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LIVE LONGER, LIVE HEALTHIER, LIVE HAPPIER!

FOOD	POT	PORTION	KCAL	FOOD	POT	PORTION	KCAL
Almond Milk (unsweetened)	Yellow	125ml	17	Muesli	Yellow	50g	183
All-Bran	Yellow	30g	84	Noodles, egg (cooked)	Green	170g	225
All-Bran	Red	60g	168	equivalent to 1x 65g block uncooked			
Baked Beans	Yellow	115g	84	Oat Milk	Yellow	125ml	30
Basmati Rice (cooked)	Red	114g	205	Pasta Shapes (cooked)	Green	176g	280
Basmati Rice (cooked)	Blue	66g	93	Pasta Shapes (cooked)	Red	110g	175
Basmati Rice (cooked)	Yellow	103g	147	Pasta Shapes (uncooked)	Red	80g	280
Basmati Rice (uncooked)	Blue	55g	205	Pasta Shapes (uncooked)	Yellow	45g	175
Bite Size Shredded Wheat	Red	45g	165	Peas (frozen)	Yellow	70g	44
Blackberries	Red	140g	45	Pomegranate Seeds	Yellow	80g	49
Blueberries	Yellow	70g	38	Porridge (cooked in water)	Yellow	122g	125
Branflakes	Red	50g	163	Porridge (uncooked)	Blue	35g	125
Cheese (mature cheddar)	Blue	20g	82	Potato (mashed)	Red	200g	172
Chickpeas (cook and drained)	Yellow	80g	93	Potato (mashed)	Yellow	100g	86
Coconut Milk	Yellow	125ml	25	Prawns (cooked king)	Red	140g	118
Coconut Water	Red	250ml	45	Quinoa (dry)	Blue	60g	220
Coleslaw (low calorie)	Blue	85g	78	Quinoa (cooked)	Red	245g	220
Cottage Cheese (low fat)	Blue	100g	98	Raspberries	Red	115g	29
Couscous (cooked)	Red	107g	185	Seedless Grapes	Red	160g	115
Couscous (uncooked)	Blue	50g	185	Spaghetti (uncooked)	Green hole	52g	182
Cows Milk (semi-skimmed)	Yellow	125ml	63	Special K	Green	50g	187
Cows Milk (whole)	Yellow	125ml	80	Special K	Red	40g	150
Edamame Beans (soy)	Yellow	70g	85	Special K	Blue	13g	50
Fruit Juice	Yellow	125ml	63	Sweet Corn (tinned)	Yellow	75g	62
Fruit 'n Fibre	Red	50g	183	Sweet Potato (mashed)	Red	250g	210
Gravy (made with granules)	Yellow	125ml	35	Sweet potato (mashed)	Yellow	100g	84
Hummus (reduced fat)	Blue	85g	213	Wine	Yellow	125ml	88
Lentils (cooked)	Yellow	165g	175	Yoghurt (dairy free soya- plain)	Blue	80g	40
Lentils (uncooked)	Blue	50g	175	Yogurt (Greek 0%)	Blue	80g	42
Mince - Quorn (uncooked)	Red	120g	126	Yogurt (Greek 2%)	Blue	80g	56
Muesli	Blue	40g	146	Yoghurt (Greek 5%)	Blue	80g	75
				Yogurt (Low fat)	Blue	80g	72