

<u>Meat</u>	<u>Type</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Carbohydrate</u>
Beef	Mince -Extra Lean 5% fat	171	26.3	6.5	trace
Beef	Mince - Lean 10% fat	217	26.1	11.7	trace
Beef	Mince - 20% fat	271	25.7	17.8	trace
Turkey	Mince	235	27.3	13.1	trace
Lamb	Mince	283	24.7	19.6	trace
Pork	Mince	297	25.7	20.7	trace
Beef	Sirloin Steak - fat trimmed	177	31	5	trace
Beef	Rump Steak - fat trimmed	125	22	4	trace
Beef	Fillet Steak	150	21	7.3	trace
Beef	Ribeye Steak	274	18	22	trace
Beef	Braising Steak	225	34	10	trace
Beef	Stewing steak	122	22	4	trace
Beef	Lean Roast Joint	188	30	8	trace
Beef	Roast Joint	280	27	17	trace
Pork	Chop - fat removed	148	18	8	trace
Pork	Loin - Fat removed	163	26	6	trace
Pork	Fillet	143	26	4	trace
Pork	Belly	518	10	50	trace
Pork	Roasting joint	250	27	15	trace
Pork	Gammon Steak - fat removed	138	22	6	trace
Pork	Back Bacon	245	16	20	trace
Pork	Ham	205	22	10	trace
Lamb	Chops - fat trimmed	208	18	14	trace
Lamb	Leg Steak	135	21	5	trace
Lamb	Loin	195	25	9.8	trace
Lamb	Roasted Leg	205	28	9.4	trace
Lamb	Shank	180	27	8	trace
Lamb	Shoulder	172	23	10	trace
Chicken	Breast - Skinless	150	26	3	trace
Chicken	Thigh - skinless boneless	110	18	4	trace
Chicken	Drumstick - with skin	110	18	4	trace
Chicken	Wings - bone removed	211	20	13	trace
Dairy	eggs (1 large)	80	7	6	trace
Dairy	Milk (100ml) Whole	64	3.2	3.2	5
Dairy	Milk (100ml) Semi	49	3.4	1.7	5
Dairy	Milk (100ml) Skimmed	39	3.4	0.4	5.5
Dairy	butter	717	1	81	trace
Dairy	Cheddar cheese	403	25	34	1
Dairy	Brie	334	20	29	trace
Dairy	Mozarella	318	22	25	2

Dairy	Edam	357	25	28	1
Dairy	Goats Cheese	364	22	30	3
Dairy	Greek Yoghurt	83	7	5	3
Dairy	Natural yoghurt	75	5	1.2	10
Seafood	White fish (generic)	265	38	12	trace
Seafood	Salmon	206	22	12	trace
Seafood	Tuna	140	25	1.5	trace
Seafood	Prawns	80	18	1	trace
Seafood	Mussels (meat only)	155	20	4	7
Seafood	Scallops (meat only)	100	19	1	3
Seafood	Mackerel fillets	293	20	24	trace
Seafood	Sardines (tinned)	145	16	8.2	2.7
Nuts	Cashews	553	18	44	30
Nuts	Almonds	575	21	49	21
Nuts	Walnuts	654	15	65	13
Nuts	Brazils	656	14	66	12
Nuts	Pistachio	557	20	44	27
Nuts	Hazel	628	15	60	16
Nuts	Macadamia	718	8	75	13
Nuts	Pecan	691	9	72	14
Legumes	Peanut	567	25	49	16