

Cereal	Serve	Cho	Ptn	Fat
Uncle Toby's Oats Traditional	30g (1/3 cup)			
Lowan Swiss Muesli	45g (1/3 cup)			
Kellogg's Special K	30g (3/4 cup)			
Sanitarium Weet Bix Original	33g (2 bisc)			
Kellogg's Sultana Bran	45g (3/4 cup)			
Kellogg's Just Right Original	45g (3/4 cup)			
Kellogg's All Bran Original	45g (3/4 cup)			
Kellogg's Nutrigrain	30g (1 cup)			

Cheese	Serve	Cho	Ptn	Fat
Weight Watchers Cottage Cheese	100g			
Kraft Singles Extra Light	21g (1 slc)			
Bega So Light Tasty Cheese Slices (25%)	21g (1 slc)			
Bega So Light Tasty Cheese Slices	21g (1 slc)			

Drinks (Non-Alcoholic)	Serve	Cho	Ptn	Fat
Coffee skim flat white (no sugar)	100ml			
Coffee cappuccino with skim milk (no sugar)	100ml			
Daily Juice Co Classic Orange Juice	100ml			
Gatorade Sports Drink (av. all flavours)	100ml			
Soft Drink Coke	100ml			
Soft Drink Coke No Sugar	100ml			

Drinks (Alcoholic)	Serve	CHO	PTN	FAT
Beer Low Alcohol (average)	100ml			
Beer Low Carb (average)	100ml			
Carlton Draught Beer 4.6%	schooner			
Spirits	30ml nip			
Barcardi Breezer Lemon 4.8%	100ml			
Wine White Dry 12%	100ml			
Wine Red 12%	100ml			

Eggs	Serve	CHO	PTN	FAT
Egg, whole	60g (1 egg)			
Egg White	60g (1 egg)			
Egg Yolk	60g (1 egg)			

Fruit (edible portion, raw)	Serve	CHO	PTN	FAT
Nectarine	100g			
Watermelon	100g			
Mandarin	100g			
Kiwifruit	100g			
Strawberries	100g			
Apple Red Delicious	150g (med)			
Orange Navel	100g			
Grapes green	150g (1 cup)			
Banana (130g with skin)	85g (small)			
Sultanas (average)	100g			

Vegetables (average, raw)	Serve	CHO	PTN	FAT
Avocado	100g			
Beetroot	100g			
Broccoli	100g			
Green Beans	100g			
Carrots	100g			
Cauliflower	100g			
Corn Cob	100g			
Onion	100g			
Potato	100g			
Sweet Potato (Peeled & Boiled)	100g			
Pumpkin butternut	100g			
Spinach baby	100g			
Tomato	100g			
Zucchini	100g			
Eggplant	100g			

Rice & Pasta (cooked)	Serve	CHO	PTN	FAT
Rice Long Grain Jasmine	100g			
Rice Long Grain Brown	100g			
Pasta Vetta Spaghetti thick	100g			

Milk	Serve	CHO	PTN	FAT
Dairy Farmers Skim	100ml			
Dairy Farmers Lite White	100ml			
Dairy Farmers Regular	100ml			

Crisp Bread	Serve	CHO	PTN	FAT
Sun Rice Rice Cakes Original Thin	1 cake			
Ryvitas Original	2 bisc			
Vita Weat 9 Grains	4 biscuits			

Yoghurt	Serve	CHO	PTN	FAT
Yoplait Forme French Vanilla	100g			
Nestle Diet No Fat Vanilla	100g			
Ski D'lite Yoghurt Berry Basket	100g			

Meat & Poultry	Serve	CHO	PTN	FAT
Lamb Back strap	100g			
Beef steak fillet grilled	100g			
Pork lean butterfly steak grilled	100g			
Chicken Breast fillet no skin	100g			
Kangaroo Mince or sausages	100g			

Seafood	Serve	CHO	PTN	FAT
Prawns King Cooked peeled	100g			
Salmon Atlantic fillet	100g			
Heinz Greenseas Tuna Chunks Spring Water	100g			

Fast Food	Serve	CHO	PTN	FAT
Nandos Grilled Chicken wrap no mayo	100g			
Subway Wrap Turkey	100g			
Big Mac	100g			
Quarter Pounder	100g			

Nuts/Seeds (average varieties)	Serve	CHO	PTN	FAT
Cashews (raw)	100ml			
Almonds with skin	100ml			
Walnuts	100ml			

Margarine/Butter/Oil	Serve	CHO	PTN	FAT
Olivio Light Olive Oil Spread	5g			
Western Star Original Butter	5g			
Peanut/Sesame/Sunflower/Olive Oil	10ml			

