

DAILY FOOD CALORIE CHART

Calories of Your Favorite Everyday Food

Breakfast	
Food	Calories
Egg Omelette	94 cal
Bagel	245 cal
Cereal	307 cal
Pancakes	64 cal
Milk (1% fat)	103 cal

Lunch	
Food	Calories
Chicken	335 cal
White Rice	206 cal
Sandwich	252 cal
Salad with Chicken	360 cal
Pork Tenderloin	122 cal

Note: The recommended daily calorie intake for men is 2,500, and for women is 2,000 calories.

Food Values Calories

Michael Hoelscher



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