

Bakery Products				C	P					C	P	
1	Biscuit			1		1 cup	Pasta cooked			4		
1	bread slice			1		1 cup	Rice	brown		6		
1	Pita bread	large		3.5				white		4		
		small		2		1 cup	Spaghetti			3.5		
1	Bread roll	white		2.5		1 cup	Tofu				0.5	
		wholemeal		2.5		Dairy						
1	Bun	iced		5		100g	Cheese	cheddar			2.5	
1	Cake	slice		3		100g		colby			2	
		triangle		5		100g		cottage			1.5	
1	Cookie Time	original		6		100g		cream	1			
2	Crackers	meal mate		1		100g		low fat cream	1.5	0.5		
		rice		0.5		100g		edam			2.5	
1	Croissant	large		3		100g		feta			2.5	
		small		2		100g		sour cream	0.5	0.5		
1	Doughnut ring			2		100g	Icecream	standard	1.5			
1	Muffin	blueberry		3		100g		low fat	2.5			
		chocolate		3		1 cup	Milk	whole	1	0.5		
1	Pizza slice			10		1 cup		trim	1.5	0.5		
1	Protein cookie	large			1	1 cup	Yoghurt	standard	2.5	1		
		small			0.5	1 cup		unsweetened	1	1		
1	Protein powder	in water			1.5	1	Egg	size 7			0.5	
		in milk			1		Fast Food					
1	Wrap			2		1	Big Mac			4	2	
Beverages						1	Cheesburger			3.5	1.5	
1	Beer	can low cal		0.5		1	KFC chicken piece			0.5	1.5	
		bottle standard		1.5		1 Meal	Butter Chicken			2	3	
	Sherry	1 glass		1		1	Battered Fish			2	1.5	
	Wine	1 glass white		0.5		1	Pancake			1.5		
		1 glass red		0		1	Meat pie			3	1	
1 tbls	Complan			0.5		1	Potato top pie			4.5	1	
1 cup	Gaterade			2		1 slice	Pizza meatlovers			3	1	
1 tsp	Milo			0.5			McDonalds Fries	small		2		
	Coffee	instant			1			medium		5		
		café			1			large		8		
1 can	V drink			2.5		1	Sausage Roll			3	0.5	
1 cup	Fresh up apple juice					1	Spring Roll			3	0.5	
1 cup	Grape Juice			3		1	McDonalds Sundae			6		
1 cup	Orange juice			2		Fish						
1 cup	Tomato juice			1		100g	Fresh fish				2	
1 can	Coca Cola			4		1 can	Tuna	85g			1	
1 can	Lemonade			4				160g			2	
Cereal						Fruit						
1 cup	All Bran			2.5		100g	Apricot	canned		1		
1 cup	Coco Pops			3.5		100g		dried		5		
1 cup	Just Right			4.5		100g	Avocado			0	0	
1 cup	Light and Tasty			4		1	Banana			3		
1 cup	Ricies			2.5		100g	Blueberries			1		
1 cup	Special K			2		100g	Cherries			1.5		
1 cup	Sultana Bran			3		100g	Dates			7		
1 cup	Corn Flakes			2.5		1	Feigoa			1		
1 cup	Muesli			6		100g	Figs	dried		5.5		
1 cup	Porridge			2		1	Grapefruit			0.5		
1 Biscuit	Weetbix			1		100g	Grapes			1.5		
1 cup	Macaroni			2.5		1	Kiwifruit			1		
1 cup	Noodles	instant		3		1	Lemon			0		
		rice		2		1	Manderin			1		
		egg		1		1	Mango			1.5		

		C	P			C	P
1	Melon	1		1 cup	Chicken	dried	3
1	Nectarine	1		1 cup	Chicken	canned	1
1	Orange	1		1 cup	Chicken	homemade	0
1	Passionfruit	0		1 cup	Mushroom	canned	1
1	Peach	1		1 cup	Tomato	canned	1.5
1	Pear	1		1 cup	Pumpkin	homemade	1.5
1	Pineapple	1		1 cup	Vegetable	canned	1.5
1	Plum	1			Confectionary		
100g	Raisins	7		1	Crunchy Bar		3.5
100g	Raspberries	0.5		1	Mars Bar		4
100g	Rhubarb	0		1	Moro Bar		5
100g	Sultanas	7.5		100g	Chocolate	dark	6
1	Tangerine	1		100g		white	5.5
1 slice	Watermelon	0.5		100g		milk	6
	Meat			100g	Honey		8
100g	Beef		2	100g	Jam		7
100g	Chicken		2	100g	Sugar	white	10
100g	Lamb		2	100g		raw	10
100g	Pork		2	100g	Chocolate Sauce		5
100g	Turkey		2		Vegetables		
100g	Venison		2	100g	Asparagus		
100g	Sausage	1	1	100g	Baked Beans		1.5
	Nuts and Seeds			100g	Green Beans		0.5
100g	Almonds	1	1.5	100g	Mung Beans		1
100g	Brazil		1	100g	Kidney Beans		1.5
100g	Cashew	1.5	1	100g	Beetroot	canned	1
100g	Coconut	0	0	100g		fresh	1
100g	Hazel	0.5	1	100g	Broccoli		
100g	Macadamia	1	1	100g	Brussell Sprouts		
100g	Peanut butter	1	2	100g	Cabbage		
100g	Peanuts	1	1.5	100g	Capsicum		
100g	Pumpkin seeds	1	1.5	100g	Carrot		0.5
100g	Walnuts	0.5	1.5	100g	Cauliflower		
	Sauces			100g	Celery		
	Dressings			100g	Sweet Corn	canned	2.5
1 tbls	Eta lite	0.3		100g		cob	1.5
1 tbls	Mayonaise	0.3		100g	Cucumber		
1 tbls	Vinagrette	0.2		100g	Gherkin	sweet brine	2.5
1 tbls	Tomato sauce	0.4		100g	Kumara		2
1 tbls	Worstershire	0.3		100g	Leeks		
1 tbls	Balsamic	0.3		100g	Lettuce		
	Shellfish			100g	Lentils		1.5
100g	Cockles		0.5	100g	Marrow		
100g	Mussels		1	100g	Mushrooms		
100g	Oysters		1	100g	Onions		1
100g	Pipi		0.5	100g	Parsnip		1
100g	Scallop battered	1	1	100g	Chick Peas		2
100g	Shrimp		1	100g	Green Peas		0.5
	Snack Foods			100g	Potato		2
100g	Grainwaves	6		100g	Pumpkin		0.5
100g	Popcorn	5		100g	Radish		
100g	Potato Crisps	4		100g	Silverbeet		
100g	Pretzels	6.5		100g	Swede		
1 bar	Muesli bar	2		100g	Taro		3
	Soups			100g	Tomato		
1 cup	Beef	dried	2	100g	Turnip		
1 cup	Bone and vegetable		0	100g	Yam		3

