

PROTEINS - MEAT (RAW)					
Weight	Kcals	Protein	Fats	Carbs	Fibre
Lean Minced Beef					
Average Portion 150g	188	33	6.3	0	0
100g	125	22	4.2	0	0
Minced Beef					
Average Portion 150g	337	30	24	0	0
100g	225	19.7	16.2	0	0
Beef Rump Steak					
Average Portion 150g	187	33	6.2	0	0
100g	125	22	4.1	0	0
Beef Sirloin Steak					
Average Portion 150g	202	35	6.8	0	0
100g	134	23	4.5	0	0
Beef Stewing Steak					
Average Portion 150g	219	33	9.6	0	0
100g	146	22	6.4	0	0
Chicken Light Meat					
Average Portion 150g	159	35	1.7	0	0
100g	106	24	1.1	0	0
Chicken Dark Meat					
Average Portion 150g	163	31	4.2	0	0
100g	109	20.9	2.8	0	0
Lean Minced Lamb					
Average Portion 150g	234	29	13	0	0
100g	156	19.1	8.8	0	0
Minced Lamb					
Average Portion 150g	294	29	20	0	0
100g	196	19.1	13.3	0	0
Lamb Breast					
Average Portion 150g	431	24	37	0	0
100g	287	16	25	0	0
Lamb Neck					
Average Portion 150g	304	9	21	0	0
100g	203	19.4	13.9	0	0
Turkey Light Meat					
Average Portion 150g	157	37	1.2	0	0
100g	105	24.4	0.8	0	0
Turkey Dark Meat					
Average Portion 150g	156	31	3.8	0	0
100g	104	20.4	2.5	0	0
Pork Loin Steak					
Average Portion 150g	337	30	24	0	0
100g	225	19.9	16.1	0	0



Weight	Kcals	Protein	Fats	Carbs	Fibre
Pork Ribs					
Average Portion 150g	293	28	20	0	0
100g	195	18.7	13.4	0	0
Minced Pork					
Average Portion 150g	246	29	15	0	0
100g	164	19.2	9.7	0	0
Bacon					
Average Portion 105g	225	17	17	0	0
100g	215	16.5	16.5	0	0
Streaky Bacon					
Average Portion 80g	221	13	19	0	0
100g	276	15.8	23.6	0	0
Duck Breast (no skin)					
Average Portion 150g	206	30	9.8	0	0
100g	137	19.7	6.5	0	0
Duck Breast (with skin)					
Average Portion 140g	582	20	56	0	0
100g	388	13.1	37.3	0	0
Venison					
Average Portion 150g	155	33	2.4	0	0
100g	103	22.2	1.6	0	0
Pheasant					
Average Portion 150g	199.5	36.6	4.9	0	0
100g	144	24.4	3.3	0	0
Boar					
Average Portion 150g	174	32.2	4.9	0	0
100g	116	21.5	3.3	0	0

PROTEINS - FISH (RAW)

Weight	Kcals	Protein	Fats	Carbs	Fibre
Cod					
Average Portion 150g	113	26	0.9	0	0
100g	75	17.5	0.6	0	0
Cod (smoked)					
Average Portion 150g	118	27	0.9	0	0
100g	79	18.3	0.6	0	0
Haddock					
Average Portion 150g	112	27	0.6	0	0
100g	75	17.8	0.4	0	0
Hake					
Average Portion 150g	138	27	3.3	0	0
100g	92	18	2.2	0	0



Weight	Kcals	Protein	Fats	Carbs	Fibre
Halibut					
Average Portion 150g	155	32	2.9	0	0
100g	103	21.5	1.9	0	0
Monkfish					
Average Portion 150g	100	24	0.6	0	0
100g	66	15.7	0.4	0	0
Plaice					
Average Portion 150g	114	25	1.8	0	0
100g	76	16.4	1.2	0	0
Sole (lemon)					
Average Portion 150g	110	25	1.1	0	0
100g	73	16.7	0.7	0	0
Sole (dover)					
Average Portion 150g	133	27	2.7	0	0
100g	89	18.1	1.8	0	0
Wild Trout					
Average Portion 150g	173	31	5.4	0	0
100g	116	20.8	3.6	0	0
Wild Salmon					
Average Portion 150g	269	33	15	0	0
100g	179	22.1	10.1	0	0

PROTEINS - SEAFOOD (RAW)

Weight	Kcals	Protein	Fats	Carbs	Fibre
Lobster					
Average Portion 150g	115	25.5	1.5	0	0
100g	77	17	1	0	0
Mussels					
Average Portion 150g	111	18.1	2.7	0	0
100g	74	12.1	1.8	0	0
Oysters					
Average Portion 150g	99	16.2	1.9	0	0
100g	66	10.8	1.3	0	0
Prawns					
Average Portion 150g	115	26.4	1	0	0
100g	77	17.6	0.7	0	0
Scallops					
Average Portion 150g	132	42.5	2.5	0	0
100g	88	17	1	0	0
Squid					
Average Portion 150g	115	23.1	2.5	0	0
100g	77	15.4	1.7	0	0



PROTEINS - OTHER					
Weight	Kcals	Protein	Fats	Carbs	Fibre
Eggs					
Average Portion 2 eggs	150	14	10	0	0
100g	131	13	9	0	0
Duck Eggs					
Average Portion 2 eggs	245	21	18	0	0
100g	163	14	12	0	0
Collagen Powder					
Average Portion 30g	107	27.4	0	0	0
100g	358	91.6	0	0	0
Pea Protein					
Average Portion 30g	109	19.8	1.5	3	0
100g	366	66	5	10	0
Rice Protein					
Average Portion 30g	106	23.2	0	2.8	0
100g	354	77.4	0	9.6	0
Whey Protein Isolate					
Average Portion 30g	114	27	0	0	0
100g	379	90	1.5	1.4	0
Whey Protein Concentrate					
Average Portion 30g	121	24	2	1.8	0
100g	402	78	6.8	6.1	0
Chicken Broth					
Average Portion 250ml	157.5	6	4.25	0	0
100ml	63	2.4	1.7	0	0
Beef Broth					
Average Portion 250ml	277.5	19.5	8.75	0	0
100ml	111	7.8	3.5	0	0

STARCHY CARBOHYDRATES (RAW/DRIED)					
Weight	Kcals	Protein	Fats	Carbs	Fibre
Amaranth					
Average Portion 70g	72	9.5	4.9	41	4.7
100g	102	14	7	59	6.7
Beans (taken from red kidney)					
Average Portion 70g	206	15	1	28	11
100g	295	22	1.4	41	16
Buckwheat					
Average Portion 60g	217	4.9	0.9	46	2.2
100g	362	8.1	1.5	77	3.6



Weight	Kcals	Protein	Fats	Carbs	Fibre
Chickpeas					
Average Portion 70g	236	15	3.8	32	7.5
100g	338	21	5.4	46	11
Lentils (taken from red)					
Average Portion 70g	226	17	0.9	36	3.4
100g	323	24	1.3	52	4.9
Millet					
Average Portion 70g	242	8.1	2.7	45	2.2
100g	345	12	3.9	64	3.2
Quinoa					
Average Portion 60g	191	8.3	3	31	4.2
100g	319	14	5	51	7
Rice - Brown					
Average Portion 75g	266	7	2.3	53	2.5
100g	354	9.3	3.1	71	3.3
Rice - White					
Average Portion 75g	259	6.4	0	57	0.8
100g	345	8.5	0	76	1.4
Rye					
Average Portion 70g	254	7.2	1.1	48	11
100g	363	10	1.6	69	15

STARCHY VEGETABLES (RAW)

Weight	Kcals	Protein	Fats	Carbs	Fibre
Beetroot					
Average Portion 80g	36	1.4	0	5.8	1.8
100g	45	1.7	0	7.2	2.3
Carrots					
Average Portion 70g	30	0	0	5.3	2.7
100g	43	0	0	7.5	3.9
Parsnips					
Average Portion 120g	88	2.2	1.3	14	5.6
100g	73	1.8	1.1	12	4.7
Potatoes					
Average Portion 135g	114	2.6	0	24	2.7
100g	84	1.9	0	18	2
Sweet Potatoes					
Average Portion 82g	74	1	0	16	1.8
100g	91	1.2	0	20	2.2
Squash (butternut)					
Average Portion 80g	33	0.9	0	6.3	1.6
100g	41	1.1	0	7.9	2



Weight	Kcals	Protein	Fats	Carbs	Fibre
Turnips					
Average Portion 80g	24	0.7	0	3.8	1.9
100g	30.	0.9	0	3.7	2.4

Yams					
Average Portion 80g	94	1.3	0	21	2.5
100g	119	1.6	0	26	3.1

FRUIT

Weight	Kcals	Protein	Fats	Carbs	Fibre
Apple					
Average Portion 1 apple	99	1.1	0.9	20	2.1
100g	27	0.6	0.5	12	1.2

Apricot					
Average Portion 1 apricot	13	0	0	2.5	0.6
100g	36	1.5	0	12	3

Banana					
Average Portion 1 banana	108	1.4	0	24	1.7
100g	90	1.1	0	20	1.4

Blackberry					
Average Portion 16g	7	0	0	0.8	1.1
100g	43	1.1	0	6.1	7.9

Blueberry					
Average Portion 24g	11	0	0	2.2	0
100g	45	0.9	0	9.1	1.5

Cherry					
Average Portion 54g	30	0	0	6.2	0.9
100g	56	0.9	0	12	1.6

Coconut					
Average Portion 45g	170	1.7	16	1.6	5.5
100g	378	3.8	36	3.5	12

Date (dried)					
Average Portion 34g	100	1.1	0	23	1.4
100g	295	3.3	0	68	4

Grape					
Average Portion 54g	40	0	0	8.7	0.7
100g	74	0.6	0	16	1.3

Grapefruit					
Average Portion 1 fruit	95	2	0	17	4
100g	38	0.8	0	6.7	1.6

Kiwi					
Average Portion 60g	36	0.7	0	6.3	1.4
100g	59	1.1	0.5	11	2.3



Weight	Kcals	Protein	Fats	Carbs	Fibre
Lemon					
Average Portion 1 lemon	35	1.1	0	2.9	1.4
100g	27	0.8	0	2.2	1.1
Lime					
Average Portion 1 lime	13	0	0	0	0.5
100g	26	0.7	0	0.8	1.1
Lychee					
Average Portion 6 fruits	31	0	0	7	0
100g	64	0.9	0	14	0.7
Mango					
Average Portion 52g	35	0	0	7.1	1.5
100g	67	0.7	0	14	2.9
Melon (watermelon)					
Average Portion 250g	84	1.1	0.8	17	0
100g	33	0	0	6.9	0
Nectarine					
Average Portion 110g	53	1.5	0	9.6	2.2
100g	48	1.4	0	8.7	2
Orange					
Average Portion 128g	55	1	0	10	1.5
100g	43	0.8	0	8	1.2
Passionfruit					
Average Portion 1 fruit	17	0.8	0	1.7	1.5
100g	57	2.8	0	5.7	2.8
Peach					
Average Portion 1 peach	45	1.1	0	8.1	2.5
100g	41	1	0	7.4	2.3
Pear					
Average Portion 160g	83	0.5	0	17	4.3
100g	52	0	0	11	2.7
Persimmon					
Average Portion 1 fruit	24	0	0	5.1	1.2
100g	71	0.6	0	15	3.6
Plum					
Average Portion 85g	39	0	0	7.4	2
100g	46	0.6	0	8.7	2.3
Pineapple					
Average Portion 80g	40	0	0	7.9	1.5
100g	50	0	0	9.9	1.9
Raspberry					
Average Portion 53g	24	0.7	0	2.4	3.6
100g	46	1.4	0	4.6	6.7



Weight	Kcals	Protein	Fats	Carbs	Fibre
Satsuma					
Average Portion 1 fruit	29	0	0	5.6	0.9
100g	49	0.7	0	9.3	1.5
Strawberry					
Average Portion 78g	33	0	0	4.8	3
100g	42	0.6	0.5	6.1	3.8
Sultana					
Average Portion 18g	53	0	0	12	0
100g	300	2.7	0	69	2

NON STARCHY VEGETABLES (RAW)

Weight	Kcals	Protein	Fats	Carbs	Fibre
Artichokes					
Average Portion 80g	24	2.2	0	2.2	0.8
100g	29	2.8	0	2.7	1
Asparagus					
Average Portion 75g	24	2.2	0	1.5	1.3
100g	32	2.9	0.6	2	1.7
Aubergine					
Average Portion 80g	19	0.7	0	1.8	1.6
100g	24	0.9	0	2.2	2
Bamboo Shoots					
Average Portion 80g	22	1.2	0	0.6	5.3
100g	27	1.5	0	0.7	6.6
Bean Sprouts					
Average Portion 75g	29	2.2	0	2.8	1.1
100g	38	2.9	0.5	3.8	1.5
Bok Choy					
Average Portion 80g	14	0.8	0	1.1	1.2
100g	18	1	0	1.4	1.5
Broccoli					
Average Portion 85g	40	3.7	0.5	2.6	3.4
100g	47	4.3	0.6	3.1	4
Cabbage					
Average Portion 40g	15	0.7	0	1.8	1.4
100g	37	1.8	0	4.4	3.5
Cauliflower					
Average Portion 40g	15	1	0	1.8	0.7
100g	38	2.5	0	4.4	1.8
Celery					
Average Portion 80g	11	0	0	0.7	0.9
100g	13	0	0	0.9	1.1



Weight	Kcals	Protein	Fats	Carbs	Fibre
Courgette					
Average Portion 80g	21	1.4	0	1.4	1.6
100g	26	1.8	0	1.8	2
Cucumber					
Average Portion 40g	8	0	0	0	0
100g	19	1	0.6	1.2	0.7
Fennel					
Average Portion 80g	19	0.8	0	1.4	2.8
100g	23	0.9	0	1.9	3.5
Garlic					
Average Portion 3g	3	0	0	0	0
100g	109	7.9	0.6	15	4.4
Green Bean					
Average Portion 75g	26	1.5	0	2.3	2.6
100g	34	2.1	0	3	3.4
Kale					
Average Portion 60g	27	2.1	1	0.8	2.2
100g	45	3.4	1.6	1.4	3.7
Leek					
Average Portion 80g	24	1.3	0	2.3	1.8
100g	31	1.6	0.5	2.9	2.2
Mangetout					
Average Portion 80g	33	2.9	0	3.3	1.8
100g	41	3.6	0	4.1	2.3
Mushroom					
Average Portion 30g	5	0.8	0	0	0
100g	18	2.5	0	0	0.7
Okra					
Average Portion 85g	37	2.1	0.9	2.5	3.8
100g	43	2.5	1	2.9	4.5
Onion					
Average Portion 20g	9	0	0	1.6	0
100g	45	1	0	7.9	2.2
Pea					
Average Portion 60g	49	3.2	0	6	3.2
100g	82	5.3	0.7	10	5.3
Pepper (bell)					
Average Portion 80g	27	0.8	0	3.8	1.6
100g	34	1	0	4.8	2
Radicchio					
Average Portion 50g	14	0.7	0	1.8	0
100g	28	1.4	0	3.6	0.9



Weight	Kcals	Protein	Fats	Carbs	Fibre
Radish					
Average Portion 40g	6	0	0	0.8	0
100g	14	0.7	0	1.9	0.9
Runner Bean					
Average Portion 70g	19	1.1	0	2.2	1.4
100g	26	1.6	0	3.1	2
Spinach					
Average Portion 80g	15	2.1	0	0	0.8
100g	19	2.6	0	0.6	1
Tomato					
Average Portion 85g	75	0	0	2.6	0.9
100g	21	0	0	3	1

FATS

Weight	Kcals	Protein	Fats	Carbs	Fibre
Avocado					
Average Portion 70g	141	1.3	14	1.3	2.4
100g	201	1.9	20	1.9	3.4
Butter					
Average Portion 1 tsp	67	0	7.4	0	0
100g	749	0.6	82	0.6	0
Chia Seed					
Average Portion 20g	94	3.7	6.3	1.6	7.7
100g	469	18	31	7.8	39
Coconut Oil					
Average Portion 1 tsp	81	0	9	0	0
100g	903	0	100	0	0
Coconut Milk					
Average Portion 250ml	79	0.8	5	4.7	1.3
100ml	32	0	2	1.9	0.5
Coconut Yoghurt					
Average Portion 100g	219	2.5	21	3.9	0
100g	219	2.5	21	3.9	0
Feta Cheese					
Average Portion 30g	76	4.6	6.1	0	0
100g	253	15	20	1.4	0
Ghee					
Average Portion 5g	44	0	4.9	0	0
100g	883	0	98	0	0
Nuts - Almond					
Average Portion 10g	62	2.1	5.3	0.7	1.6
100g	620	21	53	7	16



Weight	Kcals	Protein	Fats	Carbs	Fibre
Nuts - Brazil					
Average Portion 25g	178	4.1	17	0.7	2
100g	711	16	68	2.9	8.1
Nuts - Cashew					
Average Portion 22g	131	4.6	11	3.7	1
100g	597	21	48	17	4.4
Nuts - Macadamia					
Average Portion 25g	191	2	19	1.1	1.3
100g	762	7.9	78	4.5	5.3
Nuts - Walnuts					
Average Portion 15g	107	2.6	10	0	0.9
100g	714	17	69	3.1	5.9
Nut Butter (peanut)					
Average Portion 1 tbsp	128	5.7	11	1.4	1.4
100g	640	29	53	7.2	7
Olives (green)					
Average Portion 15g	17	0	1.7	0	0.6
100g	114	0.9	11	0	4
Olive Oil					
Average Portion 1 tbsp	108	0	12	0	0
100ml	903	0	100	0	0
Yoghurt (plain, full fat)					
Average Portion 125g	104	7	3.8	9.5	0
100g	84	5.6	3	7.6	0

HERBS (DRIED)

Weight	Kcals	Protein	Fats	Carbs	Fibre
Basil					
Average Portion 2g	5	0	0	0.9	0
100g	266	14	4	43	0
Caraway					
Average Portion 2g	9	0	0	0.9	0.8
100g	468	29	15	45	38
Dill					
Average Portion 2g	6	0	0	0.8	0
100g	311	20	4.4	41	14
Fennel					
Average Portion 2g	6	0	0	0	0.8
100g	324	16	15	12	40
Garlic					
Average Portion 3g	3	0	0	0	0
100g	106	7.9	0.6	15	4.4



Weight	Kcals	Protein	Fats	Carbs	Fibre
Marjoram					
Average Portion 2g	6	0	0	0.9	0
100g	284	13	7	43	0
Mint					
Average Portion 2g	6	0	0	0.7	0
100g	279	25	4,6	35	0
Mustard Seed					
Average Portion 2g	8	0.6	0.6	0	0
100g	416	29	29	0	21
Oregano					
Average Portion 2g	5	0	0	0	0.9
100g	257	9	4.3	24	43
Parsley					
Average Portion 2g	5	0	0	0	0.9
100g	273	16	7	14	45
Rosemary					
Average Portion 2g	15	0	1.5	0	0
100g	755	0	77	15	0
Sage					
Average Portion 2g	6	0	0	0.8	0
100g	312	11	13	39	0
Thyme					
Average Portion 2g	7	0	0	0.9	0.7
100g	358	9.1	7.4	45	37
SPICES (DRIED)					
Weight	Kcals	Protein	Fats	Carbs	Fibre
Cayenne Pepper					
Average Portion 2g	7	0	0	0.6	0
100g	330	12	17	32	0
Chilli					
Average Portion 2g	6	0	0	0	0.7
100g	312	14	14	15	35
Cinnamon					
Average Portion 2g	5	0	0	0.5	1.1
100g	238	4	1.2	26	53
Coriander					
Average Portion 2g	7	0	0	0	0.8
100g	359	12	18	16	42
Cumin					
Average Portion 2g	8	0	0	0.6	0
100g	406	18	22	28	11



Weight	Kcals	Protein	Fats	Carbs	Fibre
Ginger					
Average Portion 2g	6	0	0	1.1	0
100g	313	7.4	3.3	56	14
Paprika					
Average Portion 2g	6	0	0	0	0.7
100g	316	14	13	18	35
Turmeric					
Average Portion 2g	8	0	0	1.3	0
100g	404	6.7	7	67	23

PROBIOTIC FOOD

Weight	Kcals	Protein	Fats	Carbs	Fibre
Kefir					
Average Portion 30g	17	1.8	0.6	1	0
100g	58	6.1	2	3.4	1
Kimchee					
Average Portion 40g	9	0	0	1	0.6
100g	22	1.1	0.5	2.4	1.6
Kombucha					
Average Portion 250ml	33	0	0	7.7	0
100ml	13	0	0	3.1	0
Probiotic Yoghurt					
Average Portion 65g	52	0.8	0.8	10	0
100g	80	1.2	1.3	16	0
Sauerkraut					
Average Portion 30g	4	0	0	0	0.7
100g	13	1.1	0	1.1	2.2



	Kcals	Protein	Fats	Carbs	Fibre
PROTEINS - MEAT (RAW)					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Turkey Light Meat 150g	157	37	1.2	0	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Bacon (streaky) 80g	221	13	19	0	0
PROTEINS - FISH (RAW)					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Wild Salmon 150g	269	33	15	0	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Monkfish 150g	100	24	0.6	0	0
PROTEINS - SEAFOOD (RAW)					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Scallops 150g	132	42.5	2.5	0	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Oysters 150g	99	16.2	1.9	0	0
PROTEINS - OTHER					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Collagen Powder 30g	107	27.4	0	0	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Eggs - 2 eggs	150	14	10	0	0
STARCHY CARBOHYDRATES					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Lentils (red) 70g	226	17	0.9	36	3.4
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Buckwheat 60g	217	4.9	0.9	46	2.2
STARCHY VEGETABLES					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Potatoes 135g	114	2.6	0	24	2.7
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Carrots 70g	30	0	0	5.3	2.7
FRUIT					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Coconut 45g	170	1.7	16	1.6	5.5
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Strawberry 78g	33	0	0	12	0
NON STARCHY VEGETABLES					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Broccoli 85g	40	3.7	0.5	2.6	3.4
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Celery 80g	11	0	0	0.7	0.9
FATS					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Plain yoghurt full fat 125g	104	7	3.8	9.5	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Butter 1 tsp	67	0	7.4	0	0



	Kcals	Protein	Fats	Carbs	Fibre
HERBS (DRIED)					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Mustard Seed 2g	8	0.6	0.6	0	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Mint 2g	6	0	0	0.7	0
SPICES (DRIED)					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Cumin 2g	8	0	0	0.6	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Turmeric 2g	8	0	0	1.3	0
PROBIOTIC FOOD					
HIGHEST PROTEIN CONTENT PER AVERAGE PORTION					
Kefir 30g	17	1.8	0.6	1	0
LOWEST PROTEIN CONTENT PER AVERAGE PORTION					
Kimchee 40g	9	0	0	1	0.6