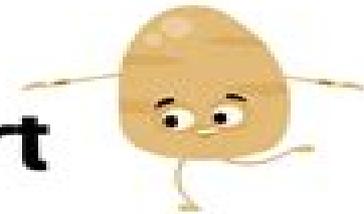


Food Calorie Chart



| Breads & Cereals | Portion size* | per 100grams <small>(3.5oz)</small> | Energy Content |
|----------------------------|-----------------------------|--|----------------|
| Bagel (1 average) | 140 cals (45g) | 310 cals | Medium |
| Biscuit digestives | 86 cals (per biscuit) | 480 cals | High |
| Jaffa cake | 48 cals (per biscuit) | 370 cals | Med-High |
| Bread white (thick slice) | 96 cals (1 slice 40g) | 240 cals | Medium |
| Bread wholemeal (thick) | 88 cals (1 slice 40g) | 220 cals | Low-med |
| Chapati | 250 cals | 300 cals | Medium |
| Cornflakes | 130 cals (35g) | 370 cals | Med-High |
| Crackerbread | 17 cals per slice | 325 cals | Low Calorie |
| Cream crackers | 35 cals (per cracker) | 440 cals | Low / portion |
| Crumpets | 93 cals (per crumpet) | 198 cals | Low-Med |
| Flapjacks basic fruit mix | 320 cals | 500 cals | High |
| Macaroni (boiled) | 238 cals (250g) | 95 cals | Low calorie |
| Muesli | 195 cals (50g) | 390 cals | Med-high |
| Naan bread (normal) | 300 cals (small plate size) | 320 cals | Medium |
| Noodles (boiled) | 175 cals (250g) | 70 cals | Low calorie |
| Pasta (normal) | 330 cals (300g) | 110 cals | Low calorie |
| Pasta (wholemeal boiled) | 315 cals (300g) | 105 cals | Low calorie |
| Porridge oats (with water) | 193 cals (350g) | 55 cals | Low calorie |
| Potatoes** (boiled) | 210 cals (300g) | 70 cals | Low calorie |
| Potatoes** (roast) | 420 cals (300g) | 140 cals | Medium |

Food Values And Calorie Charts

Christian G. Meyer



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Table of Contents Food Values And Calorie Charts

1. Understanding the eBook Food Values And Calorie Charts
 - The Rise of Digital Reading Food Values And Calorie Charts
 - Advantages of eBooks Over Traditional Books
2. Identifying Food Values And Calorie Charts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food Values And Calorie Charts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food Values And Calorie Charts

- Personalized Recommendations
 - Food Values And Calorie Charts User Reviews and Ratings
 - Food Values And Calorie Charts and Bestseller Lists
5. Accessing Food Values And Calorie Charts Free and Paid eBooks
 - Food Values And Calorie Charts Public Domain eBooks
 - Food Values And Calorie Charts eBook Subscription Services
 - Food Values And Calorie Charts Budget-Friendly Options
 6. Navigating Food Values And Calorie Charts eBook Formats
 - ePub, PDF, MOBI, and More
 - Food Values And Calorie Charts Compatibility with Devices
 - Food Values And Calorie Charts Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food Values And Calorie Charts
 - Highlighting and Note-Taking Food Values And Calorie Charts
 - Interactive Elements Food Values And Calorie Charts
 8. Staying Engaged with Food Values And Calorie Charts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food Values And Calorie Charts
 9. Balancing eBooks and Physical Books Food Values And Calorie Charts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food Values And Calorie Charts
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Food Values And Calorie Charts
 - Setting Reading Goals Food Values And Calorie Charts
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Food Values And Calorie Charts

- Fact-Checking eBook Content of Food Values And Calorie Charts
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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