

Food analysis chart – Protein, Carbs, Fat

Food	Measure	Weight (g)	Protein (g)	Carbs (g)	Fat (g)
Dairy					
Cheese, cheddar	3 cm cube	20 g	5	0	7
Cheese, Cottage	Half cup	114	13	4	4
Yoghurt, plain whole milk	1 cup	245	9	11	8
Milk, whole milk	1 cup	244g	8	11	8
Fats, oils					
Butter	1 tblsp.	14	0	0	11
Olive oil	1 tblsp.	14	0	0	14
Coconut oil	1 tblsp.	14	0	0	14
Fruit & nuts					
Banana	1 large	152	2	36	1
Grapes	1 cup	160	1	28	1
Kiwi fruit	1	76	1	11	0
Orange	1	151	1	17	0
Apple	1	150	1	25	0
Pear	1	122	1	13	0
Peach	1	157	1	17	0
Strawberries	1 cup	144	1	10	1
Raspberries	1 cup	123	1	14	1
Papaya	1 cup (cubes)	140	1	14	0
Pineapple	1 cup (cubes)	210	1	21	0
Mango	1 whole	207	1	35	1

Food	Measure	Weight (g)	Protein (g)	Carbs (g)	Fat (g)
Guava	1 cup	165	1	20	1
Passionfruit	1	18	0	4	0
Lemon	1	100	0	5	0
Dates	Half cup	89	2	65	1
Dates	1	8	0	6	0
Almonds	Half cup	71	15	14	36
Coconut - fresh	Half cup	45	1	5	13
Starches/grains					
Bread, wholegrain	1 slice	26	3	12	1
Pasta-spaghetti	1 cup (cooked)	140	7	40	1
Oats (cooked)	1 cup	150g	6	28	6
Meat, Fish, Eggs					
Beef steak	1 portion	85	24	0	17
Lamb	1 portion	85	21	0	18
Chicken (breast)	1portion	85	21	0	0
Chicken (drumstick)	1medium	90	19	0	10
Fish- salmon	1 piece (cooked))	85	22	0	4
Fish - flounder	1 piece (cooked)	85	17	0	10
Fish – sardines	1 can	85	21	0	10
Eggs, boiled	1	50	6	1	5
Vegetables					
Broccoli	Half cup	36	2	4	0
Cauliflower	Half cup	54	1	2	0

Food	Measure	Weight (g)	Protein (g)	Carbs (g)	Fat (g)
Carrots raw	Half cup	64	0.5	6.5	0
Tomato	1	62	1	3	0
Pumpkin	Half cup	122	1	9	0
Potato (white cooked)	1 cup	242	4	37	3
Sweet potato (cooked)	1 cup	256	5	58	4
Chick peas /dried beans (cooked)	1 cup	240	12	54	1
Red lentils (cooked)	1 cup	198	18	40	1
Avocado	Half cup	75	1.5	5.5	11.5
Green beans	Half cup	83	1	6	0
Sweet corn	1 whole	77	3	19	1
Cabbage	1 cup	89	1	5	0
Celery	1 cup	150	1	5	0
Cassava	1 cup	206	3	78	1
Lettuce	1 cup	55	1	1	1
Spinach	Half cup	90	3	3	0
Capsicum	1 whole	148	1	7	0
Cucumber	1 whole	201	1	5	0
Egg plant	1 piece	50	1	6	0
Peas	Half cup	80	4	11	0
Okra	Half cup	92	2	5	0 (add for olive oil)
Zucchini	1 medium	196	0	7	0