

# Sensible Portions for Meat

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 meat 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
Chicken Breast, no skin, grilled	g	100	5	157
Chicken Breast, with skin, grilled	g	100	12.5	218
Chicken Drumstick, no skin	drumstick	2	9	179
Chicken Drumstick, with skin	drumstick	2	14.5	229
Chicken Nuggets	g	20	3.5	57
Chicken Thigh, no skin	thigh	2	6	126
Chicken Thigh, with skin	thigh	2	8	145
Chicken Wing	wing	2	12	179
Duck, roast, no skin	g	100	9.5	182
Duck, roast, skin	g	100	26	307
Bacon, fried	slice	1	3	37
Bacon, grilled	slice	1	2	32
Beef Steak, grilled	g	117	10.5	224
Goose, roast	g	100	23	315
Gravy, powder	g	225	0	14
Ham, leg	g	46	1.5	50
Ham, shoulder	g	50	3	55
Jelly	ml	280	0	188
Lamb Chump Chop	g	65	12	182
Lamb Cutlet, grilled	g	40	10.5	131
Lamb Leg, baked	g	90	10.5	201
Lamb Loin Chop, grilled	g	50	15.5	182
Lamb Shank	g	100	10.5	223
Lamb Shoulder, baked	g	30	6	87
Lasagne, beef	g	400	24	572



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<b>Food Item</b>	<b>Unit</b>	<b>Quantity</b>	<b>Fat (g)</b>	<b>Calories</b>
Pheasant	g	125	4.5	165
Pigeon, breast	g	125	14.5	263
Pork, crackling	g	30	9	142
Pork, fillet, baked	g	100	5	169
Pork, leg, roast	g	100	26.5	338
Pork, loin chop	g	100	6	171
Pork, medallion, grilled	g	100	22.5	307
Pork Ribs	g	100	10	114
Sausage, beef	g	50	9	117
Sausage, chicken	g	50	6	89
Sausage, pork	g	150	33	425
Turkey, breast	g	100	8	145
Turkey, roast	g	100	6.5	170
Veal, loin chop	g	50	1.5	73
Veal, shank	g	80	2	117
Corned Beef	g	100	12.5	217
Beefburgers, homemade	g	100	20	287
Beefburgers, frozen	g	100	19.3	273
Beef Mince	g	170	20.5	390
Beef Mince, lean	g	170	16.5	309
Beef Topside, roast	slice	2	9	171
Elk Meat	oz	4	1.5	130
Ostrich	g	100	3.87	155



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