

NUTRITIVE VALUE OF SOME COMMON FOODS
(COMPILED FROM NUTRITIVE VALUE OF INDIAN FOODS)

WEIGHT OF EDIBLE RAW FOODS

Foods	Quantity	Household Measure	Energy Kcal	Carbohydrate gm	Protein gm	Fats gm	Sodium gm	Potassium gm
MILK & MILK PRODUCTS:								
Milk Toned	250 ml	1 glass	148	11	8	8	40	350
Milk Buffalo	250 ml	1 glass	290	12	11	16	47	225
Curd	125 gm	1 M. Katori	75	4	4	5	40	162
Paneer	25 gm	1 piece	64	3	4	4	60	29
Butter Milk	250 gm	1 glass	39	2	3	-	-	-
Skimmed Milk (Fresh)	250 ml	1 glass	72	12	6	-	-	-
Cream	25 ml	-	35	1	1	3	10	25
MEAT & POULTRY:								
Meat	100 gm	4 pieces	120	-	21	4	33	270
Chicken	100 gm	1 Portion	113	-	26	1	-	-
Fish (Rohu)	100 gm	2-3 Pieces	97	4	18	1	101	288
Bacon	25 gm	1 Slice	161	-	2	17	170	32
Egg (Hen)	1 No.	1 Medium	69	-	5	5	65	48
Ham	25 gm	1 Slice	29	-	5	1	-	3
CEREAL & PULSES:								
WHEAT Flour	25 gm	1M. Chapati	85	17	3	-	5	80
Rice	25 gm	½ Cup Cooked	86	19	2	-	2	17
Bread	25 gm	1 Slice	60	13	2	-	120	20
Corn Flakes	25 gm	1Cup	92	21	2	-	251	30
Wheat Dalia	25 gm	1M. Katori Cooked	88	20	2	-	1	87
Green Gram	25 gm	1M. Katori Cooked	87	14	6	-	7	287
Lentils	25 gm	¾ Cup	84	15	6	-	10	157
Rajmah	25 gm	½ Cup	84	15	6	-	-	-
Bengal Gram	25 gm	¾ Cup	93	15	4	1	9	180
Soya Beans	25 gm	½ Cup	109	5	11	5	-	-
Soya Nuggets	25 gm	8-10 No.s	7	13	-	-	-	-
VEGETABLE:								
Leafy (Spinach, Bathua, Amaranth)	100 gm	1/3 Cup	28	4	3	-	100	182
Seasonal (Cauliflower, Bhindi, Peas, Brinjal)	100 gm	½ Cup	32	6	2	-	15	96
Roots & Tubers (Potato, Arbi, Zimikand etc.)	100 gm	½ Cup	92	21	2	-	10	345
FRUITS:								
Papaya	100 gm	1 Slice	32	7	1	7	6	69
Grapes	100 gm	8-10 No.s	64	-	-	-	-	70
Appricots	100 gm	2 No.s	52	12	-	-	-	430
Lichi	100 gm	4-5 No.s	60	14	-	-	104	159
Pears	100 gm	1 Medium	52	12	-	-	6	96
Watermelon	100 gm	1 Small Slice	16	3	-	-	27	160
Melon	100 gm	1 Slice	17	3	-	-	104	341

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FRUITS:								
Tomato Ripe	100 gm	2-3 No.s	16	3	1	-	12	146
Apple	100 gm	1 Medium	52	13	-	-	28	75
Orange	100 gm	1 Medium	48	11	1	-	5	93
Banana	100 gm	1 Medium	116	27	1	-	37	88
Guava	100 gm	1 Medium	48	11	1	-	6	91
Mussami	100 gm	1 Medium	40	9	1	-	-	490
Mango	100 gm	1 Small	72	17	1	-	26	205
Lemon	25 gm	1 Medium	12	3	-	-	-	70
DRIED FRUITS & NUTS:								
Raisin/Kishmish	25 gm	1 ½ tsp	68	17	-	-	8	216
Apricot Dried	25 gm	4-6 No.s	76	18	1	-	8	215
Dates Fresh	25 gm	4 No.s	32	8	-	-	1	-
Almonds	25 gm	8-10 No.s	167	3	5	15	1	170
Cashewnut	25 gm	8-10 No.s	144	4	5	12	1	113
Walnuts	25 gm	8-10 No.s	172	3	4	16	1	120
Groundnuts	25 gm	15-20 No.s	138	6	6	10	-	-
FATS & OILS:								
Vegetable Oil	10 gm	2 tsp	90	-	-	10	-	-
Ghee	10 gm	1 tsp	90	-	-	10	-	-
Butter	10 gm	1 tsp	72	-	-	8	-	-
MISCELLANEOUS:								
Ice Cream Plain	100 gm	1 Cup	119	21	5	11	63	181
Burfi	40 gm	1 Piece	83	13	5	7	-	-
Rasgulla	35 gm	1 Piece	163	32	2	3	30	15
Pakora/Samosa	40 gm	1 Piece	132	14	1	8	-	-
Puri	40 gm	1 piece	187	19	3	11	-	-
Biscuits Salted	25 gm	8-10 No.s	141	14	1	9	3	20
Biscuits Sweet	25 gm	4-5 No.s	112	18	1	4	-	-
Arrowroot Power	25 gm	5 tsp	84	21	-	-	1	7
Sugarcane (Juice)	250 ml	1 Glass	88	22	-	-	15	750
Honey	20 ml	5 tsp	80	20	-	-	6	60
Sago	25 gm	2 tsp	88	22	-	-	-	-
Jaggery	25 gm	1 Small Piece	96	24	-	-	-	-
Sugar	25 gm	5 tsp	100	25	-	-	-	-
Coconut Fresh	100 gm	4 Pieces	430	13	5	42	-	-
Mushrooms	100 gm	-	33	1	5	1	4	103
Macaroni	25 gm	¼ Cup	88	19	3	-	2	221
Marmalade	10 gm	2 tsp	28	7	-	-	7	2
Milk Chocolate	40 gm	1 Slab	221	23	3	13	-	37
Horlicks & Viva	25 gm	5 tsp	88	19	3	-	-	-
Custard Powder	25 gm	5 tsp	25	-	-	-	-	100