

FOOD

Calories

Calorie for each 100g

Blueberries / 40 cals	Orange / 38 cals
Bread / 239 cals	Candy / 396 cals
Pear / 57 cals	Fish / 147 cals
Poultry / 165 cals	Beans / 58 cals
Carrot / 33 cals	Onion / 22 cals
Peas / 72 cals	Egg / 157 cals
Watermelon / 20 cals	Avocado / 208 cals
Lemon / 31 cals	Corn / 95 cals
Rice / 323 cals	Tomato / 19 cals
Pasta / 337 cals	Cherry / 49 cals
Cheese / 371 cals	Cabbage / 28 cals
Sunflower seeds / 578 cals	Olive oil / 899 cals
Strawberry / 41 cals	Apple / 49 cals
Meat / 187 cals	Milk / 58 cals

Food Values And Calorie Charts

SA Adler



Food Values And Calorie Charts:

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