



Food and its calorie content in terms of weights & portion sizes

[8oz = 1/2 LB = 230g or c1/4kg; 16oz = 1LB = 450g or c1/2kg ; 32oz = 2LB = 1kg / 1000g]

Food	Weight	Kcal	Carb / Protein / Fat (g)	WHAT DOES A PORTION LOOK LIKE?
<b>PROTEIN FOOD GROUP</b>				
Chicken breast	About 170g	197	Carb 0 g	About the size of 2 packs of cards side by side and a bit thicker
			Protein 37 g	
			Fat 5 g	
Chicken thigh	100-125g	200-250	Carb 0 g	2 thighs  note a leg is about the same as thigh
			Protein 24-28 g	
			Fat 11-14 g	
Steak (beef) <b>Grilled med-rare</b> 8oz / 230g Sirloin Steak (all cuts are very similar)	200g	352	Carb 0 g	About the size of a pack of cards  Double the size of a pack of cards = 2x calories
			Protein 53 g	
			Fat 15 g	
Pork steak	200g	338	Carb 0 g	About the size of 2 packs of cards side by side and a bit thicker
			Protein 68 g	
			Fat 7 g	
Turkey Steak	200g	266	Carb 0 g	About the size of 2 packs of cards side by side and a bit thicker
			Protein 60 g	
			Fat 3 g	
Fish – Tuna	240g	316.8	Carb 0 g	About the size of a hand  High quality protein form & superb oils for immune system
			Protein 58 g	
			Fat 10 g	
Haddock (steamed or oven baked)	200g	268	Carb 2.2 g	Whole fish is fine
			Protein 37 g	
			Fat 12 g	
Whiting	100g	108.2352941	Carb 0 g	Whole fish is fine
			Protein 21 g	
			Fat 1 g	



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Food	Weight	Kcal	Carb / Protein / Fat (g)	WHAT DOES A PORTION LOOK LIKE?
<b>PROTEIN FOOD GROUP</b>				
Fillet of Sea Bass	100g	125	Carb 0 g	Whole fish is fine
			Protein 15 g	
			Fat 2 g	
Egg boiled	70g	150	Carb 0 g	!!!!!!
			Protein 10-12 g	
			Fat 10 g	
Egg (scrambled 2 eggs, 1 with yolk 1 egg white)	-	250	Carb 0 g	!!!!!!
			Protein 21 g	
			Fat 10 g	