

## Food Group Serves

Food energy is measured in kiloCalories (kCal) or kilojoules (kJ). Kilojoules are the metric version of kiloCalories (like kilometres are to miles when measuring distance). The conversion equation is as follows: **1 kiloCalorie  $\approx$  4.2 kilojoules (kJ)**

Food energy is contained in four nutrients: protein, carbohydrate, fat and alcohol. Per the table below, these nutrients provide different amounts of energy per gram:

NUTRIENT	CALORIES PER GRAM	KILOJULES PER GRAM
Carbohydrate	4	16
Protein	4	17
Alcohol	7	29
Fat	9	37

The amount of energy in a serve of food therefore depends on the proportion of each of these nutrients it contains. Please find below some common foods, their nutritional serve size and relative energy density:

FOOD GROUP	FOOD TYPE	SERVE SIZE	APPROX. CALORIES
Meat	Lean ham	30g (cooked)	50
	Beef (fat trimmed)	30g (cooked)	55
	Chicken breast (skin removed)	30g (cooked)	55
	Salmon	50g (canned)	65
		50g (smoked)	80
	Sardines	50g (canned)	95
	All fresh and frozen fish	50g (cooked)	55
	Seafood (crab, scallops etc)	50g (cooked)	55
	Oysters	50g (5 medium)	55
Meat Alternatives	Eggs (large, 60g)	1	70
	Tofu (firm)	100g (raw)	95
	Legumes	$\frac{3}{4}$ cup	140
	Nuts/seeds	30g	150
	Soy meat products	100g (raw)	200
Non-Starchy Vegetables	All types (excluding "Starchy Vegetables" listed below)	1 cup (raw)	25-40
Starchy Vegetables	Potato	200g mashed or 1 large	120-130
	Sweet potato, kumara or yam	200g (cooked)	150
	Sweet corn	1 large cob (130g)	130-140
Fruit	Apple, orange, pear	1 medium sized fruit	60-80
	Banana	$\frac{1}{2}$ large or 1 small	70-100
	Berries	150g or 1-2 cups	70
	Dried fruits	1-2 Tbsp.	70
	Passionfruit	200g pulp	70
	Stone fruits	1 large or 2 small	70
	Melons	200g	70
	Cherries	15	70

Dairy	Milk (skim)	1 cup (250mL)	90-110
	Milk (low fat)	1 cup (250mL)	110-140
	Milk (full cream)	1 cup (250mL)	170
	Yoghurt (low fat, natural)	150-200g	60-120
	Yoghurt (low fat, fruit)	100-150g	100-150
	Yoghurt (full cream, Greek style, plain)	100-150g	90-130
	Cheese (low fat)	40g	85
	Cheese (full fat)	40g	170
	Feta (reduced fat)	30g	70
Cottage / ricotta (reduced fat)	4 Tbsp.	60-70	
Dairy Alternatives	Soy milk	1 cup (250mL)	100
	Nut milk	1 cup (250mL)	40-50
	Rice milk	1 cup (250mL)	125
	Sardines	100g (canned)	130
	Salmon	100g (canned)	130
Breads, Cereals & Starches	Breakfast cereal (flakes)	¾ cup	130-140
	Oats (raw, rolled)	1/3 cup	130
	Muesli (untoasted)	¾ cup	100
	Weet-bix	2 biscuits	120
	Pasta	¾ cup (cooked)	180
	Rice	½ cup (cooked)	130
	Legumes	¾ cup	140
	Bread (grained)	2 slices (75g)	200
	Bread roll (grained)	1 roll (65g)	160
	Bagel (white)	1 medium (55g)	150
	Wrap (Wholegrain)	1 small	100
	Vita-Weats (9 grain)	4 traditional sized crispbreads	95
	Ryvitas (original)	2 crispbreads	70
	Corn thins / Rice cakes	4 plain cakes	90-100
Crackers (whole-wheat)	6 to 9 small crackers	70-100	
Fats & Oils	Avocado	1 Tbsp. mashed (20g)	40
	Olives	10 medium (black, un-pitted)	40
	Nuts & Seeds	14 almonds (raw)	100
		10 cashews (raw)	90
		7-10 walnuts halves (raw)	100
		2 tsp. seeds (10g)	50-60
		1 Tbsp. 100% nut butter (20g)	130
	Oil	1 tsp (5mL)	60
	Margarine	2 tsp (10g)	60
	Mayonnaise (100%)	1 Tbsp. (25g)	170
Salad dressings	1 Tbsp. (20mL)	70	
Beverages (non-alcoholic)	Soft drink (sugar sweetened)	1 cup (250mL)	100
	Soft drink (diet varieties)	1 can (375mL)	2
	100% fruit juice	1 small glass (160mL)	70
	Hot chocolate	1 cup (200mL)	190
	Chai Latte	1 regular container (300mL)	300
	Regular cappuccino	1 small container (220mL)	120
	Skinny cappuccino	1 small container (220mL)	70
	Piccolo	4 ounce cup	40
Alcoholic beverages	Dry white wine (12% alc.)	1 small glass (120mL)	80
	Sparkling wine (11% alc.)	1 small glass (120mL)	80
	White, sweet (11% alc.)	1 small glass (120mL)	120
	Red wine (12% alc.)	1 small glass (120mL)	80
	Spirit, white (40% alc.)	1 nip (30mL)	70
	Spirit, coloured (40% alc.)	1 nip (30mL)	70
	Liqueur (15-20% alc.)	1 nip (30mL)	60-70