

Chapter 1 : Free Online Calorie Counter & Calorie Tracker

The products here are a selection from the most requested foods in the Weight Loss Resources Calorie and Nutrition Database.. The database contains over 60, UK foods and drinks, and you can search it by starting a WLR free trial, this gives you free access to the database, food and exercise diaries and tools, for 24 hours.

Calorie-count of common Indian starters and main courses. Samosas Source High Calorie Foods to Avoid There are many dishes that contain healthy ingredients such as whole grains, vegetables, legumes, lentils and pulses. However, based on the local style of cooking or how the dish is prepared, it can contain loads of calories. There are certain dishes that are very abundant in calories due to the addition of sugar, butter, ghee, or cream. If you are trying to follow a heart-friendly diet or just trying to watch your waistline, there are some foods that are best avoided. The following are 12 recipes list that contain loads of calories: A fast food in Marathi cuisine. This Indian food is composed of bhaji, which is a thick potato-based curry, served with chopped onions, coriander, baked pav and a dash of lemon. The baked pav is often buttered on each side. This is an excellent Indian breakfast dish. Paneer bhurji also makes a fast and easy dinner meal when served along with hot parathas or chapatis. This is a sweet and cold drink with a lot of different ingredients. Falooda is prepared by combining rose syrup with tapioca pearls, jelly pieces, basil seeds or psyllium and vermicelli along with either ice cream, water or milk. This is a north-Indian dish that is a popular type of chicken curry sauce. Butter chicken can be ordered from almost all Indian restaurant menus. The chicken is prepared in creamy rich sauce made with butter, tomatoes, almonds and cashews. Butter chicken is also commonly known as chicken makhani. This dish is alternatively referred to as chana puri is a mixture of fried bread called bhatoora and chole. This is a sweet and popular Indian dessert. Ras which means juicy or juice, and malai, which means cream. This is a popular Indian sweet. It is prepared by deep-frying a wheat-flour batter in circular shapes or pretzel, which are then soaked in sugary syrup. The sweets are served either cold or warm. Jalebi has a somewhat chewy texture and a sugary outside coating. This refers to a lot of sweet, dense confections popular in India. Halwa may also include several types of ingredients such as lentils, beans, different nuts, sunflower seeds and several vegetables such as squashes, yams, pumpkins and carrots. This is a type of dessert which typically comes in the form of a lozenge. Barfi is usually, but not always, prepared by thickening sugar and milk along with other ingredients mild spices and dry fruits. It is then spread in a shallow, flat dish which is then cut into bite-size pieces. These pieces are often decorated with edible silver foil. This dish is a popular delicacy in India. The basic ingredients in a chicken curry dish are curry and chicken. The curry powder, with a wide range of other spices such as ginger, saffron and masala powder are combined to create a sauce that will be blended with the chicken. Chicken Tikka Masala Description: This is a dish which is composed of roasted chicken chunks served in a spicy sauce. The sauce is typically orange-colored, spiced and creamy. Chicken tikka masala derived its name from the similarity of spices used in chicken tikkas, which is a popular starter in Mughlai cuisine. About to kcal per small bowl, depending on the amount of butter used Item This is a spicy Indian snack that is composed of a core, which resembles potato fritters with numerous varieties. It is typically used as a topping on different Indiana meals however it has become popular to consume on its own as a snack. Source Ingredients With Calories.

Chapter 2 : In & Out Calorie Counter | Calorie Food & Exercise Diary Tracker

Nutracheck is a top-rated food diary App and website. We track calories and 6 key nutrients - carbs, sugar, protein, fat, saturated fat and salt. Our mission is to give our members insight into what they are eating to empower them to make more informed food choices.

Top your breakfast cereal with raspberries and sliced apple to add bulk and flavor. Fruits make fabulous desserts. Grill pineapple slices or stew some apples to accompany your sorbet. Fresh orange or grapefruit juice are anytime cool drinks or really put the squeeze on and make fresh lemonade. Strawberries and cranberries make great smoothies. Chop them up and add to a yogurt for a quick fix. There is so much to do with fruit, especially the ones mentioned. If time is stretched a plum or apricot are easy to eat on the run. Pavlova is a pretty low fat delicious dessert. Cream filled, topped with strawberries or your choice from the list. There is more calories in two slices of toast, bet your canceling the bread order as I type. Steamed, stir fry, simmered or lightly roasted vegetables are an important part of our daily consumption. Cooking our vegetables with a little extra care, not overcooking we maintain a fuller flavor. Bulking our food intake without compromising the taste. Throw a slice of orange in the pot when you cook your carrots or add a splash of orange juice. Add basil and oregano to your tomato soup. Try a little crushed garlic and sliced ginger with your stir fry. Use fresh herbs to enhance flavor, chillies, chives and cress really liven up a salad. Do you want to fit into your skinny jeans? We eat with our eyes and smell too plays an amazing part in what we eat. Back to the grind stone. How often do you tuck into a bowl of soup? Most of the above vegetables are crying out to be part of something big! Carrot and orange, spinach and leek, tomato and basil, onion and cauliflower. Select your favorite fruits or vegetables. Add a little milk, ice and blitz. The result is a tasty liquid breakfast or a great snack. Bulk your main meals by adding more vegetables. Add carrots, kale, swede, onions, leeks, peppers, celery, fennel or any from the list to soups, stews and casseroles: Love your mashed potatoes, add a little carrot, kale or swede to your mash without adding calories. The result is a little similar to the Irish dish, colcannon. Stir fry your veg choose from the list in a little olive oil. Sprinkle over grated nutmeg and a few fresh herbs. Fresh herbs have very little calories yet are full of flavor and bring a little pzazz to your veggies. Dried herbs also work well, opt for chinese 5 spice to tickle your taste buds. Enjoy natural low fat condiments and cupboard favorites in your dishes. Black pepper, mustard, salsa, tomato puree, hummus, horseradish and ginger to mention but a few. Marinade meats and fish with lemon or orange juice with complimentary herbs or spices and your food will taste great. Give mayo and butter a holiday and add a little salsa to your cheese or shrimp sandwiches. Ham loves mustard and beef is a marriage with horseradish. Make your own sauces to compliment a dish. Tomato and oregano will be very happy alongside grilled chicken or fish. Place a mix of peppers, onions, garlic and tomatoes in a roasting dish, sprinkle with fresh herbs and olive oil. Roast in the oven for about 20 minutes or until the vegetables are just cooked. White onion sauce will love pork. Vegetables will be happy in a provencal. And prawns will taste great in a sweet chili sauce. Use orange or lemon juice and zest to add a quick zing if time is of the essence. Left over whole vegetables are great in an omelette or a frittata. Check out the options below. A dish of crisp lettuce, thinly sliced onion, fresh tomatoes, diced cucumber, sliced beet root, fresh crunchy beans, grated carrot and a little sprinkle of chili flakes with a drizzle of olive oil and white wine vinegar is superb. Add a grilled chicken breast, shaved parmesan, or fresh cooked shrimp and dinner is served. A mix of watermelon and strawberries with a little fresh mint and a spoon of greek yogurt is a tasty treat to accompany any white fish dish or serve as a starter. Washed baby spinach or water cress with a pinch of nutmeg are an excellent replacement for lettuce leaves. A fresh salsa of diced tomatoes, cucumber, red onion and a squeeze of lime is a wonderful fresh combination. Roasted cherry tomatoes with a little olive oil and balsamic mixed through some rocket or spinach leaves with thinly sliced red onion makes a great side dish. They fight against all kinds of diseases from heart attacks to cancer; improving eyesight; bringing a shine to our hair; giving strength to our nails and teeth not to mention boosting our energy. Just a few important jobs our friendly friends are happy to do for us. Added to our daily meals they provide much needed vitamins and minerals. There is nothing wrong with adding a little dressing to your salad or a little greek yogurt to a fruit

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bowl or indeed a small scoop of ice cream calcs. Enjoy your meat and fish dishes, but always serve with salad or vegetables ok we all need chips now and then or life could get tricky. Broadening your knowledge about spices, herbs and condiments to compliment foods will result in tastier healthier dishes. Making your own soups and sauces will become a doddle. Portions can be frozen for easy supper dishes. However, I guarantee you, your future is worth investing in. Your health and your families health are worth investing in. The most difficult things we do, are somethings new and different.

Chapter 3 : Guide to Calories in Food - Weight Loss Resources

Alphabetical List of Number of Calories found in Specific Foods. SORTED BY FOOD NAME. Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) ISLAND, SALAD DRSNG,LOCAL1 TBSP 2 25 2 0 2 15 ISLAND, SALAD DRSNG,REGLR1 TBSP 6 60 2 0 4 16 1 % NATURAL CEREAL 1 OZ 6 18 3 0

Chapter 4 : Calorie Counter - calories in food and calorie counting to lose weight

The food calories list is a table of everyday foods listing their calorie content per average portion. The food calories list also gives the calorie content in grams so it can be compared with any other.

Chapter 5 : Calorie checker - NHS

Caloric food tables list calories by portion size for hundreds of your favorite foods.

Chapter 6 : Calories in Food | Nutrition, Carbohydrate and Calorie Counter

Calories in food list calories in food list (pdf) Notice that this chart highlights the foods that you should not eat on a diet to lose weight because they tend to be high in calories and low in other nutrition.

Chapter 7 : How Many Calories In Indian Food Items With Chart/List | Delishably

Calorie Count Food List www.nxgvision.com Starches and Grains: 80 calories per serving Serving size Cereals, Grains and Pasta â€¢ Cereal, cooked (oatmeal, cream of wheat, rice, etc) Â½ cup.

Chapter 8 : UK Calorie Counter - Search over , UK foods | Nutracheck

High Calorie Foods to Avoid There are many dishes that contain healthy ingredients such as whole grains, vegetables, legumes, lentils and pulses. However, based on the local style of cooking or how the dish is prepared, it can contain loads of calories.

Chapter 9 : Zero-Calorie Foods List You Can Eat Without Gaining Weight | CalorieBee

Use the NHS calorie checker to look up the calories of more than , different foods and drinks quickly and simply. For quick access to the calorie checker on the go, save this page to your mobile device's home screen, just like an app.