium broiled | 1 patty | 80 | 219 | 20 | 0 | 15 | Strip loin steak lean | 1 piece | 86 | 179 | 25 | 0 | 8 |
| Ground regular, medium broiled | 1 patty | 76 | 220 | 18 | 0 | 16 | t-bone steak lean | 1 piece | 86 | 188 | 25 | 0 | 9 |
| Ground regular, medium pan fried | 1 patty | 77 | 235 | 18 | 0 | 17 | Tenderloin lean | 1 piece | 86 | 172 | 24 | 0 | 8 |
| Inside round roast, lean | 2 slices | 88 | 197 | 26 | 0 | 10 | Top sirloin steak lean | 1 piece | 86 | 160 | 25 | 0 | 6 |
| Inside round steak, lean | 1 piece | 86 | 141 | 26 | 0 | 3 | Wing steak lean | 1 piece | 86 | 174 | 24 | 0 | 8 |
| Veal | | | | | | | | | | | | | |
| Composite, lean | 2 slices | 88 | 204 | 27 | 0 | 10 | Leg lean | 1 steak | 93 | 148 | 26 | 9 | 4 |
| Stewing veal lean | 175 ml | 98 | 184 | 34 | 0 | 4 | Leg breaded lean | 1 steak | 93 | 191 | 26 | 0 | 6 |
| Cutlets, grain feed | 1 cutlet | 84 | 127 | 26 | 0 | 2 | Loin lean | 2 slices | 88 | 154 | 23 | 0 | 6 |
| Ground | 1 patty | 75 | 129 | 18 | 0 | 6 | Shoulder, whole lean | 2 slices | 88 | 150 | 23 | 0 | 6 |
| Pork | | | | | | | | | | | | | |
| Back ribs lean | 2 ribs | 70 | 259 | 20 | 0 | 21 | Loin end lean | 2 slices | 88 | 199 | 25 | 0 | 10 |
| Back ribs lean pan fried | 2 ribs | 70 | 180 | 20 | 0 | 11 | Shoulder, butt lean | 1/2 chop | 79 | 216 | 25 | 0 | 12 |
| Centre cut lean pan fried | 1 chop | 69 | 160 | 22 | 0 | 7 | Shoulder, butt lean roasted | 1/2 chop | 93 | 279 | 23 | 0 | 20 |
| Centre cut lean | 2 slices | 88 | 162 | 25 | 0 | 6 | Shoulder, whole lean, roasted | 2 slices | 88 | 258 | 21 | 0 | 19 |
| Feet | 1/2 foot | 71 | 138 | 14 | 0 | 9 | Spareribs lean | 3 ribs | 75 | 238 | 21 | 0 | 16 |
| Ground | 250 ml | 125 | 371 | 32 | 0 | 26 | Tenderloin end lean | 1 chop | 84 | 219 | 23 | 0 | 13 |
| Leg butt end lean | 2 slices | 88 | 182 | 27 | 0 | 7 | Tenderloin lean roasted | 2 slices | 88 | 199 | 25 | 0 | 10 |
| Loin rib end lean pan fried | 1 chop | 63 | 165 | 17 | 0 | 10 | Tenderloin lean | 2 slices | 88 | 143 | 27 | 0 | 3 |
| Lamb | | | | | | | | | | | | | |
| Domestic for stew or kabob | 175 ml | 98 | 219 | 33 | 0 | 9 | New Zealand loin lean + fat | 1 piece | 85 | 266 | 20 | 0 | 20 |
| Domestic rib lean | 2 chops | 92 | 332 | 20 | 0 | 27 | New Zealand loin lean | 1 piece | 85 | 168 | 25 | 0 | 7 |
| New Zealand leg lean | 2 slices | 88 | 160 | 24 | 0 | 6 | New Zealand shoulder whole lean | 2 slices | 88 | 251 | 30 | 0 | 14 |
| Poultry | | | | | | | | | | | | | |
| Chicken broiler breast meat + skin | 1/2 breast | 115 | 218 | 30 | 0 | 10 | Chicken roasting dark and light meat stewed | 1/4chicken | 101 | 238 | 31 | 0 | 12 |
| Chicken broiler breast meat fried | 1/2 breast | 86 | 161 | 29 | tr | 4 | Chicken ground lean | 1 patty | 82 | 168 | 18 | 0 | 10 |
| Chicken broiler breast meat roasted | 1/2 breast | 98 | 156 | 32 | 0 | 2 | Chicken flaked canned | 125 ml | 103 | 137 | 19 | tr | 11 |
| Chicken broiler drumstick + skin floured and fried | 1drumstick | 49 | 12 | 13 | 1 | 7 | Cornish game hens meat + skin roasted | 1/2 bird | 115 | 298 | 25 | 0 | 21 |
| Chicken broiler drumstick roasted | 1 thigh | 44 | 74 | 11 | 0 | 3 | Duck, domesticated, light and dark meat roasted | 1/4 duck | 111 | 222 | 26 | 0 | 12 |
| Chicken broiler thigh roasted | 1 wing | 50 | 85 | 12 | 0 | 3 | Goose domesticated, light and dark meat roasted | 1/4 goose | 296 | 703 | 86 | 0 | 37 |
| Chicken broiler wing + skin roasted | 1 leg+back | 34 | 85 | 9 | 0 | 7 | Turkey dark meat roasted | 3 slices | 84 | 155 | 24 | 0 | 6 |
| Chicken roasting dark meat roasting | 1/2chicken | 171 | 99 | 41 | 0 | 12 | Turkey light meat roasted | 3 slices | 84 | 129 | 25 | 0 | 2 |
| Chicken roasting light meat roasting | 1/4chicken | 177 | 282 | 41 | 0 | 7 | Turkey gound cooked | 1 patty | 82 | 194 | 23 | 0 | 11 |
| Poultry Continued | | | | | | | | | | | | | |
| Chicken roasting dark and light meat roasting | 1/4chicken | 195 | 271 | 48 | 0 | 13 | Turkey flaked canned | 125 ml | 103 | 144 | 17 | tr | 8 |
| Game | | | | | | | | | | | | | |
| Bear simmered | | 100 | 259 | 32 | 0 | 14 | Bison roasted | | 100 | 143 | 29 | 0 | 2 |
| Caribou (reindeer) roasted | | 100 | 167 | 30 | 0 | 4 | Muskrat roasted | | 100 | 234 | 30 | 0 | 12 |
| Deer roasted | | 100 | 158 | 30 | 0 | 3 | Rabbit composite of cuts, stewed | | 100 | 206 | 30 | 0 | 8 |
| Moose roasted | | 100 | 134 | 29 | 0 | 1 | Seal boiled | | 100 | 180 | 31 | 0 | 3 |
| Liver and Organ Meats | | | | | | | | | | | | | |
| Giblets chicken, simmered | 125 ml | 77 | 120 | 20 | 1 | 4 | Veal liver pan fried and diced | 125 ml | 70 | 172 | 21 | 3 | 8 |
| Beef heart, simmered | 125 ml | 73 | 127 | 21 | tr | 4 | Veal thymus braised | 125 ml | 74 | 129 | 23 | 0 | 3 |
| Beef kidney, simmered and diced | 125 ml | 74 | 107 | 19 | 1 | 3 | Beef tongue simmered | 3 slices | 60 | 170 | 13 | tr | 12 |
| Beef liver, pan fried | 1 slice | 85 | 184 | 23 | 7 | 7 | Pork tongue braised | 4 slices | 54 | 146 | 13 | 0 | 10 |
| Chicken liver simmered and diced | 125 ml | 74 | 116 | 18 | 1 | 4 | | | | | | | |
| Processed Meat Products | | | | | | | | | | | | | |
| Grilled back bacon | 2 slices | 47 | 86 | 11 | 1 | 4 | Beef thin sliced lunch meat | 3 slices | 42 | 52 | 9 | tr | 1 |
| Simulated bacon bits | 5 ml | 3 | 15 | 1 | tr | 1 | Chicken lunch meat | 2 slices | 56 | 147 | 7 | 2 | 12 |
| Bacon, pork | 5 slices | 32 | 182 | 10 | tr | 16 | Pastrami | 2 slices | 57 | 78 | 10 | 1 | 4 |
| Beerwurst | 2 slices | 42 | 100 | 6 | 1 | 8 | Turkey Pastrami | 2 slices | 57 | 80 | 10 | 1 | 4 |
| Bologna, beef and pork | 2 slices | 42 | 114 | 5 | 2 | 9 | Pate | 50 ml | 44 | 140 | 6 | 1 | 12 |
| Bologna, turkey | 2 slices | 57 | 108 | 8 | 3 | 7 | Pepperoni | 5 slices | 55 | 273 | 12 | 2 | 24 |
| Corned beef | 2 slices | 71 | 127 | 13 | 1 | 8 | Salami cooked | 2 slices | 42 | 108 | 6 | 2 | 8 |
| Cottage roll, pork, lean + fat roasted | 1 slice | 51 | 64 | 8 | 1 | 3 | Salami dry | 4 slices | 51 | 188 | 12 | 1 | 15 |
| Creton | 30 ml | 24 | 57 | 3 | 1 | 4 | Pork and Beef sausage cooked | 1 link | 68 | 269 | 9 | 2 | 25 |
| Ham, boneless regular roasted | 2 slices | 70 | 125 | 16 | 0 | 6 | Cooked porked sausage | 1 link | 68 | 180 | 10 | 3 | 14 |
| Ham boneless lean roasted | 1 slice | 71 | 89 | 12 | 1 | 4 | Summer sausage | 2 slices | 44 | 147 | 7 | tr | 13 |
| Ham flaked canned | 1/3 can | 61 | 82 | 10 | tr | 5 | Vienna sausage, canned | 3 weiners | 48 | 134 | 5 | 1 | 12 |
| Ham lean and regular canned precooked & diced | 75 ml | 44 | 49 | 7 | tr | 2 | Beef weiner | 1 weiner | 38 | 104 | 5 | 2 | 8 |
| Italian sausage cooked pork | 1 link | 68 | 220 | 14 | 1 | 17 | Beef and pork weiner | 1 weiner | 38 | 109 | 5 | 2 | 9 |
| Kielbasa | 2 slices | 61 | 135 | 10 | 2 | 9 | Chicken weiner | 1 weiner | 38 | 93 | 4 | 2 | 7 |
| Liverwurst | 50 ml | 48 | 166 | 6 | 2 | 15 | Turkey weiner | 1 weiner | 38 | 85 | 5 | 1 | 7 |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|--|---------------------|------------|---------------------|-------------|-------------------|---------|
| Legumes, Nuts & Seeds | | | | | | | | | | | | | |
| Beans, Peas, and Lentils | | | | | | | | | | | | | |
| Beans and pork | 250 ml | 267 | 297 | 14 | 56 | 4 | White beans | 250 ml | 277 | 324 | 20 | 61 | 1 |
| Plain Beans | 250 ml | 268 | 250 | 13 | 55 | 1 | Lentils | 250 ml | 209 | 243 | 19 | 42 | 1 |
| Black beans | 250 ml | 182 | 240 | 16 | 43 | 1 | Black eyed peas | 250 ml | 254 | 195 | 12 | 35 | 1 |
| Roman beans | 251 ml | 187 | 254 | 17 | 46 | 1 | Chickpeas | 250 ml | 254 | 302 | 13 | 57 | 3 |
| Kidney beans | 250 ml | 187 | 238 | 16 | 43 | 1 | Split peas | 250 ml | 207 | 244 | 17 | 44 | 1 |
| Navy beans | 250 ml | 277 | 313 | 21 | 57 | 1 | Tofu firm | 1 piece | 80 | 116 | 13 | 3 | 7 |
| Pinto beans | 250 ml | 254 | 198 | 12 | 37 | 1 | Tofu regular | 1 piece | 115 | 87 | 9 | 2 | 5 |
| Soybeans | 250 ml | 182 | 314 | 30 | 18 | 16 | | | | | | | |
| Peanuts | | | | | | | | | | | | | |
| Chunky peanut butter | 30 ml | 32 | 193 | 8 | 7 | 16 | Dry-roast peanuts (all types) with out shell | 125 ml | 78 | 456 | 18 | 17 | 39 |
| Smooth peanut butter | 30 ml | 32 | 194 | 8 | 6 | 17 | Oil-roasted peanuts (all types) without shell | 125 ml | 76 | 442 | 20 | 14 | 38 |
| Natural peanut butter | 30 ml | 32 | 185 | 9 | 6 | 17 | | | | | | | |
| Nuts | | | | | | | | | | | | | |
| Almonds, dry roasted | 125 ml | 73 | 428 | 12 | 18 | 38 | Mixed nuts | 125 ml | 72 | 430 | 13 | 18 | 37 |
| Almonds, oil roasted | 125 ml | 75 | 460 | 14 | 14 | 42 | Salted mixed nuts | 125 ml | 72 | 430 | 13 | 18 | 37 |
| Brazilnuts | 125 ml | 74 | 485 | 11 | 9 | 49 | Mixed nuts oil roasted | 125 ml | 75 | 463 | 13 | 16 | 42 |
| Cashews | 125 ml | 72 | 415 | 11 | 24 | 34 | Pecans | 125 ml | 62 | 414 | 5 | 11 | 42 |
| Coconut meat, sweetened and shredded | 125 ml | 78 | 240 | 1 | 23 | 17 | Pine nuts | 125 ml | 84 | 435 | 20 | 12 | 43 |
| Coconut meat, unsweetened and shredded | 125 ml | 78 | 317 | 3 | 12 | 31 | Pistachios | 75 ml | 41 | 246 | 6 | 11 | 21 |
| Hazelnuts | 125 ml | 61 | 409 | 8 | 10 | 41 | Walnuts | 125 ml | 53 | 339 | 8 | 10 | 33 |
| Macadamia | 125 ml | 71 | 508 | 5 | 9 | 54 | | | | | | | |
| Seeds | | | | | | | | | | | | | |
| Pumpkin and squash seeds, kernels, roasted | 125 ml | 120 | 626 | 40 | 16 | 51 | Dried Sesame seeds | 15 ml | 8 | 48 | 2 | 1 | 4 |
| Sesame butter, tahini | 15 ml | 5 | 31 | 1 | 1 | 3 | Sunflower seed dry roasted salted without shell | 75 ml | 41 | 236 | 8 | 10 | 20 |
| Sesame seeds whole dried | 15 ml | 9 | 52 | 2 | 2 | 5 | | | | | | | |
| Combination Dishes | | | | | | | | | | | | | |
| Fast Foods | | | | | | | | | | | | | |
| Double burger with condiments + vegetables | 1 burger | 226 | 540 | 34 | 40 | 27 | Cold cut sub | 1 sandwich | 228 | 456 | 22 | 51 | 19 |
| Single burger plain | 1 burger | 90 | 274 | 12 | 31 | 12 | Tuna salad sub | 1 sandwich | 256 | 584 | 30 | 55 | 28 |
| Double cheeseburger with condiments+vegetables | 1 burger | 166 | 417 | 21 | 35 | 21 | Breakfast sandwich with egg and sausage | 1 sandwich | 180 | 581 | 19 | 41 | 39 |
| Single cheeseburger plain | 1 burger | 102 | 319 | 15 | 32 | 15 | Medium pizza with cheese | 1/8 pizza | 63 | 140 | 8 | 21 | 3 |
| Hot dog plain | 1 hot dog | 98 | 242 | 10 | 18 | 15 | Medium pizza with meat and vegetables | 1/8 pizza | 79 | 184 | 13 | 21 | 5 |
| Corndog | 1 hot dog | 175 | 460 | 17 | 56 | 19 | Medium pizza with pepperoni | 1/8 pizza | 71 | 181 | 10 | 20 | 7 |
| Boneless fried breaded chicken pieces plain | 6 pieces | 102 | 290 | 17 | 15 | 18 | Burrito with beef | 1 burrito | 110 | 262 | 13 | 29 | 10 |
| Chicken fillet sandwich plain | 1 sandwich | 182 | 515 | 24 | 39 | 29 | Nachos with cheese | 6 to 8 | 113 | 346 | 9 | 36 | 19 |
| Fish sandwich with tartar sause | 1 sandwich | 158 | 431 | 17 | 41 | 23 | Taco prepare fast food | 1 small | 171 | 369 | 21 | 27 | 21 |
| Roast beef sandwich plain | 1 sandwich | 139 | 346 | 22 | 33 | 14 | Tostada with beef and cheese | 1 tostada | 163 | 315 | 19 | 23 | 16 |
| Ham egg and cheese sandwich | 1 sandwich | 143 | 347 | 19 | 31 | 16 | Chili con carne | 125 ml | 134 | 135 | 13 | 12 | 4 |
| Other | | | | | | | | | | | | | |
| Beef pot pie (commercial) | 1 small | 200 | 480 | 16 | 50 | 33 | Falafel | 1 patty | | | | | |
| Chicken pot pie (commercial) | 1 small | 200 | 498 | 16 | 49 | 26 | Hummus | 125 ml | | | | | |
| Turkey pot pie (commercial) | 1 small | 200 | 376 | 12 | 39 | 19 | French toasr from recipe with 2% milk | 1 slice | | | | | |
| Other Continued | | | | | | | | | | | | | |
| Tourtiere (20 cm diameter) | 1 /6 pie | 76 | 295 | 9 | 19 | 20 | Kraft dinner | 250 ml | | | | | |
| Beef stew | 250 ml | 259 | 178 | 18 | 13 | 5 | Canned spagetti in tomato sause | 250 ml | | | | | |
| Cheese fondue | 125 ml | 114 | 260 | 16 | 4 | 15 | Canned spagetti with tomato sause and meat balls | 250 ml | | | | | |
| Chicken chow mein canned | 125 ml | 132 | 50 | 3 | 9 | tr | | | | | | | |
| Soups | | | | | | | | | | | | | |
| Ready to Serve | | | | | | | | | | | | | |
| Beef broth | 284 ml | 288 | 20 | 3 | tr | 1 | Tomato | 250 ml | 258 | 90 | 2 | 18 | 2 |
| Beef chunky | 284 ml | 288 | 205 | 14 | 23 | 6 | Vegetables with beef | 250 ml | 258 | 83 | 6 | 11 | 2 |
| Chicken noodle, chunky | 284 ml | 288 | 210 | 15 | 20 | 7 | Vegetarian vegetable | 250 ml | 255 | 76 | 2 | 13 | 2 |
| Chicken vegetable | 284 ml | 288 | 199 | 15 | 23 | 6 | Cream of chicken | 250 ml | 262 | 188 | 8 | 16 | 10 |
| Split pea with ham, chunky | 284 ml | 288 | 222 | 13 | 32 | 5 | Cream of mushroom with 2% milk | 250 ml | 262 | 201 | 6 | 16 | 13 |
| Vegetable, chunky | 284 ml | 288 | 147 | 4 | 23 | 4 | Cream of tomato | 250 ml | 262 | 154 | 6 | 24 | 5 |
| Beef noodle | 250 ml | 258 | 88 | 5 | 9 | 3 | New England clam chowder | 250 ml | 262 | 157 | 10 | 18 | 5 |
| Chicken broth | 250 ml | 258 | 41 | 5 | 1 | 1 | Beef broth cubed | 1 cube | 6 | 10 | 1 | 1 | tr |
| Chicken noodle | 250 ml | 255 | 79 | 4 | 10 | 3 | Chicken broth cubed | 1cube | 6 | 12 | 1 | 1 | tr |
| Manhattan clam chowder | 250 ml | 258 | 83 | 2 | 13 | 2 | Chicken noodle dilute with water | 250 ml | 267 | 56 | 3 | 8 | 1 |
| Cream of mushroom | 250 ml | 258 | 137 | 2 | 10 | 9 | Onion broth | 250 ml | 260 | 29 | 1 | 5 | 1 |
| Minestrone | 250 ml | 255 | 87 | 5 | 12 | 3 | Tomato vegetable | 250 ml | 267 | 59 | 2 | 11 | 1 |
| Fats and Oils | | | | | | | | | | | | | |
| Butter & Margarine | | | | | | | | | | | | | |
| Butter | 1 pat | 5 | 36 | tr | tr | 4 | Chef master soya oil | 250 ml | 240 | 1718 | 2 | 1 | 193 |
| Butter | 15 ml | 14 | 103 | tr | tr | 12 | Imperial canola and soya | 5 ml | 5 | 34 | tr | tr | 4 |
| Butter | 250 ml | 240 | 1719 | 2 | tr | 195 | Imperial canola and soya | 250 ml | 240 | 1718 | 2 | 1 | 193 |
| Becel | 5 ml | 5 | 34 | tr | tr | 4 | Lactancia soya oil | 5 ml | 5 | 34 | tr | tr | 4 |
| Becel | 250 ml | 240 | 1718 | 2 | 1 | 193 | Lactancia soya oil | 250 ml | 240 | 1718 | 2 | 1 | 193 |
| Becel | 5 ml | 5 | 17 | tr | tr | 2 | Parkay soya and canola oil | 5 ml | 5 | 34 | tr | tr | 4 |
| Becel | 250 ml | 242 | 839 | 1 | 1 | 94 | Parkay soya and canola oil | 250 ml | 240 | 1723 | 2 | 2 | 193 |
| Chef master soya oil | 5 ml | 5 | 34 | tr | tr | 4 | | | | | | | |
| Oils | | | | | | | | | | | | | |
| Canola | 15 ml | 14 | 122 | 0 | 0 | 14 | Peanut | 15 ml | 14 | 121 | 0 | 0 | 14 |
| Canola | 250 ml | 230 | 2036 | 0 | 0 | 230 | Sesame | 15 ml | 14 | 122 | 0 | 0 | 14 |
| Corn | 15 ml | 14 | 123 | 0 | 0 | 14 | Soybean | 15 ml | 14 | 122 | 0 | 0 | 14 |
| Corn | 250 ml | 231 | 2042 | 0 | 0 | 231 | Sunflower | 15 ml | 14 | 122 | 0 | 0 | 14 |
| Olive | 15 ml | 14 | 121 | 0 | 0 | 14 | Sunflower | 250 ml | 230 | 2036 | 0 | 0 | 230 |

Nutrition Value

Energy Intake

| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|---|---------------------|------------|---------------------|-------------|-------------------|---------|
| Others | | | | | | | | | | | | | |
| Lard | 15 ml | 13 | 117 | 0 | 0 | 13 | Shortening, unspecific vegetable oil | 250 ml | 217 | 1950 | 0 | 0 | 217 |
| Lard | 250 ml | 217 | 1954 | 0 | 0 | 217 | Spread (50% butter, 50% margarine) | 15 ml | 13 | 101 | tr | tr | 11 |
| Shortening, unspecific vegetable oil | 15 ml | 13 | 117 | 0 | 0 | 13 | Spread (20% butter, 80% margarine) | 15 ml | 13 | 98 | tr | tr | 11 |
| Salad Dressings | | | | | | | | | | | | | |
| Blue | 15 ml | 16 | 75 | tr | 1 | 8 | Mayonnaise reduced fat | 15 ml | 14 | 46 | 0 | 1 | 5 |
| Creamy Caesar | 15 ml | 14 | 71 | tr | 0 | 8 | Mayonnaise type reduced fat | 15 ml | 15 | 43 | 0 | 2 | 4 |
| Low Calorie creamy caesar | 15 ml | 14 | 28 | tr | 1 | 3 | Ranch | 15 ml | 14 | 83 | tr | 1 | 9 |
| Italian | 15 ml | 15 | 93 | tr | 1 | 10 | Ranch low calorie | 15 ml | 14 | 26 | tr | 1 | 2 |
| Low calorie italian | 15 ml | 15 | 8 | tr | 1 | tr | Thousand island | 15 ml | 16 | 63 | tr | 3 | 6 |
| Mayonnaise type more than 35% oil | 15 ml | 15 | 74 | tr | 2 | 7 | Thousand island low calorie | 15 ml | 14 | 83 | tr | 1 | 9 |
| Mayonnaise type more than 65% oil | 15 ml | 14 | 102 | tr | tr | 11 | | | | | | | |
| Sweets and Sugars | | | | | | | | | | | | | |
| Sugars and Honey | | | | | | | | | | | | | |
| Honey | 15 ml | 21 | 65 | tr | 18 | 0 | White sugar | 15 ml | 13 | 49 | 0 | 13 | 0 |
| Brown sugar | 15 ml | 9 | 35 | 0 | 9 | 0 | White sugar | 250 ml | 211 | 818 | 0 | 211 | 0 |
| Brown sugar | 250 ml | 232 | 874 | 0 | 226 | 0 | Icing sugar | 250 ml | 127 | 493 | 0 | 126 | tr |
| Syrups and Molasses | | | | | | | | | | | | | |
| Chocolate syrup, fudge type | 15 ml | 22 | 75 | 1 | 13 | 3 | Pancake syrup | 15 ml | 20 | 57 | 0 | 15 | 0 |
| Chocolate syrup, thin type | 15 ml | 19 | 41 | tr | 11 | tr | Molasses | 15 ml | 21 | 55 | 0 | 14 | tr |
| Corn syrup | 15 ml | 21 | 58 | 0 | 16 | 0 | Molasses blackstrap | 15 ml | 21 | 49 | 0 | 13 | 0 |
| Maple syrup | 15 ml | 20 | 52 | 0 | 13 | tr | | | | | | | |
| Preserves | | | | | | | | | | | | | |
| Jams and preserves | 15 ml | 20 | 49 | tr | 13 | tr | Orange Marmalade | 15 ml | 20 | 50 | tr | 13 | 0 |
| Jelly | 15 ml | 19 | 52 | tr | 14 | tr | | | | | | | |
| Icings and Toppings | | | | | | | | | | | | | |
| Chocolate frosting from mix with margarine | 1 package | 499 | 1911 | 5 | 358 | 65 | Vanilla frosting from mix with margarine | 1 package | 517 | 2192 | 1 | 366 | 86 |
| Chocolate frosting ready to eat | 250 ml | 291 | 1154 | 3 | 184 | 51 | Butterscotch of caramel toppings | 30 ml | 42 | 105 | 1 | 27 | tr |
| Homemade glaze frosting | for 1 cake | 327 | 1174 | 2 | 240 | 26 | Strawberry topping | 30 ml | 43 | 110 | tr | 29 | tr |
| Homemade 7 min frosting | for 1 cake | 387 | 1231 | 7 | 312 | 0 | | | | | | | |
| Candies | | | | | | | | | | | | | |
| Butterscotch | 1 piece | 6 | 24 | tr | 6 | tr | Hard | 1 medium | 6 | 224 | 0 | 59 | 0 |
| Caramels | 4caramels | 32 | 122 | 1 | 25 | 3 | Jellybeans | 10 beans | 28 | 104 | 0 | 26 | tr |
| Chewing gum | 1 stick | 3 | 10 | 0 | 3 | tr | Marshmallows | 1 | 7 | 23 | tr | 6 | tr |
| Homemade chocolate fudge | 1 piece | 17 | 65 | tr | 14 | 1 | Sesame crunch/ crisp | 4 pieces | 35 | 181 | 4 | 18 | 12 |
| Fruit leather | 1 piece | 23 | 81 | tr | 18 | 1 | Strawberry licorice | 1 package | 75 | 278 | 2 | 70 | 1 |
| Gumdrops | 10 drops | 35 | 135 | 0 | 35 | 0 | Homemade toffee | 1 piece | 12 | 65 | tr | 8 | 4 |
| Chocolate Bars | | | | | | | | | | | | | |
| Twix | 1 package | 62 | 298 | 3 | 40 | 15 | Nestle Crunch | 1 bar | 40 | 198 | 2 | 26 | 10 |
| Chocolate Bars Continued | | | | | | | | | | | | | |
| Turtles | 1 turtle | 17 | 82 | 1 | 10 | 5 | Mounds, Almond joy | 1 package | 54 | 195 | 2 | 31 | 12 |
| Rolo, tootsie | 2 pieces | 10 | 49 | 1 | 7 | 2 | After 8 | 2 pieces | 8 | 29 | tr | 6 | 1 |
| Kit Kat | 1 bar | 53 | 272 | 4 | 33 | 15 | Oh Henry | 1 bar | 67 | 287 | 7 | 43 | 11 |
| Fifth avenue | 1 bar | 60 | 280 | 5 | 41 | 13 | M&Ms Smarties | 10 pieces | 7 | 33 | tr | 5 | 2 |
| Mars bar | 1 bar | 66 | 279 | 3 | 47 | 11 | Hershey kiss, Symphony | 1 bar | 50 | 256 | 3 | 30 | 15 |
| Chocolate cover peanuts | 10 pieces | 40 | 208 | 5 | 20 | 13 | Snickers | 1 bar | 59 | 270 | 6 | 35 | 13 |
| Raisinets | 10 pieces | 10 | 39 | tr | 7 | 1 | Reese's peanut butter cup | 2 cups | 45 | 222 | 5 | 22 | 14 |
| Frozen Deserts | | | | | | | | | | | | | |
| Chocolate ice cream | 125 ml | 70 | 151 | 3 | 20 | 8 | Rich Vanilla Ice cream | 125 ml | 78 | 188 | 3 | 18 | 13 |
| Strawberry ice cream | 125 ml | 70 | 134 | 2 | 19 | 6 | Vanilla ice cream | 125 ml | 70 | 140 | 2 | 16 | 8 |
| Frozen Deserts Continued | | | | | | | | | | | | | |
| Vanilla ice milk, soft serve | 125 ml | 93 | 117 | 5 | 20 | 2 | Orange sherbet | 125 ml | 101 | 140 | 1 | 31 | 2 |
| Chocolate pudding pop | 1 pop | 47 | 72 | 2 | 12 | 2 | Popsicles | 1 pop | 75 | 54 | 0 | 14 | 0 |
| Frozen yogurt, vanilla soft-serve | 125 ml | 76 | 121 | 3 | 18 | 4 | | | | | | | |
| Other | | | | | | | | | | | | | |
| Homemade chocolate mousse | 125 ml | 213 | 472 | 9 | 35 | 35 | Jello | 125 ml | 120 | 71 | 1 | 17 | 0 |
| Calarie reduced Jello | 125 ml | 120 | 8 | 1 | 1 | 0 | Maraschino cherries, bottled | 1 cherry | 5 | 5 | tr | 1 | tr |
| Snacks | | | | | | | | | | | | | |
| Crackers | | | | | | | | | | | | | |
| Barge pilot biscuits | 1 biscuit | 26 | 101 | 3 | 18 | 2 | Saltines unsalted | 4 crackers | 12 | 52 | 1 | 9 | 1 |
| Cheese crackers | 4 crackers | 12 | 60 | 1 | 7 | 3 | Ritz | 4 round | 12 | 60 | 1 | 7 | 3 |
| Milk crackers | 4 crackers | 48 | 218 | 4 | 33 | 8 | Wheat crackers, thin | 4 square | 8 | 38 | 1 | 5 | 2 |
| Rye wafers, plain | 1 triple | 25 | 84 | 2 | 20 | tr | Whole wheat crackers | 4 square | 16 | 71 | 1 | 11 | 3 |
| Saltines | 4 crackers | 12 | 52 | 1 | 9 | 1 | | | | | | | |
| Popcorn | | | | | | | | | | | | | |
| Air-popped | 250 ml | 8 | 32 | 1 | 7 | tr | Caramel coated | 250 ml | 37 | 160 | 1 | 29 | 5 |
| Oil-popped | 250 ml | 15 | 74 | 1 | 8 | 4 | Cheese flavored | 250 ml | 12 | 61 | 1 | 6 | 4 |
| Chips | | | | | | | | | | | | | |
| Banana chips | 125 ml | 48 | 252 | 1 | 28 | 16 | Plain chips | 10 chips | 20 | 108 | 1 | 10 | 7 |
| Corn based chips, plain | 10 chips | 18 | 97 | 1 | 10 | 6 | Tortilla chips nacho flavored | 10 chips | 18 | 90 | 1 | 11 | 5 |
| Pringles | 250 ml | 37 | 205 | 3 | 20 | 13 | Tortilla chips plain | 10 chips | 18 | 90 | 1 | 11 | 5 |
| BBQ chips | 10 chips | 20 | 112 | 1 | 10 | 8 | | | | | | | |
| Other | | | | | | | | | | | | | |
| Beef jerky | 1 strip | 20 | 67 | 8 | 3 | 3 | Rice cakes made with brown rice and corn, plain | 1 | 9 | 35 | 1 | 7 | tr |
| Cornnuts | 10 nuts | 18 | 79 | 2 | 13 | 3 | Rice cakes made with brown rice, plain | 1 | 9 | 35 | 1 | 7 | tr |
| Ice cream cones | 1 cone | 4 | 18 | tr | 3 | tr | Sesame sticks, salted | 125 ml | 29 | 157 | 3 | 14 | 11 |
| Pretzels | 10 sticks | 5 | 19 | tr | 4 | tr | Trail mix | 250 ml | 158 | 732 | 22 | 71 | 47 |

Nutrition Value

| Energy Intake | | | | | | | | | | | | | |
|--|---------------------|------------|---------------------|-------------|-------------------|---------|---|---------------------|------------|---------------------|-------------|-------------------|---------|
| Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) | Foodnames | Descriptive Measure | Weight (g) | Total Energy (kcal) | Protein (g) | Carbo-hydrate (g) | Fat (g) |
| Beverages | | | | | | | | | | | | | |
| Alcoholic | | | | | | | | | | | | | |
| Light beer | 1 bottle | 340 | 95 | 1 | 4 | 0 | Sweet dessert wine | 125 ml | 127 | 194 | tr | 15 | 0 |
| Regular beer | 1 bottle | 342 | 151 | 1 | 13 | 0 | Red wine | 125 ml | 125 | 90 | tr | 2 | 0 |
| Crème de menthe | 50 ml | 57 | 211 | 0 | 24 | tr | White wine | 125 ml | 125 | 85 | tr | 1 | 0 |
| Spirits (gin, rum, vodka, whiskey) | 50 ml | 47 | 115 | 0 | 0 | 0 | | | | | | | |
| Non-Alcoholic | | | | | | | | | | | | | |
| Ovaltine | 250 ml | 261 | 169 | 9 | 15 | 9 | Cola with aspartame | 250 ml | 250 | 3 | tr | tr | 0 |
| Postum | 250 ml | 254 | 13 | tr | 3 | 0 | Ginger ale | 250 ml | 258 | 88 | 0 | 22 | 0 |
| Brewed coffee | 250 ml | 250 | 5 | tr | 1 | 0 | Lemon-lime soda | 250 ml | 260 | 104 | 0 | 27 | 0 |
| Instant coffee | 250 ml | 253 | 5 | tr | 1 | 0 | Non-cola soda with aspartame | 250 ml | 250 | 0 | 0 | tr | 0 |
| Near beer | 250 ml | 254 | 43 | tr | 9 | 0 | Orange soda | 250 ml | 262 | 126 | 0 | 32 | 0 |
| Club soda | 250 ml | 258 | 0 | 0 | 0 | 0 | Brewed Tea | 250 ml | 250 | 3 | 0 | 1 | 0 |
| Cola | 250 ml | 260 | 107 | 0 | 27 | 0 | Tea, instant, lemon flavor, powder + water | 250 ml | 252 | 5 | 0 | 1 | 0 |
| Miscellaneous Items | | | | | | | | | | | | | |
| Herbs & Gravies | | | | | | | | | | | | | |
| Chives raw copped | 15 ml | 3 | 1 | tr | tr | tr | Ginger root | 1 slice | 2 | 2 | tr | tr | tr |
| Coriander | 125 ml | 76 | 15 | 2 | 2 | tr | Parsley | 125 ml | 32 | 11 | 1 | 2 | tr |
| Garlic | 1 clove | 3 | 4 | tr | 1 | tr | | | | | | | |
| Condiments | | | | | | | | | | | | | |
| Olives canned super colossal | 2 olives | 30 | 25 | tr | 2 | 2 | Salt | 5 ml | 6 | 0 | 0 | 0 | 0 |
| Olive canned | 4 large | 18 | 20 | tr | 1 | 2 | Shake'n bake dry | 125 ml | 49 | 191 | 5 | 29 | 7 |
| Pepper black | 5 ml | 2 | 5 | tr | 1 | tr | Ketchup | 15 ml | 15 | 16 | tr | 4 | tr |
| Pepper white | 5 ml | 2 | 7 | tr | 2 | tr | Vinegar | 15 ml | 15 | 2 | 0 | 1 | 0 |
| Pickle relish, sweet | 15 ml | 15 | 20 | tr | 5 | tr | Yellow mustard ready to serve | 15 ml | 16 | 12 | 1 | 1 | 1 |
| Baking Ingredients | | | | | | | | | | | | | |
| Baking chocolate semisweet chips | 125 ml | 89 | 425 | 4 | 56 | 27 | Leavening agents baking powdercontinuous action | 5 ml | 4 | 5 | 0 | 1 | 0 |
| Baking chocolate semisweet bars | 1 square | 38 | 180 | 2 | 24 | 11 | Leavening agents baking soda | 5 ml | 5 | 0 | 0 | 0 | 0 |
| Baking chocolate unsweetened squares | 1 square | 28 | 147 | 3 | 8 | 16 | Leavening agents cream of tartar | 5 ml | 3 | 8 | 0 | 2 | 0 |
| Candied cherries | 125 ml | 94 | 320 | tr | 82 | tr | Lemon peel, raw | 15 ml | 6 | 4 | tr | 1 | tr |
| Cocoa powder unsweetened | 15 ml | 5 | 12 | 1 | 3 | 1 | Orange peel raw | 15 ml | 6 | 6 | tr | 2 | tr |
| Gelation powder unsweetened | 1 envelope | 7 | 23 | 6 | 0 | tr | Vanilla extract | 5 ml | 4 | 13 | tr | 1 | tr |
| Leavening agents baker's yeast | 15 ml | 12 | 36 | 5 | 5 | 1 | | | | | | | |
| Sauces & Gravies | | | | | | | | | | | | | |
| Canned beef gravy | 15 ml | 15 | 8 | 1 | 1 | tr | Canned cranberry sauce | 15 ml | 18 | 27 | tr | 7 | tr |
| Dehydrated beef gravy | 15 ml | 16 | 5 | tr | 1 | tr | Tobasco | 5 ml | 5 | 1 | tr | tr | tr |
| Sauces & Gravies Continued | | | | | | | | | | | | | |
| Canned chicken gravy | 15 ml | 15 | 12 | tr | 1 | 1 | Salsa | 15 ml | 16 | 4 | tr | 1 | tr |
| Dehydrated chicken gravy | 15 ml | 16 | 5 | tr | 1 | tr | Soy sause | 15 ml | 18 | 12 | 2 | 2 | 0 |
| Canned turkey gravy | 15 ml | 15 | 8 | tr | 1 | tr | Steak sause (A1, HP) | 15 ml | 15 | 9 | tr | 2 | tr |
| Unspecified dehydrated prepared in water | 15 ml | 17 | 5 | tr | 1 | tr | Sweet and sour dehydrated + water and vinegar | 15 ml | 20 | 19 | tr | 5 | tr |
| BBQ sause | 15 ml | 16 | 12 | tr | 2 | tr | Teriyaki sause | 15 ml | 18 | 15 | 1 | 3 | 0 |
| Dehydrated Cheese sause with 2 % milk | 15 ml | 18 | 18 | 1 | 1 | 1 | Home-prepared white sauses with 2% milk | 250 ml | 264 | 388 | 10 | 24 | 28 |

Activity Energy Expenditure

| Activity | Kcal*min *kg | Body Weight | | | | | | | | | | | | | | | | | | | |
|--|-----------------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----|
| | | kg | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 81 | 84 | 87 | 90 | 93 | 96 | 99 |
| | | lb | 99 | 106 | 112 | 119 | 125 | 132 | 139 | 145 | 152 | 158 | 165 | 172 | 178 | 185 | 191 | 198 | 205 | 211 | 218 |
| Energy Expended kcal per Minute of Activity | | | | | | | | | | | | | | | | | | | | | |
| Conditioning | | | | | | | | | | | | | | | | | | | | | |
| Aerobics, high Impact | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Anaerobic Sprint Intervals | 0.345 | 15.5 | 16.6 | 17.6 | 18.6 | 19.7 | 20.7 | 21.7 | 22.8 | 23.8 | 24.8 | 25.9 | 26.9 | 27.9 | 29 | 30 | 31.1 | 32.1 | 33.1 | 34.2 | |
| Bicycling, Stationary (Electronic) | 0.108 | 4.86 | 5.18 | 5.51 | 5.83 | 6.16 | 6.48 | 6.8 | 7.13 | 7.45 | 7.78 | 8.1 | 8.42 | 8.75 | 9.07 | 9.4 | 9.72 | 10 | 10.4 | 10.7 | |
| Bicycling, Stationary (Monark) | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Bicycling, Stationary (Monark)Aerobic Intervals | 0.18 | 8.1 | 8.64 | 9.18 | 9.72 | 10.3 | 10.8 | 11.3 | 11.9 | 12.4 | 13 | 13.5 | 14 | 14.6 | 15.1 | 15.7 | 16.2 | 16.7 | 17.3 | 17.8 | |
| Bicycling, Stationary (Monark)Anerobic Intervals | 0.24 | 10.8 | 11.5 | 12.2 | 13 | 13.7 | 14.4 | 15.1 | 15.8 | 16.6 | 17.3 | 18 | 18.7 | 19.4 | 20.2 | 20.9 | 21.6 | 22.3 | 23 | 23.8 | |
| Circuit Training, Aerobic | 0.142 | 6.39 | 6.82 | 7.24 | 7.67 | 8.09 | 8.52 | 8.95 | 9.37 | 9.8 | 10.2 | 10.7 | 11.1 | 11.5 | 11.9 | 12.4 | 12.8 | 13.2 | 13.6 | 14.1 | |
| Circuit Training, Anaerobic | 0.238 | 10.7 | 11.4 | 12.1 | 12.9 | 13.6 | 14.3 | 15 | 15.7 | 16.4 | 17.1 | 17.9 | 18.6 | 19.3 | 20 | 20.7 | 21.4 | 22.1 | 22.8 | 23.6 | |
| Roller Blading | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Rope Jumping | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Rowing, Stationary | 0.169 | 7.61 | 8.11 | 8.62 | 9.13 | 9.63 | 10.1 | 10.6 | 11.2 | 11.7 | 12.2 | 12.7 | 13.2 | 13.7 | 14.2 | 14.7 | 15.2 | 15.7 | 16.2 | 16.7 | |
| Stair Climber, Treadmill | 0.1 | 4.5 | 4.8 | 5.1 | 5.4 | 5.7 | 6 | 6.3 | 6.6 | 6.9 | 7.2 | 7.5 | 7.8 | 8.1 | 8.4 | 8.7 | 9 | 9.3 | 9.6 | 9.9 | |
| Stretching, Yoga | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Water Running | 0.109 | 4.91 | 5.23 | 5.56 | 5.89 | 6.21 | 6.54 | 6.87 | 7.19 | 7.52 | 7.85 | 8.18 | 8.5 | 8.83 | 9.16 | 9.48 | 9.81 | 10.1 | 10.5 | 10.8 | |
| Weight lifting (Hyp) | 0.075 | 3.38 | 3.6 | 3.83 | 4.05 | 4.28 | 4.5 | 4.73 | 4.95 | 5.18 | 5.4 | 5.63 | 5.85 | 6.08 | 6.3 | 6.53 | 6.75 | 6.98 | 7.2 | 7.43 | |
| Weight lifting (Strength/Power, Olympic) | 0.128 | 5.76 | 6.14 | 6.53 | 6.91 | 7.3 | 7.68 | 8.06 | 8.45 | 8.83 | 9.22 | 9.6 | 9.98 | 10.4 | 10.8 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | |
| Cycling | | | | | | | | | | | | | | | | | | | | | |
| Bicycling, Mountain Biking | 0.141 | 6.35 | 6.77 | 7.19 | 7.61 | 8.04 | 8.46 | 8.88 | 9.31 | 9.73 | 10.2 | 10.6 | 11 | 11.4 | 11.8 | 12.3 | 12.7 | 13.1 | 13.5 | 14 | |
| Road Cycling | 0.66 | 29.7 | 31.7 | 33.7 | 35.6 | 37.6 | 39.6 | 41.6 | 43.6 | 45.5 | 47.5 | 49.5 | 51.5 | 53.5 | 55.4 | 57.4 | 59.4 | 61.4 | 63.4 | 65.3 | |
| Dancing, Ballroom | | | | | | | | | | | | | | | | | | | | | |
| Dancing, Ballroom | 0.074 | 3.33 | 3.55 | 3.77 | 4 | 4.22 | 4.44 | 4.66 | 4.88 | 5.11 | 5.33 | 5.55 | 5.77 | 5.99 | 6.22 | 6.44 | 6.66 | 6.88 | 7.1 | 7.33 | |
| Dancing, Night Clubs | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Fishing/Hunting | | | | | | | | | | | | | | | | | | | | | |
| Fishing/Hunting | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Gardening | | | | | | | | | | | | | | | | | | | | | |
| Chopping Wood | 0.159 | 7.16 | 7.63 | 8.11 | 8.59 | 9.06 | 9.54 | 10 | 10.5 | 11 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.8 | 14.3 | 14.8 | 15.3 | 15.7 | |
| Digging, Shoveling | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Garden Rototilling | 0.099 | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 | |
| Mowing Lawn | 0.075 | 3.38 | 3.6 | 3.83 | 4.05 | 4.28 | 4.5 | 4.73 | 4.95 | 5.18 | 5.4 | 5.63 | 5.85 | 6.08 | 6.3 | 6.53 | 6.75 | 6.98 | 7.2 | 7.43 | |
| Laying Sod | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Planting Trees | 0.074 | 3.33 | 3.55 | 3.77 | 4 | 4.22 | 4.44 | 4.66 | 4.88 | 5.11 | 5.33 | 5.55 | 5.77 | 5.99 | 6.22 | 6.44 | 6.66 | 6.88 | 7.1 | 7.33 | |
| Raking Lawn | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Home Activities | | | | | | | | | | | | | | | | | | | | | |
| Cleaning House | 0.065 | 2.93 | 3.12 | 3.32 | 3.51 | 3.71 | 3.9 | 4.1 | 4.29 | 4.49 | 4.68 | 4.88 | 5.07 | 5.27 | 5.46 | 5.66 | 5.85 | 6.05 | 6.24 | 6.44 | |
| Cooking or Food Preparation | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Grocery Shopping | 0.058 | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 | |
| Scrubbing Floors | 0.091 | 4.1 | 4.37 | 4.64 | 4.91 | 5.19 | 5.46 | 5.73 | 6.01 | 6.28 | 6.55 | 6.83 | 7.1 | 7.37 | 7.64 | 7.92 | 8.19 | 8.46 | 8.74 | 9.01 | |
| Washing Dishes | 0.038 | 1.71 | 1.82 | 1.94 | 2.05 | 2.17 | 2.28 | 2.39 | 2.51 | 2.62 | 2.74 | 2.85 | 2.96 | 3.08 | 3.19 | 3.31 | 3.42 | 3.53 | 3.65 | 3.76 | |
| Vacuuming or Floor Sweeping | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Home Repair | | | | | | | | | | | | | | | | | | | | | |
| Automobile Repair | 0.05 | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 | |
| Carpentry, Furniture | 0.074 | 3.33 | 3.55 | 3.77 | 4 | 4.22 | 4.44 | 4.66 | 4.88 | 5.11 | 5.33 | 5.55 | 5.77 | 5.99 | 6.22 | 6.44 | 6.66 | 6.88 | 7.1 | 7.33 | |
| Carpentry, General or Framing | 0.099 | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 | |
| Painting, Outside. | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Painting, Prep (Sanding, Scraping) | 0.079 | 3.56 | 3.79 | 4.03 | 4.27 | 4.5 | 4.74 | 4.98 | 5.21 | 5.45 | 5.69 | 5.93 | 6.16 | 6.4 | 6.64 | 6.87 | 7.11 | 7.35 | 7.58 | 7.82 | |
| Roofing | 0.099 | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 | |
| Skating, General Exercise | | | | | | | | | | | | | | | | | | | | | |
| Skating, Practice | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |

Activity Energy Expenditure

| Activity | Kcal*min *kg | Body Weight | | | | | | | | | | | | | | | | | | | |
|---|-----------------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | | kg | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 81 | 84 | 87 | 90 | 93 | 96 | 99 |
| | | lb | 99 | 106 | 112 | 119 | 125 | 132 | 139 | 145 | 152 | 158 | 165 | 172 | 178 | 185 | 191 | 198 | 205 | 211 | 218 |
| Energy Expended kcal per Minute of Activity | | | | | | | | | | | | | | | | | | | | | |
| Skating, Speed, Competitive or Conditioning | 0.247 | | 11.1 | 11.9 | 12.6 | 13.3 | 14.1 | 14.8 | 15.6 | 16.3 | 17 | 17.8 | 18.5 | 19.3 | 20 | 20.7 | 21.5 | 22.2 | 23 | 23.7 | 24.5 |
| Misc. | | | | | | | | | | | | | | | | | | | | | |
| Playground Play | 0.083 | | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 |
| Frisbee, General | 0.05 | | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 |
| Sexual Activity, moderate | 0.025 | | 1.13 | 1.2 | 1.28 | 1.35 | 1.43 | 1.5 | 1.58 | 1.65 | 1.73 | 1.8 | 1.88 | 1.95 | 2.03 | 2.1 | 2.18 | 2.25 | 2.33 | 2.4 | 2.48 |
| Sexual Activity, Vigorous | 0.038 | | 1.71 | 1.82 | 1.94 | 2.05 | 2.17 | 2.28 | 2.39 | 2.51 | 2.62 | 2.74 | 2.85 | 2.96 | 3.08 | 3.19 | 3.31 | 3.42 | 3.53 | 3.65 | 3.76 |
| Snorkeling or Scuba diving | 0.083 | | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 |
| Standing, General | 0.03 | | 1.35 | 1.44 | 1.53 | 1.62 | 1.71 | 1.8 | 1.89 | 1.98 | 2.07 | 2.16 | 2.25 | 2.34 | 2.43 | 2.52 | 2.61 | 2.7 | 2.79 | 2.88 | 2.97 |
| | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Music Playing | 0.045 | | 2.03 | 2.16 | 2.3 | 2.43 | 2.57 | 2.7 | 2.84 | 2.97 | 3.11 | 3.24 | 3.38 | 3.51 | 3.65 | 3.78 | 3.92 | 4.05 | 4.19 | 4.32 | 4.46 |
| Occupations | | | | | | | | | | | | | | | | | | | | | |
| Bakery | 0.066 | | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 |
| Building Road (heavy Machinery) | 0.099 | | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 |
| Carpentry | 0.068 | | 3.06 | 3.26 | 3.47 | 3.67 | 3.88 | 4.08 | 4.28 | 4.49 | 4.69 | 4.9 | 5.1 | 5.3 | 5.51 | 5.71 | 5.92 | 6.12 | 6.32 | 6.53 | 6.73 |
| Construction | 0.091 | | 4.1 | 4.37 | 4.64 | 4.91 | 5.19 | 5.46 | 5.73 | 6.01 | 6.28 | 6.55 | 6.83 | 7.1 | 7.37 | 7.64 | 7.92 | 8.19 | 8.46 | 8.74 | 9.01 |
| Electrical | 0.058 | | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 |
| Farming, Baling Hay | 0.132 | | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 |
| Farming, Driving Tractor | 0.041 | | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 |
| Farming, Feeding Animals | 0.07 | | 3.15 | 3.36 | 3.57 | 3.78 | 3.99 | 4.2 | 4.41 | 4.62 | 4.83 | 5.04 | 5.25 | 5.46 | 5.67 | 5.88 | 6.09 | 6.3 | 6.51 | 6.72 | 6.93 |
| Forestry, Planting | 0.099 | | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 |
| Forestry, Cutting | 0.219 | | 9.86 | 10.5 | 11.2 | 11.8 | 12.5 | 13.1 | 13.8 | 14.5 | 15.1 | 15.8 | 16.4 | 17.1 | 17.7 | 18.4 | 19.1 | 19.7 | 20.4 | 21 | 21.7 |
| Machinist | 0.05 | | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 |
| Masonry | 0.116 | | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 |
| Moving | 0.116 | | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 |
| Shovelling | 0.141 | | 6.35 | 6.77 | 7.19 | 7.61 | 8.04 | 8.46 | 8.88 | 9.31 | 9.73 | 10.2 | 10.6 | 11 | 11.4 | 11.8 | 12.3 | 12.7 | 13.1 | 13.5 | 14 |
| Sitting, Meetings | 0.025 | | 1.13 | 1.2 | 1.28 | 1.35 | 1.43 | 1.5 | 1.58 | 1.65 | 1.73 | 1.8 | 1.88 | 1.95 | 2.03 | 2.1 | 2.18 | 2.25 | 2.33 | 2.4 | 2.48 |
| Sitting, Office Work | 0.025 | | 1.13 | 1.2 | 1.28 | 1.35 | 1.43 | 1.5 | 1.58 | 1.65 | 1.73 | 1.8 | 1.88 | 1.95 | 2.03 | 2.1 | 2.18 | 2.25 | 2.33 | 2.4 | 2.48 |
| Passive Activities | | | | | | | | | | | | | | | | | | | | | |
| Lying Quietly | 0.005 | | 0.23 | 0.24 | 0.26 | 0.27 | 0.29 | 0.3 | 0.32 | 0.33 | 0.35 | 0.36 | 0.38 | 0.39 | 0.41 | 0.42 | 0.44 | 0.45 | 0.47 | 0.48 | 0.5 |
| Sitting Quietly | 0.018 | | 0.81 | 0.86 | 0.92 | 0.97 | 1.03 | 1.08 | 1.13 | 1.19 | 1.24 | 1.3 | 1.35 | 1.4 | 1.46 | 1.51 | 1.57 | 1.62 | 1.67 | 1.73 | 1.78 |
| Sitting Reading, Writing | 0.021 | | 0.95 | 1.01 | 1.07 | 1.13 | 1.2 | 1.26 | 1.32 | 1.39 | 1.45 | 1.51 | 1.58 | 1.64 | 1.7 | 1.76 | 1.83 | 1.89 | 1.95 | 2.02 | 2.08 |
| Sitting Talking | 0.025 | | 1.13 | 1.2 | 1.28 | 1.35 | 1.43 | 1.5 | 1.58 | 1.65 | 1.73 | 1.8 | 1.88 | 1.95 | 2.03 | 2.1 | 2.18 | 2.25 | 2.33 | 2.4 | 2.48 |
| Sleeping | 0.012 | | 0.54 | 0.58 | 0.61 | 0.65 | 0.68 | 0.72 | 0.76 | 0.79 | 0.83 | 0.86 | 0.9 | 0.94 | 0.97 | 1.01 | 1.04 | 1.08 | 1.12 | 1.15 | 1.19 |
| Standing | 0.02 | | 0.9 | 0.96 | 1.02 | 1.08 | 1.14 | 1.2 | 1.26 | 1.32 | 1.38 | 1.44 | 1.5 | 1.56 | 1.62 | 1.68 | 1.74 | 1.8 | 1.86 | 1.92 | 1.98 |
| Personal Care | | | | | | | | | | | | | | | | | | | | | |
| Bathing | 0.033 | | 1.49 | 1.58 | 1.68 | 1.78 | 1.88 | 1.98 | 2.08 | 2.18 | 2.28 | 2.38 | 2.48 | 2.57 | 2.67 | 2.77 | 2.87 | 2.97 | 3.07 | 3.17 | 3.27 |
| Dressing/Undressing | 0.041 | | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 |
| Eating | 0.025 | | 1.13 | 1.2 | 1.28 | 1.35 | 1.43 | 1.5 | 1.58 | 1.65 | 1.73 | 1.8 | 1.88 | 1.95 | 2.03 | 2.1 | 2.18 | 2.25 | 2.33 | 2.4 | 2.48 |
| Showering | 0.066 | | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 |
| Running | | | | | | | | | | | | | | | | | | | | | |
| Running Cross Country | 0.158 | | 7.11 | 7.58 | 8.06 | 8.53 | 9.01 | 9.48 | 9.95 | 10.4 | 10.9 | 11.4 | 11.9 | 12.3 | 12.8 | 13.3 | 13.7 | 14.2 | 14.7 | 15.2 | 15.6 |
| Running, Sprinting Stairs or Hills | 0.328 | | 14.8 | 15.7 | 16.7 | 17.7 | 18.7 | 19.7 | 20.7 | 21.6 | 22.6 | 23.6 | 24.6 | 25.6 | 26.6 | 27.6 | 28.5 | 29.5 | 30.5 | 31.5 | 32.5 |
| Running, 11 min 30 sec mile | 0.135 | | 6.08 | 6.48 | 6.89 | 7.29 | 7.7 | 8.1 | 8.51 | 8.91 | 9.32 | 9.72 | 10.1 | 10.5 | 10.9 | 11.3 | 11.7 | 12.2 | 12.6 | 13 | 13.4 |
| Running, 9 min mile | 0.193 | | 8.69 | 9.26 | 9.84 | 10.4 | 11 | 11.6 | 12.2 | 12.7 | 13.3 | 13.9 | 14.5 | 15.1 | 15.6 | 16.2 | 16.8 | 17.4 | 17.9 | 18.5 | 19.1 |
| Running, 8 min mile | 0.208 | | 9.36 | 9.98 | 10.6 | 11.2 | 11.9 | 12.5 | 13.1 | 13.7 | 14.4 | 15 | 15.6 | 16.2 | 16.8 | 17.5 | 18.1 | 18.7 | 19.3 | 20 | 20.6 |
| Running, 7 min mile | 0.228 | | 10.3 | 10.9 | 11.6 | 12.3 | 13 | 13.7 | 14.4 | 15 | 15.7 | 16.4 | 17.1 | 17.8 | 18.5 | 19.2 | 19.8 | 20.5 | 21.2 | 21.9 | 22.6 |
| Running, 6 min mile | 0.252 | | 11.3 | 12.1 | 12.9 | 13.6 | 14.4 | 15.1 | 15.9 | 16.6 | 17.4 | 18.1 | 18.9 | 19.7 | 20.4 | 21.2 | 21.9 | 22.7 | 23.4 | 24.2 | 24.9 |
| Running, 5 min mile | 0.298 | | 13.4 | 14.3 | 15.2 | 16.1 | 17 | 17.9 | 18.8 | 19.7 | 20.6 | 21.5 | 22.4 | 23.2 | 24.1 | 25 | 25.9 | 26.8 | 27.7 | 28.6 | 29.5 |
| Anaerobic Sprint Intervals | 0.345 | | 15.5 | 16.6 | 17.6 | 18.6 | 19.7 | 20.7 | 21.7 | 22.8 | 23.8 | 24.8 | 25.9 | 26.9 | 27.9 | 29 | 30 | 31.1 | 32.1 | 33.1 | 34.2 |

Activity Energy Expenditure

| Activity | Kcal*min *kg | Body Weight | | | | | | | | | | | | | | | | | | | |
|---|-----------------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----|
| | | kg | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 81 | 84 | 87 | 90 | 93 | 96 | 99 |
| | | lb | 99 | 106 | 112 | 119 | 125 | 132 | 139 | 145 | 152 | 158 | 165 | 172 | 178 | 185 | 191 | 198 | 205 | 211 | 218 |
| Energy Expended kcal per Minute of Activity | | | | | | | | | | | | | | | | | | | | | |
| Skiing | | | | | | | | | | | | | | | | | | | | | |
| Alpine | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Cross Country | 0.232 | 10.4 | 11.1 | 11.8 | 12.5 | 13.2 | 13.9 | 14.6 | 15.3 | 16 | 16.7 | 17.4 | 18.1 | 18.8 | 19.5 | 20.2 | 20.9 | 21.6 | 22.3 | 23 | |
| Sports | | | | | | | | | | | | | | | | | | | | | |
| Archery | 0.058 | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 | |
| Badminton Competitive | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Badminton Recreational | 0.074 | 3.33 | 3.55 | 3.77 | 4 | 4.22 | 4.44 | 4.66 | 4.88 | 5.11 | 5.33 | 5.55 | 5.77 | 5.99 | 6.22 | 6.44 | 6.66 | 6.88 | 7.1 | 7.33 | |
| Baseball Slowpitch | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Baseball Competitive | 0.096 | 4.32 | 4.61 | 4.9 | 5.18 | 5.47 | 5.76 | 6.05 | 6.34 | 6.62 | 6.91 | 7.2 | 7.49 | 7.78 | 8.06 | 8.35 | 8.64 | 8.93 | 9.22 | 9.5 | |
| Baseball Practice | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Basketball Competitive Game | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Basketball Practice | 0.142 | 6.39 | 6.82 | 7.24 | 7.67 | 8.09 | 8.52 | 8.95 | 9.37 | 9.8 | 10.2 | 10.7 | 11.1 | 11.5 | 11.9 | 12.4 | 12.8 | 13.2 | 13.6 | 14.1 | |
| Basketball Recreational | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Basketball Shooting | 0.074 | 3.33 | 3.55 | 3.77 | 4 | 4.22 | 4.44 | 4.66 | 4.88 | 5.11 | 5.33 | 5.55 | 5.77 | 5.99 | 6.22 | 6.44 | 6.66 | 6.88 | 7.1 | 7.33 | |
| Billiards | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Bowling | 0.05 | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 | |
| Boxing, in Ring General | 0.199 | 8.96 | 9.55 | 10.1 | 10.7 | 11.3 | 11.9 | 12.5 | 13.1 | 13.7 | 14.3 | 14.9 | 15.5 | 16.1 | 16.7 | 17.3 | 17.9 | 18.5 | 19.1 | 19.7 | |
| Boxing, Punching Bag | 0.099 | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 | |
| Coaching | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Curling | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Darts | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Diving | 0.05 | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 | |
| Fencing | 0.099 | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 | |
| Football, Catching Throwing | 0.041 | 1.85 | 1.97 | 2.09 | 2.21 | 2.34 | 2.46 | 2.58 | 2.71 | 2.83 | 2.95 | 3.08 | 3.2 | 3.32 | 3.44 | 3.57 | 3.69 | 3.81 | 3.94 | 4.06 | |
| Football, Competitive | 0.149 | 6.71 | 7.15 | 7.6 | 8.05 | 8.49 | 8.94 | 9.39 | 9.83 | 10.3 | 10.7 | 11.2 | 11.6 | 12.1 | 12.5 | 13 | 13.4 | 13.9 | 14.3 | 14.8 | |
| Football, Touch/Flag | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Golf, with Cart | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Golf, without Cart | 0.091 | 4.1 | 4.37 | 4.64 | 4.91 | 5.19 | 5.46 | 5.73 | 6.01 | 6.28 | 6.55 | 6.83 | 7.1 | 7.37 | 7.64 | 7.92 | 8.19 | 8.46 | 8.74 | 9.01 | |
| Gymnastics, General | 0.079 | 3.56 | 3.79 | 4.03 | 4.27 | 4.5 | 4.74 | 4.98 | 5.21 | 5.45 | 5.69 | 5.93 | 6.16 | 6.4 | 6.64 | 6.87 | 7.11 | 7.35 | 7.58 | 7.82 | |
| Hockey, Field | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Hockey, Ice Game Competitive | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Hockey, Ice Game Recreational | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Horseback Riding, General | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Karate (Martial Arts) | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Lacrosse | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Moto-cross | 0.066 | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 | |
| Orienteering, Moderate Hiking | 0.149 | 6.71 | 7.15 | 7.6 | 8.05 | 8.49 | 8.94 | 9.39 | 9.83 | 10.3 | 10.7 | 11.2 | 11.6 | 12.1 | 12.5 | 13 | 13.4 | 13.9 | 14.3 | 14.8 | |
| Racquetball, Competitive | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Racquetball, Recreational | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Rock Climbing | 0.176 | 7.92 | 8.45 | 8.98 | 9.5 | 10 | 10.6 | 11.1 | 11.6 | 12.1 | 12.7 | 13.2 | 13.7 | 14.3 | 14.8 | 15.3 | 15.8 | 16.4 | 16.9 | 17.4 | |
| Rollerblading, Casual | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Rugby, Game | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Rugby, Practice | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Sky Diving | 0.058 | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 | |
| Soccer, Competitive | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Soccer, General | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Squash, Competitive | 0.165 | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 | |
| Squash, Recreational | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Snorkeling or Scuba diving | 0.083 | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 | |
| Tennis, Competitive | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Tennis, General | 0.116 | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 | |
| Volleyball, Beach | 0.132 | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 | |
| Volleyball, Competitive | 0.076 | 3.42 | 3.65 | 3.88 | 4.1 | 4.33 | 4.56 | 4.79 | 5.02 | 5.24 | 5.47 | 5.7 | 5.93 | 6.16 | 6.38 | 6.61 | 6.84 | 7.07 | 7.3 | 7.52 | |

Activity Energy Expenditure

| Activity | Kcal*min *kg | Body Weight | | | | | | | | | | | | | | | | | | | |
|---|-----------------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | | kg | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 81 | 84 | 87 | 90 | 93 | 96 | 99 |
| | | lb | 99 | 106 | 112 | 119 | 125 | 132 | 139 | 145 | 152 | 158 | 165 | 172 | 178 | 185 | 191 | 198 | 205 | 211 | 218 |
| Energy Expended kcal per Minute of Activity | | | | | | | | | | | | | | | | | | | | | |
| Volleyball, General | 0.05 | | 2.25 | 2.4 | 2.55 | 2.7 | 2.85 | 3 | 3.15 | 3.3 | 3.45 | 3.6 | 3.75 | 3.9 | 4.05 | 4.2 | 4.35 | 4.5 | 4.65 | 4.8 | 4.95 |
| Water Polo | 0.165 | | 7.43 | 7.92 | 8.42 | 8.91 | 9.41 | 9.9 | 10.4 | 10.9 | 11.4 | 11.9 | 12.4 | 12.9 | 13.4 | 13.9 | 14.4 | 14.9 | 15.3 | 15.8 | 16.3 |
| Wrestling | 0.116 | | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 |
| Swimming, Competitive | 0.149 | | 6.71 | 7.15 | 7.6 | 8.05 | 8.49 | 8.94 | 9.39 | 9.83 | 10.3 | 10.7 | 11.2 | 11.6 | 12.1 | 12.5 | 13 | 13.4 | 13.9 | 14.3 | 14.8 |
| Swimming, General | 0.099 | | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 |
| Transport (Driving) | 0.033 | | 1.49 | 1.58 | 1.68 | 1.78 | 1.88 | 1.98 | 2.08 | 2.18 | 2.28 | 2.38 | 2.48 | 2.57 | 2.67 | 2.77 | 2.87 | 2.97 | 3.07 | 3.17 | 3.27 |
| Walking | 0.058 | | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 |
| Climbing Hills (4 -9 KG load) | 0.124 | | 5.58 | 5.95 | 6.32 | 6.7 | 7.07 | 7.44 | 7.81 | 8.18 | 8.56 | 8.93 | 9.3 | 9.67 | 10 | 10.4 | 10.8 | 11.2 | 11.5 | 11.9 | 12.3 |
| Hiking | 0.099 | | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 |
| Marching | 0.108 | | 4.86 | 5.18 | 5.51 | 5.83 | 6.16 | 6.48 | 6.8 | 7.13 | 7.45 | 7.78 | 8.1 | 8.42 | 8.75 | 9.07 | 9.4 | 9.72 | 10 | 10.4 | 10.7 |
| Race Walking | 0.108 | | 4.86 | 5.18 | 5.51 | 5.83 | 6.16 | 6.48 | 6.8 | 7.13 | 7.45 | 7.78 | 8.1 | 8.42 | 8.75 | 9.07 | 9.4 | 9.72 | 10 | 10.4 | 10.7 |
| Using Crutches | 0.066 | | 2.97 | 3.17 | 3.37 | 3.56 | 3.76 | 3.96 | 4.16 | 4.36 | 4.55 | 4.75 | 4.95 | 5.15 | 5.35 | 5.54 | 5.74 | 5.94 | 6.14 | 6.34 | 6.53 |
| Water Activities | | | | | | | | | | | | | | | | | | | | | |
| Canoeing | 0.083 | | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 |
| Kayaking | 0.083 | | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 |
| Rowing Competitive | 0.199 | | 8.96 | 9.55 | 10.1 | 10.7 | 11.3 | 11.9 | 12.5 | 13.1 | 13.7 | 14.3 | 14.9 | 15.5 | 16.1 | 16.7 | 17.3 | 17.9 | 18.5 | 19.1 | 19.7 |
| Windsurfing | 0.201 | | 9.05 | 9.65 | 10.3 | 10.9 | 11.5 | 12.1 | 12.7 | 13.3 | 13.9 | 14.5 | 15.1 | 15.7 | 16.3 | 16.9 | 17.5 | 18.1 | 18.7 | 19.3 | 19.9 |
| Surfing | 0.1 | | 4.5 | 4.8 | 5.1 | 5.4 | 5.7 | 6 | 6.3 | 6.6 | 6.9 | 7.2 | 7.5 | 7.8 | 8.1 | 8.4 | 8.7 | 9 | 9.3 | 9.6 | 9.9 |
| Water skiing | 0.099 | | 4.46 | 4.75 | 5.05 | 5.35 | 5.64 | 5.94 | 6.24 | 6.53 | 6.83 | 7.13 | 7.43 | 7.72 | 8.02 | 8.32 | 8.61 | 8.91 | 9.21 | 9.5 | 9.8 |
| Whitewater Rafting | 0.083 | | 3.74 | 3.98 | 4.23 | 4.48 | 4.73 | 4.98 | 5.23 | 5.48 | 5.73 | 5.98 | 6.23 | 6.47 | 6.72 | 6.97 | 7.22 | 7.47 | 7.72 | 7.97 | 8.22 |
| Winter Activities | | | | | | | | | | | | | | | | | | | | | |
| Snow Shoeing | 0.132 | | 5.94 | 6.34 | 6.73 | 7.13 | 7.52 | 7.92 | 8.32 | 8.71 | 9.11 | 9.5 | 9.9 | 10.3 | 10.7 | 11.1 | 11.5 | 11.9 | 12.3 | 12.7 | 13.1 |
| Snow Shovelling (10-15lbs/min) | 0.116 | | 5.22 | 5.57 | 5.92 | 6.26 | 6.61 | 6.96 | 7.31 | 7.66 | 8 | 8.35 | 8.7 | 9.05 | 9.4 | 9.74 | 10.1 | 10.4 | 10.8 | 11.1 | 11.5 |
| Snowmobiling | 0.058 | | 2.61 | 2.78 | 2.96 | 3.13 | 3.31 | 3.48 | 3.65 | 3.83 | 4 | 4.18 | 4.35 | 4.52 | 4.7 | 4.87 | 5.05 | 5.22 | 5.39 | 5.57 | 5.74 |

Caloric Intake

| Five Days | Breakfast food | kcal | Lunch Food | Kcal | Dinner Food | Kcal | Snack Food | Kcal | Daily Total Kcal |
|---|----------------|------|------------|------|-------------|----------------------------|------------|------|------------------|
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| Total Calories _____ divide by 5 = _____ Average Daily Caloric Intake | | | | | | Total 5 day Caloric Intake | | | |

Caloric Expenditure (Activity)

| Five Days | Morning 8 A.M. - 1 P.M. | kcal | Morning 1 P.M. - 6 P.M. | Kcal | Evening 6 P.M. - 10 P.M. | Kcal | Night 10 P.M. - 8 A.M. | Kcal | Daily Total Kcal |
|------------------------------------|----------------------------|------|----------------------------|------|-----------------------------|---|---------------------------|------|-------------------------|
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| Total Calories _____ divide by 5 = | | | | | | | | | |
| Average Daily Caloric Expenditure | | | | | | Total 5 day Caloric Expenditure | | | |
| Average Daily Caloric Intake _____ | | | | | | - Average Daily Caloric Expenditure _____ | | | = Caloric Balance _____ |