

CALORIE COUNTER

Fruits	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Raspberries	15-16 fruit	60	2.7	15
Kiwi fruit	1 medium	30	3.1	14
Apricot, fresh	1	65	4.6	20
Plums	1 medium	55	4.8	19
Grapefruit, fresh	Half	80	5.4	24
Melon, Cantaloupe	Quarter	133	5.5	25
Satsuma/Clementine	1 medium	70	5.9	25
Strawberries	10 small	100	6	27
Melon, Honeydew	1 large slice	200	6.6	28
Vegetables	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Watercress, raw	Handful	20	0	4
Mushrooms, raw	5 medium	50	0.2	6
Spring Onion	One	10	0.3	2
Celery	2 Sticks	60	0.5	4
Bean-sprouts, raw	1 tbsp	20	0.8	6
Broccoli, boiled/steamed	3 florets	75	0.8	18
Spinach, raw	Large salad	50	0.8	12
Lettuce eg. Little Gem	Half	70	1.1	10
Turnip, boiled/steamed	Average serving	60	1.2	7
Swede, boiled	Average serving	60	1.3	6
Cucumber	Quarter	100	1.5	10
Asparagus, boiled/steamed	5 spears	125	1.7	32
Cauliflower, boiled	Average serving	90	1.8	25
Cherry Tomato	4 tomatoes	60	1.8	10
Mange-tout, boiled/steamed	Average serving	95	2	15
Tomato, raw	1 medium	85	2.6	14
Leeks, steamed	1 medium	140	3.6	29
Onion, raw	1 small	60	4.7	21
Pepper, raw	Half pepper	80	5.1	25
Carrot, raw	1 medium	90	7.1	31

Dairy Foods & Cream	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Cheddar cheese	Small piece	30	0	124
Reduced fat cheddar cheese	Small piece	30	0	91
Blue cheese	Small piece	30	0	143
Grated parmesan cheese	1 tbsp	10	0	41
Goats cheese	Small piece	35	0.1	102
Brie	Small piece	30	0.3	88
Buffalo Mozzarella	Half round	67	0.4	174
Low fat quark	1 rounded tbsp	30	1	21
Low fat soft cheese	On bread	30	1.1	32
Reduced fat cottage cheese	Heaped tbsp	40	1.3	31
Single cream	1 tbsp	15	0.3	28
Double cream	1 tbsp	30	0.5	148
Half fat sour cream	1 rounded tbsp	35	1.9	42
Whipping cream	1 tbsp	30	1.8	114
Crème fraiche	1 rounded tbsp	35	0.8	132
Half fat crème fraiche	1 rounded tbsp	35	1.5	56
Fromage frais, plain 0.1% fat	1 heaped tbsp	50	2.1	50
Cows milk Greek yogurt	Medium pot	170	3.4	195
Plain soya yogurt	Small pot	125	3.7	67
Virtually fat free probiotic drink	One bottle	100	3.6	27
Skimmed milk	1/4 pint	142 ml	6.2	45
Whole milk	1/4 pint	142 ml	6.3	93
1% fat milk	1/4 pint	142 ml	6.5	56
Semi skimmed milk	1/4 pint	142 ml	6.6	65

Spreads, Oils & Dressings	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Any oil - olive, sunflower, rapeseed	1 tbsp	15 ml	0	98
Any oil - olive, sunflower, rapeseed	1 tsp	5 ml	0	26
Mayonnaise, full fat	1 rounded tbsp	45	0.5	241
French Dressing, fat free	2 tbsp	30 ml	2.9	11
Caesar dressing, low (<3%) fat	2 tbsp	30 ml	3.7	24
Mayonnaise, reduced fat	1 rounded tbsp	45	4.5	82
Mayonnaise, less than 3% fat	1 rounded tbsp	45	5.3	33
Meat, Poultry & Alternatives	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Beef, mince, lean <10% fat, raw	Average	100	0	174
Beef, mince, lean <5% fat, raw	Average	100	0	124
Beef, rump steak, lean grilled	Average 6 oz	144	0	254
Beef, fillet steak, lean, grilled	Average 6 oz	144	0	270
Chicken breast, no skin, grilled	One small	130	0	192
Lamb chop, loin, lean grilled	1 small	70	0	155
Pork, diced, lean, raw	Average	100	0	122
Pork chop, lean, grilled	Small serving	120	0	271
Chicken thigh, no skin, raw	1 medium	130	0.1	175
Ham, extra lean, thinly sliced	2 slices	25	0.5	23
Quorn, mince/pieces, raw	Quarter pack	75	1.4	69
Burger, beef, grilled, birds eye	One small	-	1.5	110
Fish	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Cod Fillet	One fillet	120	0	99
Haddock, smoked	One fillet	120	0	121
Prawns, shelled	Average portion	100	0	99
Tuna, fillet, raw	One slice	120	0	163
Tuna, canned in water, drained	Half can	65	0	74
Salmon fillet	One fillet	133	0.6	285
Sardines, canned in tomato	Half can	50	1.5	162



Eggs	Description	Portion (g)	Carbohydrate (g)	Energy (kcal)
Boiled/poached egg	Large	70	0	100
Boiled/poached egg	Medium	60	0	85
Scrambled egg, homemade	1 egg mix	80	0.8	136
Scrambled egg, homemade	2 egg mix	155	1.7	240
Sauces/Condiments		Maximum Allowed		
Vinegar - malt, cider, balsamic		1 tsp per day		
Fish sauce		Unlimited		
Tabasco or hot pepper sauce		Unlimited		
Worcestershire sauce		2 tsps per day		
Soya sauce		2 tsps per day		
Wasabi paste		2 tsps per day		
Mustard		2 tsps per day		
Herbs and spices		Unlimited		
Garlic, ginger and chill		Unlimited		
Exante Diet syrup		3 tsps		
Drinks		Quantity		
Coffee (no milk on Total Solution & Total Solution+)		Unlimited		
Tea (no milk on Total Solution & Total Solution+)		Unlimited		
Coke Zero, Dr Pepper Zero		330 mls per day		
Exante Drink Mix		4 tsp per day		
Stock cube/bouillon		1 cube per day		
Bovril or Marmite		1 tsp per day		