

## Expanded Macronutrient Energy Table (Per 100g)

Food	Carbs (g)	Protein (g)	Fat (g)	Energy from Carbs (kcal)	Energy from Protein (kcal)	Energy from Fat (kcal)	Total Energy (kcal)
Boiled Rice (100g)	28.0	2.7	0.3	112.0	10.8	2.7	125.5
Grilled Chicken Breast (100g)	0.0	31.0	3.6	0.0	124.0	32.4	156.4
Avocado (100g)	9.0	2.0	15.0	36.0	8.0	135.0	179.0
Almonds (100g)	22.0	21.0	49.0	88.0	84.0	441.0	613.0
Banana (100g)	23.0	1.1	0.3	92.0	4.4	2.7	99.1
Whole Milk (100ml)	4.8	3.3	3.6	19.2	13.2	32.4	64.8
Egg (whole, 1 large ~50g)	0.6	6.3	5.3	2.4	25.2	47.7	75.3
Tofu (firm, 100g)	2.0	8.0	4.8	8.0	32.0	43.2	83.2
White Bread (100g)	49.0	9.0	3.2	196.0	36.0	28.8	260.8
Brown Bread (100g)	41.0	9.3	2.5	164.0	37.2	22.5	223.7
Butter (100g)	0.1	0.9	81.0	0.4	3.6	729.0	733.0
Olive Oil (1 tbsp)	0.0	0.0	13.5	0.0	0.0	121.5	121.5
Apple (100g)	14.0	0.3	0.2	56.0	1.2	1.8	59.0
Strawberries (100g)	8.0	0.7	0.3	32.0	2.8	2.7	37.5
Salmon (100g)	0.0	20.0	13.0	0.0	80.0	117.0	197.0
Beef (lean, 100g)	0.0	26.0	10.0	0.0	104.0	90.0	194.0
Pork Chop (100g)	0.0	24.0	13.0	0.0	96.0	117.0	213.0
Shrimp (100g)	0.2	24.0	0.3	0.8	96.0	2.7	99.5
Tuna (canned in water, 100g)	0.0	23.5	1.0	0.0	94.0	9.0	103.0

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Cheddar Cheese (100g)	1.3	25.0	33.0	5.2	100.0	297.0	402.2
Yogurt, plain (100g)	4.7	3.5	3.3	18.8	14.0	29.7	62.5
Ice Cream (100g)	24.0	3.5	11.0	96.0	14.0	99.0	209.0
Dark Chocolate (100g)	46.0	7.9	43.0	184.0	31.6	387.0	602.6
Carrot (100g)	10.0	0.9	0.2	40.0	3.6	1.8	45.4
Broccoli (100g)	7.0	2.8	0.4	28.0	11.2	3.6	42.8
Spinach (100g)	3.6	2.9	0.4	14.4	11.6	3.6	29.6
Potato, boiled (100g)	17.0	2.0	0.1	68.0	8.0	0.9	76.9
Sweet Potato (100g)	20.0	1.6	0.1	80.0	6.4	0.9	87.3
Lentils, cooked (100g)	20.0	9.0	0.4	80.0	36.0	3.6	119.6
Chickpeas, cooked (100g)	27.0	9.0	2.6	108.0	36.0	23.4	167.4
Kidney Beans, cooked (100g)	22.8	8.7	0.5	91.2	34.8	4.5	130.5
Peanut Butter (100g)	20.0	25.0	50.0	80.0	100.0	450.0	630.0
Coconut Milk (100g)	3.3	2.3	24.0	13.2	9.2	216.0	238.4
Tofu, silken (100g)	2.0	4.8	2.7	8.0	19.2	24.3	51.5
Tempeh (100g)	9.4	19.0	11.0	37.6	76.0	99.0	212.6
Oats, raw (100g)	66.0	17.0	7.0	264.0	68.0	63.0	395.0
Cornflakes (100g)	84.0	7.0	0.4	336.0	28.0	3.6	367.6
Quinoa, cooked (100g)	21.0	4.1	1.9	84.0	16.4	17.1	117.5
Barley, cooked (100g)	28.2	2.3	0.4	112.8	9.2	3.6	125.6

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Pasta, cooked (100g)	25.0	5.0	1.1	100.0	20.0	9.9	129.9
Couscous, cooked (100g)	23.2	3.8	0.2	92.8	15.2	1.8	109.8
Bulgur, cooked (100g)	18.6	3.1	0.2	74.4	12.4	1.8	88.6
Pineapple (100g)	13.0	0.5	0.1	52.0	2.0	0.9	54.9
Watermelon (100g)	8.0	0.6	0.2	32.0	2.4	1.8	36.2
Grapes (100g)	17.0	0.6	0.2	68.0	2.4	1.8	72.2
Orange (100g)	12.0	0.9	0.1	48.0	3.6	0.9	52.5
Mango (100g)	15.0	0.8	0.4	60.0	3.2	3.6	66.8
Pear (100g)	15.0	0.4	0.1	60.0	1.6	0.9	62.5
Plum (100g)	11.0	0.7	0.3	44.0	2.8	2.7	49.5
Blueberries (100g)	14.0	0.7	0.3	56.0	2.8	2.7	61.5
Raspberries (100g)	12.0	1.2	0.7	48.0	4.8	6.3	59.1
Dates (100g)	75.0	2.0	0.2	300.0	8.0	1.8	309.8
Raisins (100g)	79.0	3.1	0.5	316.0	12.4	4.5	332.9
Honey (100g)	82.0	0.3	0.0	328.0	1.2	0.0	329.2
Maple Syrup (100g)	67.0	0.0	0.0	268.0	0.0	0.0	268.0
Jam (100g)	66.0	0.3	0.1	264.0	1.2	0.9	266.1