

Calorific Content of Popular Food Types

BREADS & CEREALS	Portion size *	per 100 grams (3.5 oz)	energy content
Bagel (1 average)	140 cal (45g)	310 cal	Medium
Biscuit digestives	86 cal (per biscuit)	480 cal	High
Jaffa cake	48 cal (per biscuit)	370 cal	Med-High
Bread white (thick slice)	96 cal (1 slice 40g)	240 cal	Medium
Bread wholemeal (thick)	88 cal (1 slice 40g)	220 cal	Low-med
Chapatis	250 cal	300 cal	Medium
Cornflakes	130 cal (35g)	370 cal	Med-High
Crackerbread	17 cal per slice	325 cal	Low Calories
Cream crackers	35 cal (per cracker)	440 cal	Low / portion
Crumpets	93 cal (per crumpet)	198 cal	Low-Med
Flapjacks basic fruit mix	320 cal	500 cal	High
Macaroni (boiled)	238 cal (250g)	95 cal	Low calorie
Muesli	195 cal (50g)	390 cal	Med-high
Naan bread (normal)	300 cal (small plate size)	320 cal	Medium
Noodles (boiled)	175 cal (250g)	70 cal	Low calorie
Pasta (normal boiled)	330 cal (300g)	110 cal	Low calorie
Pasta (wholemeal boiled)	315 cal (300g)	105 cal	Low calorie
Porridge oats (with water)	193 cal (350g)	55 cal	Low calorie
Potatoes** (boiled)	210 cal (300g)	70 cal	Low calorie
Potatoes** (roast)	420 cal (300g)	140 cal	Medium
Rice (white boiled)	420 cal (300g)	140 cal	Low calorie
Rice (egg-fried)	500 cal	200 cal	High in portion
Rice (Brown)	405 cal (300g)	135 cal	Low calorie
Rice cakes	28 Cals = 1 slice	373 Cals	Medium
Ryvita Multi grain	37 Cals per slice	331 Cals	Medium
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals	Medium
Spaghetti (boiled)	303 cal (300g)	101 cal	Low calorie

Source: 22nd Nov 2010

<http://www.weightlossforall.com/food-calories-list.htm>

A good idea would be to make a list of your favourite foods and then record the number of calories/grams contained in the serving. This can be found on the packaging, you have to be realistic and avoid approximations. It takes a while to work it all out, but it will benefit you in the long run.