

PERSONAL CHART FOR CALORIES

FOR YOUR CONVICIENCE, THIS COMPREHENSIVE CALORIE CHART LISTS A VARIETY OF ITEMS UNDER DIFFERENT FOOD STUFF HEADINGS. THE APPROXIMATE CALORIES PER ITEM HAS BEEN CALCULATED PER 100 GMS.

LEAFY VEGETABLES

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
CABBAGE	25
CAULIFLOWER GREENS	65
CORIANDER LEAVES	45
CURRY LEAVES	110
DRUMSTICK LEAVES	90
FENUGREEK LEAVES	50
LETTUCE	20
MINT(PUDINA)	50
RADISH LEAVES	30
SPINACH(PALAK)	25

VEGETABLES

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
ASH GOURD(PETHA)	10
BITTER GOURD(KARELA)	25
BOTTLE GOURD(DODHI)	10
BRINJAL(BAIGAN)	25
BROAD BEANS	50
CAULIFLOWER	30
CLUSTER BEANS(GAWAR)	15
CUCUMBER	15
DRUMSTICK	25
FRENCH BEANS(PHALE)	25
GREEN PEAS(MATTAR)	95
JACKFRUIT SEEDS	135
LADIES FINGER(BHINDI)	35
MANGO(GREEN)	45
PAPAYA(GREEN)	30
PUMPKIN FRUIT	25
SIMLA MIRCHI(CAPSICUM)	25
TOMATO	20

ROOTS AND TUBERS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
BETROOT	45
CARROT	50
ONION(BIG)	50
POTATO	100
RADISH(PINK)	30
RADISH(WHITE)	20
SWEET POTATO	120
TURNIP(SHALGAM)	30
YAM(SURAN)	110

PULSES AND LEGUMES

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
CHANNA DAL	370
WHOLE MOONG	335
MOONG DAL	350
MASOOR DAL	345
PEAS(DRY)	315
PEAS(ROASTED)	340
RAJMAH	345
RED GRAM DAL(TUR)	335
SOYA BEANS	430

FRUITS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
AMLA	60
APPLE	60
APRICOT(FRESH)	55
APRICOT(DRY)	305
BANANA	115
CHERRIES(RED)	65
CHICKOO	100
CURRANTS(BLACK)	315
DATES(DRIED)	315
DATES(FRESH)	145
FIGS	35
GRAPES	70
GUAVA	50
JACKFRUIT	90
LEMON	55
LICHEE	60
SWEET LIME	35
MANGO	75
WATERMELON	15
ORANGE	50
PAPAYA	30
PEACH	50
PINEAPPLE	70
RASPBERRY	55
STRAWBERRY	45
CUSTARD APPLE	105

CEREALS AND CEREAL PRODUCTS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
BAJRA	360
BARLEY	335
JOWAR	350
MAIZE(DRY)	340
MAIZE(TENDER)	125
RICE(PARBOILED)	350
RICEFLAKES(POHA)	345
RICE PUFFED(MURMURA)	325
WHEAT FLOUR(WHOLE)	340
WHEAT FLOUR(REFINED)	350
RAWA	350
WHEAT VERMICELLI	350
WHEAT BREAD(BROWN)	245
WHEAT BREAD(WHITE)	245
SAGO(SABUDANA)	350

SUGARS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
SUGARCANE	400
HONEY	320
JAGGERY	385
WHITE SUGAR	400

NUTS AND OIL SEEDS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
ALMOND	655
CASHEWNUT	595
COCONUT (DRY)	660
COCONUT (FRESH)	445
COCONUT(TENDER)	40
COCONUT MILK	430
COCONUT WATER	25
GROUND NUTS	565
GROUND NUTS(ROASTED)	570
WALNUT	690

MEAT AND POULTRY

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
BEEF	115
BUFFALO	85
DUCK	130
EGG(DUCK)	180
EGG(HEN)	175
CHICKEN	110
GOAT MEAT,LEAN	120
MUTTON WITH FAT	195
PORK MEAT	115

MILK AND MILK PRODUCTS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
MILK (BUFFALO)	115
MILK (COW)	65
MILK (GOAT)	70
CURDS	60
SKIMMED MILK(LIQUID)	30
PANEER	265
CHEESE	350
THICKENED MILK	410
SKIMMED MILK POWDER	360
WHOLE MILK POWDER	495

FATS AND OILS

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
BUTTER	730
GHEE	900
HYDROGENATED OIL	900
COOKING OIL (SUNFLOWER, SAFOLLA, GROUNDNUT OIL ETC.)	900

SEA FOOD

FOOD STUFF	APPROX. CALS (PER 100 GMS OF EDIBLE PORTION)
BOMBAY DUCK	295
CRAB	170
GHOL	80
HERRING,INDIAN	120
LOBSTER	90
MACKERAL	95
POMFRET, BLACK	110
POMFRET, WHITE	90
PRAWN	90
RAWAS	110
SARDINE	100
SHRIMP, SMALL, DRIED	350
SURMAI, FRESH	90

ALCOHOLIC BEVERAGES

BEVERAGE	AVERAGE PORTION	ML	APPROXIMATE CALORIES
BEER	1 GLASS	240	100
BRANDY	1 OZ	30	75
GIN	1 MEASURE	43	105
VODKA	1 MEASURE	43	105
RUM	1 MEASURE	43	105
WHISKY, SCOTCH	1 MEASURE	43	120
SHERRY	1 MEASURE	100	125
WINE	1 GLASS	120	85

THE " NO-NO" FOODS AND THE "OH YES" FOODS

THE CALORIE CHART CAN MAKE YOU VERY KNOWLEDGEABLE ABOUT WHICH FOODS ARE A NO-NO AND WHICH ONES YOU CAN HAPPILY SAY "YES" TO. BUT HERE, LETS GET QUICKLY ACQUAINTED WITH HIGH FAT FOOD, HERE'S A BROAD VIEW OF WHAT HIGH FAT FOOD YOU SHOULD AVOID AS FAR AS POSSIBLE WHILE SLIMMING

HIGH FAT FOODS

1. AVOID FATTY MEATS, ESPECIALLY ORGANS LIKE LIVER AND BRAIN
2. IN SEA FOOD, AVOID SHRIMPS.
3. IN EGGS, AVOID THE YOLK.
4. ALL WHOLE MILK AND WHOLE MILK PRODUCTS---- LIKE CURDS, COTTAGE CHEESE (PANEER), CREAM, ICE CREAM
5. CAKE AND PASTRIES
6. ALL FOOD MADE WITH BUTTER, CREAM, OIL. IN OTHER WORDS, ALL DEEP FRIED FOOD

SAY "NO" TO

HERE ARE SOME OF THE TEMPTING DAY- TO- DAY FOODS THAT WE POP INTO OUR MOUTH WITHOUT GIVING A THOUGHT TO THE CALORIES THEY CONTAIN.

SWEETS	APPROX. QUANTITY	APPROX. CALORIES
DUDHI HALWA	1 SMALL BOWL	300 CALS
CARROT HALWA	1 SMALL BOWL	300 CALS
GULAB JAMUN	2 SMALL ONES	200 CALS
ROSOGOLLA	2 SMALL ONES	150 CALS
CHIKKI	1 PIECE	200 CALS
ICE CREAM	1 SMALL CUP	220 CALS
KULFI	1 SMALL PIECE	200 CALS
SHRIKAND	1 SMALL CUP	350 CALS
JALEBI	2 TINY ONES	150 CALS
SPONGE CAKE	1 SMALL SLICE	200 CALS
CHOCOLATE CAKE	1 SMALL SLICE	250 CALS

ALSO AVOID ALL BISCUITS. 1 GLUCOSE BISCUIT = 35 CALS; 1 MARIE BISCUIT=25 CALS

A THOUGHT FOR THE SLIMMER:

ISN'T IT BETTER TO EAT FRUITS INSTEAD OF THESE HIGH-CALORIE SWEETS? FRUITS ARE FULL OF NUTRIENTS, THEY'RE HEALTHY AND THEY'RE FIBROUS. ON THE OTHER HAND, SWEETS ARE EMPTY CALORIES, CONTAINING JUST SUGAR AND NO FIBRE. AND THEY CAN LEAD YOU TO DIABETES WITH DIRE CONSEQUENCES.

AND NOW, A GLANCE AT SOME MOUTH- WATERING SNACKS, OF WHICH THE HIGH-CALORIE ONES SHOULD BE AVOIDED AS FAR AS POSSIBLE:

SNACKS	APPROX. QUANTITY	APPROX. CALORIES
BATATA(POTATO) WADA	1 PIECE	150 CALS
PATTICE	1 PIECE	150 CALS
POTATA POHA	1 SMALL CUP	150 CALS
SAMOSAS	1 PIECE	150 CALS
CUTLET	1 PIECE	150 CALS
ALU TIKKI	1 PIECE	100 CALS
DAHI VADA	2 PIECES	180 CALS
DOSA	1 SMALL CUP	120 CALS
MASALA DOSA	1	175 CALS
IDLI	2 SMALL	200 CALS
ROASTED PAPAD	1 SMALL	40 CALS
FISH FINGERS	3 SMALL PIECES	170 CALS
FRENCH FRIES	100 GMS	300 CALS
POTATO CHIPS	100 GMS	550 CALS
MILK CHOCOLATE	100 GMS	520 CALS
CHEESE PIZA	100 GMS (1 PIECE)	250 CALS

SOME OF THE HIGH CALORIE SOFT DRINKS ARE: THUMS UP, GOLD SPOT AND LIMCA.THEY VARY BETWEEN 80 AND 90 CALORIES. NUTS: THOUGH PROTIEIN-RICH, THEY SHOULD BE AVOIDED IN A SLIMMING DIET BECAUSE THEY ARE ALSO VERY HIGH IN CALORIES,

GUIDE ON HOW TO CHOOSE YOUR BASIC FOODS WHILE ON A SLIMMING DIET:

1. CHOOSE WHOLE WHEAT CHAPPATIS, BREAD, CEREALS AND UNPOLISHED RICE.
2. BE VERY GENEROUS WITH FRUITS AND VEGETABLES. THEY ARE YOUR REAL FRIENDS
3. BE MODERATE WITH LEAN MEAT, FISH, EGGS, NUTS, AND LENTILS.
4. OPT FOR LOW FAT MILK, YOGURT(CURDS), CHEESE AND PANEER.
5. SAY BIG "NO" TO FATS, OILS, SUGARS, DESSERTS, PASTRIES, CAKES, SOFT DRINKS AND ALCOHOL
6. USE ONLY A MINIMUM SPRINKLING OF SALT WITH YOUR FOOD.