

CALORIE CHART

foodspring®



Don't forget that calories can vary depending on the portion size you're eating and the way the food is prepared.

FRUITS

kcal per 100 g



Apples	52 kcal	Lychee	66 kcal
Apricot	43 kcal	Mango	62 kcal
Banana	88 kcal	Passionfruit	97 kcal
Blackberries	43 kcal	Peaches	41 kcal
Blood orange	45 kcal	Pears	55 kcal
Blueberries	35 kcal	Pineapple	55 kcal
Canary melon	54 kcal	Plums	47 kcal
Cherries	50 kcal	Pomegranate	74 kcal
Cranberries	46 kcal	Quince	38 kcal
Figs	107 kcal	Raspberries	36 kcal
Ginger	80 kcal	Rhubarb	21 kcal
Grapefruit	50 kcal	Rhosehip	162 kcal
Grapes	70 kcal	Strawberries	32 kcal
Kiwi	51 kcal	Tangerine	50 kcal
Lemon	35 kcal	Watermelon	30 kcal

VEGETABLES

kcal per 100 g



Artichoke	47 kcal	Kale	49 kcal
Arugula	25 kcal	Kohlrabi	27 kcal
Asparagus	18 kcal	Leek	31 kcal
Avocado	160 kcal	Mushrooms	22 kcal
Beets	43 kcal	Napa cabbage	13 kcal
Broccoli	35 kcal	Onion	40 kcal
Brussels sprouts	43 kcal	Peas	84 kcal
Carrot	36 kcal	Pepper	21 kcal
Cauliflower	25 kcal	Potato	86 kcal
Chard	19 kcal	Pumpkin	19 kcal
Chili pepper	40 kcal	Radish	16 kcal
Corn	108 kcal	Red cabbage	29 kcal
Cucumber	15 kcal	Spinach	23 kcal
Eggplant	24 kcal	Sweet potatoes	76 kcal
Fennel	31 kcal	Watercress	19 kcal
Green beans	25 kcal	Zucchini	20 kcal
Iceberg Lettuce	14 kcal		

MUNCH AWAY: With just 346 kcal per 100 g, our Crunchy Fruits pack a punch with a large serving of vitamins and minerals – the perfect alternative to snacks with added sugar.



<https://www.foodspring.co.uk/crunchy-fruits-dried-fruits>

MEAT
kcal per 100 g



Bacon	375 kcal	Lamb	111 kcal
Chicken breast	375 kcal	Pork	507 kcal
Filet mignon	375 kcal	Ribs	335 kcal
Filet of beef	75 kcal	Sausage	645 kcal
Ground beef	94 kcal	Veal	115 kcal
Ham	178 kcal		

FISH
kcal per 100 g



Fish sticks	105 kcal	Pollock	91 kcal
Herring	122 kcal	Salmon	208 kcal
Mackarel	201 kcal	Sardines	162 kcal
Octopus	61 kcal	Sole	75 kcal

DIARY AND MILK PRODUCTS
kcal per 100 g



Coconut milk	136 kcal	Milk	47 kcal
Cottage cheese	67 kcal	Mozzarella	330 kcal
Eggs	145 kcal	Plain yogurt	62 kcal
Goat cheese	207 kcal	Sour cream	292 kcal
Gruyère	392 kcal	Swiss cheese	382 kcal
Heavy cream	215 kcal		

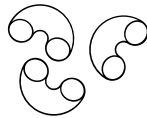
Do you want to cook healthy and with fresh produce? Then try our Fitness Recipes and add variety to your diet.



<https://www.foodspring.co.uk/fitness-recipes>

PASTA

kcal per 100 g



Farfalle, cooked	157 kcal	Lasagne sheets, cooked	131 kcal
Fusilli, cooked	153 kcal	Macaroni, cooked	178 kcal
Gnocchi, cooked	126 kcal	Spaghetti, cooked	122 kcal

ALCOHOL

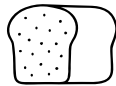
kcal pro 100 ml



Beer	80 kcal	Red wine	69 kcal
Champagne	70 kcal	White wine	68 kcal
Martini	125 kcal		

BREAD & WHOLE GRAIN PRODUCTS

Kalorienangabe pro 100 g



Baguette	280 kcal	Raisin bread	330 kcal
Brioche	386 kcal	Whole grain bread	230 kcal
Croissant	400 kcal	White bread	288 kcal
Chocolate croissant	435 kcal	Wraps	310 kcal

FAST FOOD

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Cheeseburger	250 kcal	Kebab	215 kcal
Chips	239 kcal	Nutella	47 kcal
French Fries	291 kcal	Pizza Margherita	199 kcal

Fill out the questionnaire in 3 minutes and find out your BMI and our product recommendations for you.

START BODY CHECK NOW

<https://www.foodspring.co.uk/body-check>