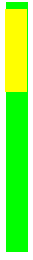


# Sensible portions for Cereal and Grains

Eating Healthily is essential for a good start in life, and to continue your life in a great way. This report will help you, the reader, be able to choose the right portions of Cereal and Grains for your meal, while making sure that you are not having an excessive amount of calories or fat. I hope this will be very helpful, ENJOY

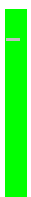
| Food Item           | Unit  | Quantity | Fat (g) | Calories |
|---------------------|-------|----------|---------|----------|
| Iced Bun            | g     | 65       | 5       | 192      |
| Hot Cross Bun       | g     | 50       | 3.5     | 155      |
| Angel Cake          | slice | 1        | 0.5     | 181      |
| Apple Cake          | slice | 1        | 10      | 252      |
| Banana Cake         | g     | 100      | 16      | 428      |
| Battenburg Cake     | g     | 100      | 17.5    | 370      |
| Carrot Cake         | g     | 100      | 23      | 402      |
| Christmas Cake      | g     | 60       | 6       | 193      |
| Chocolate Éclair    | g     | 70       | 18      | 264      |
| Fruit Cake          | g     | 70       | 7.7     | 239      |
| Madeira Cake        | g     | 40       | 6.8     | 157      |
| Marble Cake         | g     | 100      | 13.5    | 374      |
| Sponge Cake         | g     | 60       | 15.4    | 275      |
| Swiss Roll          | g     | 35       | 2.5     | 114      |
| Branflakes          | g     | 30       | 0.6     | 95       |
| Coco Pops           | g     | 30       | 0.3     | 115      |
| Cornflakes          | g     | 30       | 0.2     | 108      |
| Rice Crispies       | g     | 30       | 0.2     | 111      |
| Fruit & Fibre       | g     | 30       | 1.4     | 105      |
| Grapenuts           | g     | 30       | 1       | 113      |
| Honeynut Cornflakes | g     | 30       | 1.5     | 119      |
| Sugar Puffs         | g     | 30       | 0.6     | 116      |
| Instant Oats        | g     | 36       | 2.8     | 134      |





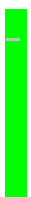
| <b>Food Item</b>           | <b>Unit</b> | <b>Quantity</b> | <b>Fat (g)</b> | <b>Calories</b> |
|----------------------------|-------------|-----------------|----------------|-----------------|
| Muesli                     | g           | 50              | 3              | 182             |
| Muesli Flakes              | g           | 30              | 3              | 115             |
| Oat Bran                   | g           | 45              | 2.5            | 170             |
| Porridge, water            | g           | 200             | 2.2            | 98              |
| Porridge, whole milk       | g           | 200             | 10.2           | 232             |
| Weetabix                   | g           | 45              | 0.7            | 149             |
| Frosties                   | g           | 30              | 0.2            | 113             |
| White Bread, sliced        | slice       | 1               | 1              | 66              |
| Shredded Wheat             | g           | 20              | 0.5            | 70              |
| Couscous                   | g           | 100             | 0              | 112             |
| Crepe                      | g           | 20              | 2.5            | 65              |
| Croutons                   | g           | 15              | 1              | 61              |
| Danish Pastry              | g           | 100             | 17             | 307             |
| Apple Pie                  | g           | 100             | 8.5            | 198             |
| Apple Crumble              | g           | 100             | 8              | 250             |
| Apple Strudel              | g           | 100             | 11             | 273             |
| Lemon Meringue Pie         | g           | 75              | 12.5           | 238             |
| Pecan Pie                  | g           | 115             | 21             | 450             |
| Profiteroles               | g           | 55              | 9              | 130             |
| Bread & Butter Pudding     | g           | 100             | 10             | 299             |
| Chocolate Pudding          | g           | 100             | 4              | 217             |
| Rice Pudding               | g           | 150             | 3.8            | 135             |
| Flour, white, plain        | g           | 100             | 1.3            | 341             |
| Barley, cooked             | g           | 180             | 1.5            | 190             |
| Flour, white, self-raising | g           | 100             | 1.2            | 330             |
| Flour, wholemeal, plain    | g           | 100             | 2.2            | 310             |
| Gnocchi                    | g           | 150             | 12             | 213             |





| <b>Food Item</b>             | <b>Unit</b> | <b>Quantity</b> | <b>Fat (g)</b> | <b>Calories</b> |
|------------------------------|-------------|-----------------|----------------|-----------------|
| Macaroni Cheese              | g           | 150             | 16.2           | 267             |
| Muffin                       | g           | 60              | 7              | 213             |
| Egg Noodles                  | g           | 100             | 0.5            | 62              |
| Rice Noodles                 | g           | 100             | 0.5            | 99              |
| Pasta, egg                   | g           | 100             | 1              | 130             |
| Tortellini, spinach & cheese | g           | 265             | 16.5           | 640             |
| Tortellini, meat             | g           | 265             | 5              | 279             |
| Pastry, choux                | g           | 30              | 7              | 108             |
| Pastry, filo                 | g           | 15              | 0.5            | 77              |
| Pastry, puff                 | g           | 170             | 42.3           | 671             |
| Pastry, short crust          | g           | 100             | 32.3           | 521             |
| Rice, white                  | g           | 100             | 1.1            | 157             |
| Rice, basmati                | g           | 180             | 0.3            | 177             |
| Rice, brown                  | g           | 180             | 2              | 270             |
| Yorkshire Pudding            | g           | 50              | 5              | 104             |
| Bourbon Biscuits             | biscuit     | 1               | 3.2            | 64              |
| Chocolate Chip Cookies       | biscuit     | 1               | 2              | 36              |
| Custard Cream                | biscuit     | 1               | 3              | 64              |
| Digestive Biscuit            | biscuit     | 2               | 6.3            | 141             |
| Chocolate Digestives         | biscuit     | 1               | 3.6            | 74              |
| Gingernut Biscuit            | biscuit     | 2               | 3              | 91              |
| Jaffa Cake                   | biscuit     | 2               | 1              | 36              |
| Shortbread                   | biscuit     | 2               | 9              | 174             |
| Cream Crackers               | cracker     | 3               | 3.4            | 92              |
| Wholemeal Crackers           | cracker     | 3               | 2.4            | 87              |
| Oatcakes                     | biscuit     | 2               | 4.8            | 115             |
| Water Biscuits               | biscuit     | 3               | 2.6            | 92              |





| <b>Food Item</b> | <b>Unit</b> | <b>Quantity</b> | <b>Fat (g)</b> | <b>Calories</b> |
|------------------|-------------|-----------------|----------------|-----------------|
| Bagel            | g           | 60              | 0.5            | 137             |
| Breadcrumbs      | g           | 100             | 1.9            | 354             |
| Brown Bread      | g           | 38              | 0.8            | 83              |
| Brown Roll       | g           | 48              | 1.3            | 122             |
| Chapattis        | g           | 100             | 12.8           | 328             |
| Croissant        | g           | 60              | 12.2           | 216             |
| Crumpet          | g           | 44              | 0.5            | 84              |
| Granary Bread    | g           | 38              | 1              | 89              |
| Naan             | g           | 160             | 20             | 538             |
| Papadam, fried   | g           | 13              | 2.2            | 48              |
| Pitta, white     | g           | 95              | 1.1            | 252             |
| Tortillas        | g           | 30              | 2              | 86              |
| White Bread      | g           | 35              | 0.7            | 82              |
| White Roll       | g           | 45              | 1.9            | 121             |
| Wholemeal Bread  | g           | 38              | 0.9            | 82              |
| Wholemeal Roll   | g           | 48              | 1.4            | 116             |
| Baguette         | g           | 50              | 1.5            | 128             |



