

## FAT

Food	Alternative Name	State	Calories/100g	Weight in g	Nutrient
Almond Butter			661	18	1 Fat
Almond Flour			366	33	1 Fat
Almonds			580	21	1 Fat
Avocado		Raw	161	75	1 Fat
Avocado Oil			887	14	1 Fat
Bacon		Streaky Bacon	260	46	1 Fat
Bacon Fat	Grease		900	13	1 Fat
Beef Fat	Tallow		905	13	1 Fat
Blue Cheese			354	34	1 Fat
Brazil Nuts			658	18	1 Fat
Brie Cheese			335	36	1 Fat
Butter		Salted/unsalted	719	17	1 Fat
Buttermilk		Full fat	99	121	1 Fat
Camembert Cheese			301	40	1 Fat
Caraway Cheese			377	32	1 Fat
Cheddar Cheese			404	30	1 Fat
Cheshire Cheese			388	31	1 Fat
Chia Seeds			492	24	1 Fat
Chicken Fat			903	13	1 Fat
Coconut Cream		Canned	193	62	1 Fat
Coconut Flesh		Raw	355	34	1 Fat
Coconut Flour			187	64	1 Fat
Coconut Milk		Canned	198	61	1 Fat
Coconut Oil			887	14	1 Fat
Cottage Cheese		Creamed	103	116	1 Fat
Cream		Heavy, whipping	346	35	1 Fat
Cream		Light, whipping	293	41	1 Fat
Cream		Light (coffee cream)	196	61	1 Fat
Cream Cheese			350	34	1 Fat
Dessicated coconut			662	18	1 Fat
Feta Cheese			265	45	1 Fat
Fish oil			905	13	1 Fat
Flaxseed			493	24	1 Fat
Flaxseed oil			887	14	1 Fat
Goat Cheese		Soft	269	45	1 Fat
Goat Cheese		Hard	453	26	1 Fat
Goat's Milk			69	173	1 Fat
Gouda Cheese			357	34	1 Fat
Gruyere Cheese			414	29	1 Fat
Hazel Nuts			630	19	1 Fat
Lard			905	13	1 Fat

Limburger Cheese			328	37	1 Fat
Macadamia Butter			720	17	1 Fat
Macadamia Nuts			716	17	1 Fat
Milk		Full cream	60	199	1 Fat
Mozzarella Cheese			301	40	1 Fat
Mutton fat	Tallow		905	13	1 Fat
Olive oil			887	14	1 Fat
Olives		Canned	115	104	1 Fat
Parmesan Cheese			393	31	1 Fat
Pecan Nuts			693	17	1 Fat
Pork Crackling		Home Made	460	26	1 Fat
Provolone Cheese			352	34	1 Fat
Pumpkin seeds			524	23	1 Fat
Ricotta Cheese			175	69	1 Fat
Roquefort Cheese			370	32	1 Fat
Sesame Seeds		Raw	61	50	1 Fat
Sour Cream			215	56	1 Fat
Sunflower seeds		Raw	608	20	1 Fat
Swiss Cheese			381	31	1 Fat
Walnuts			656	18	1 Fat
Yoghurt		Plain, Double Cream	61	100	1 Fat

## PROTEIN

Food	Alternative Name	State	Calories/100g	Weight in g	Nutrient
Anchovy		Raw	131	91	1 Protein
Anchovy		Canned in oil, drained	211	57	1 Protein
Bacon		Back Bacon	157	76	1 Protein
Bass	Sea	Raw	97	123	1 Protein
Bass	Fresh water	Raw	114	105	1 Protein
Bluefish		Raw	124	96	1 Protein
Butterfish		Raw	146	82	1 Protein
Calamari	Squid	Cocked	91	130	1 Protein
Caviar	Black and red		253	47	1 Protein
Chicken		Roasted	105	114	1 Protein
Chicken		Raw	120	100	1 Protein
Chicken Breast		Raw	110	109	1 Protein
Chorizo			455	26	1 Protein
Cod		Raw	82	146	1 Protein
Crab	Queen	Raw	90	133	1 Protein
Crayfish		Raw	77	156	1 Protein
Eel		Raw	185	65	1 Protein
Egg		2 eggs	70	171	1 Protein
Fillet Steak			142	85	1 Protein
Gypsy Ham			130	92	1 Protein
Haddock		Raw	87	138	1 Protein
Ham		Sliced	107	112	1 Protein
Herring		Raw	159	76	1 Protein
Herring		Kippered	218	55	1 Protein
Herring		Pickled	263	46	1 Protein
Lamb		Raw	190	63	1 Protein
Lamb Chop		leg chop	186	65	1 Protein
Mackerel		Raw	206	58	1 Protein
Monkfish		Raw	76	157	1 Protein
Mussels		Raw	86	139	1 Protein
Octopus		Raw	82	146	1 Protein
Ostrich		Raw	123	98	1 Protein
Oysters	Eastern, farmed	Raw	59	203	1 Protein
Pork Belly			462	26	1 Protein
Pork Chop		Grilled	111	108	1 Protein
Prawns		Grilled	154	78	1 Protein
Rump Steak		Raw	125	96	1 Protein
Salami			261	46	1 Protein
Salmon	Pink	Raw	116	103	1 Protein
Salmon	Pink	Canned	139	86	1 Protein
Sardines		Canned in oil, drained	209	57	1 Protein

Scallops		Raw	88	136	1 Protein
Shrimp		Raw	106	113	1 Protein
Sole		Raw	91	132	1 Protein
Swordfish		Raw	121	99	1 Protein
Trout	Rainbow, farmed	Raw	139	87	1 Protein
Trout		Raw	149	81	1 Protein
Tuna	Yellowfin	Raw	108	111	1 Protein
Tuna		Canned in water, drained	116	103	1 Protein
Tuna		Canned in oil, drained	199	60	1 Protein
Turkey		Raw minced	98	122	1 Protein
Turkey Breast		Sliced	104	115	1 Protein
Venison		Raw	157	76	1 Protein
Whitefish		Raw	134	89	1 Protein
Yellowtail		Raw	146	82	1 Protein

## CARBS

Food	Alternative Name	State	Calories/100g	Weight in g	Nutrient
Alfalfa Sprouts		Raw	29	103	1 Carb
Arugula	Rocket	Raw	25	120	1 Carb
Asparagus		Cooked	22	137	1 Carb
Aubergine		Cooked	35	85	1 Carb
Bamboo shoots		Cooked	12	251	1 Carb
Beetroot leaves	Beet Greens	Raw	22	137	1 Carb
Blackberries		Raw	43	69	1 Carb
Blueberries		Frozen	51	59	1 Carb
Blueberries		Fresh	57	53	1 Carb
Bok Choy	Chinese Cabbage	Raw	13	220	1 Carb
Bok Choy	Chinese Cabbage	Cooked	14	215	1 Carb
Broccoli		Raw	35	85	1 Carb
Broccoli		Cooked	35	85	1 Carb
Brussels Sprouts		Cooked	36	83	1 Carb
Butter Lettuce		Raw	13	228	1 Carb
Cabbage		Raw	24	124	1 Carb
Cabbage		Cooked	22	137	1 Carb
Calabash	White-flowered gourd	Cooked	15	199	1 Carb
Carrot		Cooked	35	85	1 Carb
Carrot		Raw	41	73	1 Carb
Cauliflower		Raw	25	120	1 Carb
Cauliflower		Cooked	23	129	1 Carb
Celeriac		Cooked	27	111	1 Carb
Celery		Cooked	18	165	1 Carb
Celery		Raw	14	213	1 Carb
Chayote Fruit		Cooked	24	124	1 Carb
Cherry Tomatoes		Raw	18	165	1 Carb
Chicory Greens		Raw	23	120	1 Carb
Chinese lettuce	Celtuce	Raw	18	165	1 Carb
Chives		Raw	30	100	1 Carb
Coconut water			19	628	1 Carb
Collard Greens		Cooked	26	115	1 Carb
Coriander Leaves	Cilantro, Dhania	Raw	23	129	1 Carb
Cos Lettuce	Romaine	Raw	17	177	1 Carb
Cranberries		Raw	46	65	1 Carb
Cucumber		Raw	15	199	1 Carb
Dill Cucumber Pickles		Canned	18	165	1 Carb
Endive		Raw	17	177	1 Carb
Fennel Bulb		Raw	31	97	1 Carb
Garden Cress		Raw	32	94	1 Carb
Gem Squash	Patty pan	Cooked	20	150	1 Carb

Tomato	(whole)	Canned	19	157	1 Carb
Tomato		Raw	18	165	1 Carb
Tomato		Cooked	18	165	1 Carb
Tomato Paste		Canned	82	37	1 Carb
Turnip		Raw	28	106	1 Carb
Turnip		Cooked	22	137	1 Carb
Watercress		Raw	11	273	1 Carb
Yellow Pepper		Raw	27	111	1 Carb
Zucchini	Courgette/ Zucchini	Cooked	16	187	1 Carb

Globe Artichoke		Cooked	50	60	1 Carb
Gooseberries		Raw	44	68	1 Carb
Green Pepper	Sweet, Bell, Capsicum	Raw	20	150	1 Carb
Green/String Beans	Snap Beans	Raw	31	97	1 Carb
Green/String Beans	Snap Beans	Cooked	35	85	1 Carb
Iceberg Lettuce		Raw	10	299	1 Carb
Jalapeno Peppers		Raw	30	100	1 Carb
Kale		Cooked	28	106	1 Carb
Kidney Bean Sprouts		Raw	29	103	1 Carb
Kohlrabi		Cooked	29	103	1 Carb
Leek		Cooked	31	97	1 Carb
Melon	Cantaloupe, Spanspek	Raw	34	88	1 Carb
Mixed Salad Greens		Raw	17	180	1 Carb
Mung Bean Sprouts		Raw	30	100	1 Carb
Mushrooms		Raw	22	137	1 Carb
Mustard Greens		Cooked	15	199	1 Carb
Okra		Cooked	22	137	1 Carb
Onions		Cooked	44	68	1 Carb
Onions		Raw	42	68	1 Carb
Oyster Mushrooms		Raw	37	81	1 Carb
Palm Hearts		Canned	28	106	1 Carb
Parsley		Raw	36	83	1 Carb
Peas in pod	Sugar snap/ mange tout	Raw	42	71	1 Carb
Prickly Pear		Raw	41	73	1 Carb
Pumpkin		Cooked	20	150	1 Carb
Radish		Raw	16	187	1 Carb
Radish Sprouts		Raw	43	69	1 Carb
Raspberries		Frozen/ fresh	65	54	1 Carb
Red Cabbage		Cooked	29	103	1 Carb
Red Cabbage		Raw	31	97	1 Carb
Red Hot Chilli peppers		Raw	43	69	1 Carb
Red Pepper		Raw	26	115	1 Carb
Rhubarb		Raw	21	143	1 Carb
Sauerkraut		Canned	22	137	1 Carb
Savoy Cabbage		Raw	27	111	1 Carb
Savoy Cabbage		Cooked	24	124	1 Carb
Spinach		Raw	23	129	1 Carb
Spinach		Cooked	23	129	1 Carb
Spring Onions		Raw	32	94	1 Carb
Starflower	Borage	Raw	21	143	1 Carb
Starfruit	Carambola	Raw	33	90	1 Carb
Strawberries		Raw	32	94	1 Carb
Strawberries		Frozen	35	85	1 Carb
Swiss Chard		Cooked	20	150	1 Carb
Swiss Chard		Raw	19	157	1 Carb