



# Food Calories List

*Version 2.0 (updated 27 September 2010)*

## User Manual

- 1 – The amount of the fiber, which do not contribute to the calorie, had been deducted from the amount of the carbohydrate stated in this Food Calorie List (except for the “Vegetables”, where the amount of the fiber is stated in the parenthesis).
- 2 – Kcal/g is the value of calorie in 1g of the particular food. The value tells you the calorie density of the food; the higher the value, the denser calorie the food has.
- 3 – There are 2 ways of determining the calorie of the food using this Food Calorie List:
  - Using the recommended serving size given, then refer to the respective calorie value stated in the “Calorie (Kcal)” column.
  - Using Kcal/g as a factor. For example, if you weigh the Mee Kari using a kitchen scale and the weight is 100g (without the bowl's weight), therefore the calorie of the weighed Mee Kari should be  $0.77 \times 100g = 77kcal$  (Notice that 0.77 is the Kcal/g of the Mee Kari).

## Panduan Pengguna

- 1 – Kandungan serat (tidak mempunyai nilai kalori) telah pun ditolak daripada jumlah karbohidrat yang dinyatakan dalam Food Calorie List ini (kecuali kategori “Vegetables”, yang mana nilai seratnya dinyatakan dalam kurungan).
- 2 – Kcal/g adalah nilai kalori bagi 1g untuk sesebuah makanan. Ia memberitahu pengguna akan kepadatan kalori makanan tersebut. Semakin tinggi nilai Kcal/g, maka semakin padatlah kalori dalam makanan tersebut.
- 3 – Terdapat 2 cara dalam menentukan nilai kalori sesebuah makanan menggunakan Food Calorie List ini:
  - Dengan menggunakan saiz hidangan yang dicadangkan, kemudian hanya merujuk kepada nilai kalorinya seperti yang dinyatakan dalam ruangan “Calorie (Kcal)”.
  - Dengan menggunakan Kcal/g sebagai faktor darab. Sebagai contoh, jika anda menimbang berat Mee Kari menggunakan penimbang dapur dan beratnya ialah 100g (tanpa berat mangkuk), maka kalori Mee Kari yang ditimbang ialah  $0.77 \times 100g = 77kcal$  (0.77 adalah nilai Kcal/g untuk Mee Kari).

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When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.

Terri Guillemets

## Carbohydrate Based Foods

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Bread, White	1 slice, 28g	14.8	0.3	2.8	73	2.61
2	Bread, Whole-grain	1 slice, 25g	12.6	0.2	2.1	60	2.4
3	Bubur Kacang Hijau	80g	8.8	2.8	3.8	76	0.95
4	Bubur Nasi	546g	41.8	2	6.8	203	0.37
5	Capati	100g	46.6	8.6	9	300	3
6	Coleslaw (dressing)	92g	6.8	12	1.2	135.6	1.47
7	Dhal Gravy	80g	7.2	2.2	2.5	58	0.73
8	Hamburger	1 piece, 113g	28.3	10.1	13.3	261.1	2.31
9	Hot Dog	1 piece, 105g	23.7	17.8	9.7	295.4	2.81
10	Kuey Teow Bandung	450g	57.6	27	17.1	540	1.2
11	Kuey Teow Goreng	170g	36.2	15.5	9.4	321	1.89
12	Lasagna (meat & spinach)	1 piece, 230g	35.5	13.6	20.7	346.3	1.51
13	Macaroni & Cheese	240g	49.3	22.6	18.7	477.1	1.99
14	Mee Bandung	450g	54.5	27.9	20.3	339.3	0.75
15	Mee Kari	410g	36.9	36.9	11.9	318.2	0.77
16	Mee Kolo	1 bowl	25.9	26.6	3.8	467	
17	Mee Goreng Mamak	170g	40.6	9	9.4	281	1.65
18	Mee Sup	563g	42.2	14.6	20.3	478	0.85
19	Meehoon Bandung	450g	56.7	23	14	351	0.78
20	Meehoon Goreng	170g	40.6	11.4	7.3	294	1.73
21	Papadom	6g	1.8	1.8	0.8	26.6	4.43
22	Pulut	85g	30.3	5.6	3.3	185	2.18
23	Pasta (tomato sauce, meatballs)	425g	62.2	13.8	17.7	436.8	1.03

24	Pizza (meat, veg, thick crust)	1 slice (1/8 16")	27.7	9.8	8.9	235.1	
25	Pizza (meat, veg, thin crust)	1 slice (1/8 16")	18.5	9.5	8.6	194.2	
26	Putu Buluh	66g	27.3	5.3	3.6	171	2.59
27	Putu Mayam	50g	19	1.5	1.4	95	1.9
28	Rice, White	170g	51.1	0.1	3.9	222	1.31
29	Rice, Briyani	245g	72	13.5	9.6	448	1.83
30	Rice, Chicken	250g	46	3.2	16.1	278	1.11
31	Rice, Coconut (Nasi Lemak)	170g	43	9.7	7.2	288	1.69
32	Rice, Dagang	250g	91.5	12.3	8	508	2.03
33	Rice, Fried	330g	86.8	25.1	16.2	637	1.93
34	Rice, Oily (Nasi Minyak)	245g	73.7	12.3	7.6	436	1.78
35	Rice, Tomato	248g	46.5	11.5	48	347	1.4
36	Roti Canai	95g	45.5	10.3	6.7	301	3.17
37	Roti Naan	140g	43	11.1	9.1	308	2.2
38	Roti Sardin (telur)	150g	50	15	20	415	2.77
39	Roti Telur	135g	46.2	13.5	12.4	356	2.64
40	Tosai	85g	31.5	6.8	4.3	205	2.41
41	Salad (dressing)	89g	5	11.5	4.5	138	1.55
42	Salad (chicken, dressing)	250g	8	17	40	350	1.4
43	Sushi	1 piece	8	0.1	1.1	37.7	1.26
44	Sushi (California Roll)	1 piece, 30g	6.3	1	1	37.5	1.25

## Protein Based Foods (Land)

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Beef (Fried)	2 pieces, 85g	16	13.2	26.4	288	3.39
2	Beef Burger	180g	43	19.8	19.1	427	2.37
3	Beef Curry	2 pieces, 90g	7.7	5.1	13.1	130	1.44
4	Beef Rendang	1 piece, 35g	0.7	6.9	6.1	89	2.54
5	Beef Satay	1 stick, 15g	3.3	1.2	3.1	36	2.4
6	Beef Soup (Sup daging)	240g	2.5	5	11.7	166	0.69
7	Beef Thai Chilli Pattaya	200g	0.6	0.9	6.9	99	0.49
8	Cheese, Cheddar	1 slice	0.4	9.3	7	112.7	
9	Cheese, Parmesan	1 tablespoon	0.2	1.3	1.8	19.5	
10	Cheese, Mozzarella	1 slice	0.9	4.9	7.8	79.4	
11	Chicken, Fried, Breast	1 piece, 150g	17.2	36.1	47.9	585	3.9
12	Chicken, Fried, Breast (w/o skin)	1 piece, 120g	0.2	7.4	41.3	232	1.93
13	Chicken, Fried, Drumstick	1 piece, 70g	6.7	15.1	17.1	231	3.3
14	Chicken, Fried, Drumstick (w/o skin)	1 piece, 60g	0.5	4.9	15.2	107	1.78
15	Chicken Curry	1 piece, 125g	2.8	13.2	16.4	195	1.56
16	Chicken Kurma	1 piece, 125g	1.2	13.7	12.7	179	1.43
17	Chicken 'Masak Merah'	110g	1.8	4.8	7.8	82	0.75
18	Chicken Rendang	1 piece, 50g	1.6	8.1	14.4	137	2.74
19	Chicken Satay	1 stick, 15g	1.9	1.9	2.8	37	2.47
20	Chicken Tomyam	400g	12.4	7	25	205	0
21	Chicken Vindaloo	250g	0	20	47	400	1.6
22	Egg, whole	1 large, 50g	0.6	5.3	6.3	78	1.56
23	Egg, white	1 egg white	0.3	0	3.5	17	
24	Egg, yolk	1 egg yolk	0.3	5.1	2.8	59	

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25	Egg, fried (Telur mata)	1 large egg	0.4	7	6.3	90	
26	Egg, Quail (Telur puyuh)	1 piece	0	1	1.2	14	
27	Mutton Curry	2 pieces, 80g	0.5	10.1	11.7	139	1.74
28	Serunding Daging	10g	1.6	2.8	3.8	47	4.7
29	Tandoori Chicken, Breast and Wing	1 piece, 200g	5	13	31	261	1.31
30	Tandoori Chicken, Leg	1 piece, 200g	6	17	30	297	1.49
31	Tauhu, soft	300g	13.6	0.1	13.8	110	0.37
32	Tauhu, solid (keras)	1 piece, 125g	3.9	1.8	14	88	0.71
33	Tempeh, soya	1 Cup	15.6	17.9	30.8	320	
34	Whey Protein Isolate	1 scoop, 30g	4	1.5	24	130	4.33



### Protein Based Foods (Seafood)

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Anchovy, Fried (Bilis)	1 Tablespoon, 5g	0.2	1.1	1.4	16	3.2
2	Black Pomfret, Fried	95g	1	6.6	20	143	1.51
3	Catfish, Fried	60g	1.4	7.2	14.6	130	2.17
4	Cuttlefish, Fried	45g	2.4	2.9	5	55	1.22
5	Hairtail, Sambal	100g	6.5	11.6	16.8	198	1.98
6	Indian Mackerel (Kembung), Curry	80g	1.1	2.2	10.8	67	0.84
7	Indian Mackerel (Kembung), Fried	50g	2.2	5.8	12.6	111	2.22
8	Indian Mackerel (Kembung), Sambal	80g	0.8	18	12.4	215	2.69
9	Red Snapper (Siakap), Sweet Sour	55g	3.9	6.2	10.3	113	2.05
10	Red Snapper (Siakap), Sambal	50g	0.5	5.9	14.7	114	2.28
11	Red Snapper (Siakap), 'Masak Lemak'	50g	1.2	7.9	8.3	109	2.18
12	Roe (Telur Ikan)	1 tablespoon	0	0.3	2.2	12	
13	Shrimp, Small, Sambal	40g	0.4	5.2	5.8	71	1.78
14	Snakehead (Haruan)	40g	10.2	5.4	18.6	163	4.08
15	Spanish Mackerel (Tenggiri), Fried	55g	1.8	9.2	20.3	171	3.11
16	Spanish Mackerel (Tenggiri), Sambal	55g	0.7	10.5	11.1	142	2.58
17	Stingray (Pari) masak sweet sour.	60g	1.8	6.9	13.2	122	2.03
18	Tuna 'masak lemak'	55g	3.2	1.8	8.1	62	1.13

## Delicacies

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Apam Balik	115g	50.5	5.8	6.9	282	2.45
2	Curry puff	40g	17.3	5.6	1.9	128	3.2
3	Dumpling, Chicken	85g	35.4	2.2	10.4	203	2.39
4	Doughnut	75g	42.4	7.8	7.1	268	3.57
5	Bidaran	70g	30.2	9.9	3.6	224	3.2
6	Bingka (Tepung Keras)	100g	42	1.5	1.8	189	1.89
7	Bingka Ubi Kayu	100g	44.5	4.2	1.2	221	2.21
8	Cake (Roll)	10g	4.3	1.8	0.7	36	3.6
9	Cucur Udang	54g	18.8	6.2	3.1	144	2.67
10	Cekodok Pisang	70g	32.2	4.5	2.8	180	2.57
11	Cheesecake	60g	20.4	18	4.4	257	4.28
12	Cucur Badak	30g	4.5	2.8	1.6	73	2.43
13	Dodol	22g	14.7	1	0.6	71	3.23
14	Dodol Durian	22g	15.9	1.1	0.6	75	3.41
15	Egg Roll (popia basah)	1 piece	18.7	2.7	3.9	115	
16	Emping Muda	20g	14.8	0.8	1.4	72	3.6
17	Emping Tua	20g	14.6	0.9	1.6	73	3.65
18	Halwa	50g	25.4	5.2	0.3	149	2.98
19	Kerepek Bawang	10g	5	3.1	0.6	50	5
20	Keropok Ikan	10g	5.7	2.4	1	48	4.8
21	Kesari	60g	22.6	8.1	1.6	170	2.83
22	Kuih Apam	27g	12.2	0.1	0.6	52	1.93
23	Kuih Apam Gula Hangus	50g	22.7	6.3	2.8	159	3.18
24	Kuih Bakul	25g	17.4	0.1	0.6	73	2.92
25	Kuih Bangkit	3g	2.5	0.3	0	13	4.33
26	Kuih Bawang	4g	2.6	0.9	0.4	20	5
























27	Kuih Bom	63g	28.9	9.2	3.5	212	3.37
28	Kuih Buah Melaka	15g	6.7	0.2	0.5	30	2
29	Kuih Buah Rotan	3g	2.7	0.2	0.1	12	4
30	Kuih Kacang	19g	14.4	2.5	1.6	86	4.53
31	Kuih Kapit	4g	3.3	0.3	0.3	17	4.25
32	Kuih Karas	8g	4.4	2.7	0.3	43	5.38
33	Kuih Kastard Jagung	93g	25.2	0.6	0.6	108	1.16
34	Kuih Kasturi	72g	27.5	5.3	5	177	2.46
35	Kuih Kasui	103g	35.2	1.8	2.4	166	1.61
36	Kuih Keria	38g	18.1	1.5	1	90	2.37
37	Kuih Ketayap	65g	20.9	5.1	2.7	140	2.15
38	Kuih Koci (Pulut Putih)	82g	33.6	2.9	5.6	183	2.23
39	Kuih Koci (Pulut Hitam)	82g	32.6	1.6	4.7	164	2
40	Kuih Lapis	87g	28.8	1	1.9	132	1.52
41	Kuih Lidah Kucing	14g	7.9	4.2	1.1	74	5.29
42	Kuih Lompang	86g	26.5	0.3	2.2	117	1.36
43	Kuih Lopes Pulut	83g	35.9	1.8	1.9	168	2.02
44	Kuih Peneram	55g	35.3	12	1.6	256	4.65
45	Kuih Sagu	92g	29.6	1.2	0.3	131	1.42
46	Kuih Sri Muka	99g	35.9	3.8	3.6	192	1.94
47	Kuih Talam Seri Kaya	122g	41.2	1.1	1.7	182	1.49
48	Kuih Talam Ubi Kayu	93g	31.6	2.3	1.1	152	1.63
49	Kuih Tat Nanas	5g	3	1	0.3	23	4.6
50	Kuih Telur Labah	10g	8.4	0.8	0.2	42	4.2
51	Kuih Tepung Pelita	74g	22.6	0.5	1.6	101	1.36
52	Laddu	70g	38.6	15.3	4.5	309	4.41
53	Lengat Pisang	49g	23.2	0.3	1.9	103	2.1
54	Lepat Pisang	93g	38.8	2.7	2.7	191	2.05
55	Lepat Ubi	85g	41.8	0.7	0.9	177	2.08

56	Muruku Kalistar	10g	6.2	2	1	47	4.7
57	Mysore Pak	90g	73.8	3.2	5.4	346	3.84
58	Pulut Panggang/Udang	83g	30.3	5.6	3.3	184	2.22
59	Putu Piring	32g	14.7	1.2	0.9	75	2.34
60	Pisang Goreng	65g	24.4	2.9	1.3	129	1.98
61	Puding Jagung	90g	19.9	0.5	1.4	90	1
62	Putu Kacang	20g	14.4	0.4	3.4	74	3.7
63	Tapai Pulut	80g	30.5	0.1	2.8	134	1.68
64	Tepung Bungkus	85g	53.3	2.1	1.4	238	2.8
65	Tempeyek	15g	5.2	6.5	2.6	90	6








**Vegetables (Fresh, unless stated)**

No.		Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)
1		Asparagus	1 Cup	7.4 (3.6)	0.4	4.3	40
2		Bamboo Shoots (Rebung)	3 Shoots	6.6 (4.3)	1	6.6	48
3		Beans, winged (Kelisa)	1 Cup	2 (0.4)	0.4	3.3	24
4		Broccoli	1 Cup	8.2 (4.7)	0.5	4.7	44
5		Cabbage (Kobis)	1 Cup	5.2 (2.2)	0.1	1.1	22
6		Carrots (Lobak Merah)	1 Cup	12.3 (3.6)	0.3	1.2	52
7		Cauliflower	1 Cup	5.1 (2.7)	0.6	2.3	29
8		Celery, steamed	1 Cup	5.5 (2.6)	0.2	1.1	24
9		Chili Peppers (Cili Merah)	1 piece, 4.5" long	2.5 (1.6)	0.2	0.8	12
10		Cucumber (Timun)	1 Cup	3.8 (0.5)	0.1	0.7	16

11		Eggplant, steamed (Terung)	1 Cup	5.8 (2.4)	0.2	1	25
12		Ferns (Pucuk Paku)	1 Cup	15.3 (5.3)	0.1	0.4	57
13		Garlic (Bawang Putih)	4 pieces (ulas)	4 (0.3)	0.1	0.8	18
14		Greens, Gai Choy	1 Cup	1.4 (0.7)	0	0.7	7
15		Ladies Fingers (Bendi)	1 Cup	7 (3.2)	0.1	2	31
16		Lettuce, Butterhead	1 Cup	1.2 (0.6)	0.1	0.7	7
17		Mushrooms, cooked, boiled	1 Cup	8.3 (3.4)	0.7	3.4	44
18		Onion, red	1 Cup	14.9 (2.7)	0.2	1.8	64
19		Peppers (Cili Benggala)	1 Cup	4.3 (1.6)	0.2	0.8	18
20		Pumpkin, cooked, boiled	1 Cup	12 (2.7)	0.2	1.8	49
21		Radishes (Lobak Putih)	1 Cup	3.9 (1.8)	0.1	0.8	19

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22		Shallots (Bawang Merah)	5 Tbsp	8.4 (0.4)	0	1.2	36
23		Snap Beans (Kacang Panjang)	1 Cup	7.8 (3.7)	0.1	2	34
24		Spinach, stir fried (Bayam)	1 Cup	6.3 (4.9)	0.6	5.2	40
25		Sprouts (Taugeh)	1 Cup	1.4 (1)	1	1.4	16
26		Tomatoes	1 medium	7 (1)	0.5	1	35



## Fruits

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Apple, Green	1 med, 114g	9.3	0.2	0.3	40	0.35
2	Apple, Red	1 med, 128g	12.1	0.4	0.2	63	0.49
3	Avocado Pear	1 med, 229g	0.2	30.6	3.2	289	1.26
4	Banana, Regular	1 medium	23.6	0.4	1.3	103	0.9
5	Banana, Pisang Emas	2 med, 100g	17.6	0.2	1.1	76	0.76
6	Banana, Rastali	4 small, 171g	28.3	0.3	2.1	123	0.72
7	Banana, Pisang Tanduk	1 med, 352g	81.7	1.2	3.6	349	0.99
8	Belimbing	5 whole, 38g	1.1	0.5	0.3	10	0.26
9	Cashew Apple		9.5	0.2	0.6	42	
10	Ciku	1 whole, 65g	9.9	0.4	0.2	44	0.68
11	Custard Apple	1 med, 145g	13.6	0.2	1.6	63	0.43
12	Dates (Kurma)	5 whole, 60g	37.4	0	1.3	155	2.58
13	Dragon Fruit (Buah naga)	150g	9	1.5	2	54	0.36
14	Duku	5 whole, 146g	7.2	0.2	0.5	33	0.22
15	Durian	5 whole, 189g	11.6	1.4	1.1	64	0.34
16	Grapes	8 whole, 93g	14.4	0	0.7	60	0.65
17	Grapefruit	1 med, 373g	21	0.2	1.9	93	0.25
18	Guava	1 small, 325g	31.9	0.6	3.5	147	0.45
19	Hog Plum (Kedondong)	3 whole, 145g	7	0.1	0.7	32	0.22
20	Jackfruit (Cempedak)	5 fruits, 117g	19.3	0.3	1.9	88	0.75
21	Jackfruit (Nangka)	5 fruits, 189g	13.8	0.4	3	70	0.37
22	Kiwi	1 med, 179g	15.3	0.6	1.4	72	0.4
23	Kundang	5 whole, 120g	7.3	1	0.5	42	0.35

24	Kundur	5 pieces, 29g	1	0	0	4	0.14
25	Langsat	10 pieces, 142g	7.5	0	0.4	31	0.22
26	Lychee	5 whole, 118g	13.1	0.5	0.5	59	0.5
27	Mango	1 large, 232g	21	0.7	3.1	103	0.44
28	Mangosteen	5 small, 346g	4.7	0.8	0.5	28	0.08
29	Mata Kuching	10 med, 88g	8.3	0.2	0.4	36	0.41
30	Olive	5 whole, 44g	2.7	1.8	0.4	28	0.64
31	Orange	1 med, 134g	8.1	0.4	0.5	38	0.28
32	Orange, Mandarin	1 med, 116g	7.7	0.3	0.9	37	0.32
33	Papaya	1 slice, 159g	11.3	0.2	2.4	56	0.35
34	Peach	1 med, 178g	10.7	0.5	2.5	57	0.32
35	Pear, Green	1 med, 207g	32.3	0	0.8	133	0.64
36	Pear, Yellow (Lai)	1 med, 169g	11.9	0.3	0.8	53	0.31
37	Pineapple	1 slice, 130g	10.6	0.1	0.7	59	0.45
38	Plums	1 whole, 74g	5.7	0	0.5	25	0.34
39	Rambutan	5 whole, 176g	11.7	0.1	0.6	50	0.28
40	Starfruit	1 med, 261g	11.7	0.2	1.6	56	0.21
41	Soursop (Durian Belanda)	1 whole, 439g	42.1	1.2	3.9	194	0.44
42	Strawberry	5 whole, 50g	2	0.1	0.3	11	0.22
43	Tamarind (Buah Asam Jawa)	1 pod, 19g	9.4	0.1	0.5	41	2.16
44	Water Apple (Jambu Air)	2 whole, 105g	3.1	0.1	0.8	17	0.16
45	Watermelon (Tembikai)	1 slice, 555g	18.7	0.6	1.9	87	0.16

**Beans/Peas (cooked, drained, unless stated)**

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g
1	Broad Beans (Kacang Sepat)	1 Cup	20.2 (7.2)	1	9.6	124	
2	Cashew, dried	1 tablespoon	4.5 (0.5)	7	2.5	90	
3	Chickpea (Kacang Kuda)	1 Cup	45 (12.5)	4.2	14.5	269	
4	Green Gram	1 Cup	38.7 (15.4)	0.8	14.2	212	
5	Kidney Beans (Kacang buah pinggang)	1 Cup	40.4 (11.3)	0.9	15.3	225	
6	Lentils	1 Cup	39.9 (15.6)	0.8	17.9	230	
7	Pinto	1 Cup	44.8 (15.4)	1.1	15.4	245	
8	Pistachio	1 Cup	32.9 (12.7)	56.5	26.3	699	
<b>Dried Nuts (Local)</b>							
1	Kacang Almond	10g	1.6	5.8	1.8	66	6.6
2	Kacang Dhal Goreng	10g	4.4	2.2	2.3	46	4.6
3	Kacang Hijau Bersalut	10g	5.6	2.4	1.1	49	4.9
4	Kacang Kuda Goreng	10g	5.8	1.3	2.3	44	4.4
5	Kacang Putih	10g	6.3	0.6	2.4	40	4
6	Kacang Soya	10g	2.8	1.9	3.4	41	4.1
7	Kacang Tanah Shantung	10g	2.2	5	2.4	58	5.8
8	Kuaci Putih	10g	3.4	2.1	2.7	43	4.3



## Drinks

No.	Food	Serving Size	Carbohydrate (g)	Fat (g)	Protein (g)	Calorie (Kcal)	Kcal/g @ Kcal/ml
1	Coffee 'O' 'Kosong'	1 cup, 179ml	0.2	0	0	1	0.01
2	Coffee	240ml	19.1	1.7	1.5	94.7	0.39
3	Cafe' Mocha	1 med, 420g	38	12.5	12.5	300	0.71
4	Cafe' Latte	1 med, 420g	21	14.3	14.3	260	0.62
5	Chocolate Drink	1 can	29	6	5	190	
6	Coconut Drink (no pulp)	1 mug, 240ml	8.9	0.5	1.7	46	0.19
7	Coconut Milk	1 mug, 240ml	6.4	48.2	4.6	445	1.85
8	Diet Soft Drink (carbonated)	1 can	0.4	0	0.4	3.2	
9	Fruit Juice (no sugar)	190ml	19.3	0.4	1.1	83.4	0.44
10	Fruit Juice (sugared)	190ml	23.6	0.3	1.1	98.4	0.52
11	Mango Juice	220g	40	0	0	160	0.73
12	Milk (normal)	1 glass, 240ml	11.4	8.1	8	150	0.63
13	Milk (2% fat/ Low Fat)	1 glass, 240ml	11.8	3.1	8.2	108	0.45
14	Milk (Skim, Non Fat)	1 glass, 240ml	11.9	0.4	8.4	85.5	0.36
15	Soft Drink (carbonated)	1 can	38	0	0	152	
16	Soy Milk	1 glass, 240ml	11.4	5.1	9.2	120	0.5
17	The Tarik (1 tbsp condensed milk, 1 tbsp sugar)	1 mug, 240ml	19.1	1.7	1.5	94.7	0.39
18	Tea or Coffee 'O' (sugared)	1 mug. 240ml	12.5	0	0	50	0.21
19	Tea 'O' 'Kosong'	1 cup, 178ml	0.3	0	0	1.2	0.01
20	Water	1 glass	0	0	0	0	0

# SUSU SEJAT

21	Yogurt, Fruit (whole milk)	150g	27.9	4.9	6.4	177	1.18
22	Yogurt, Fruit (low fat)	150g	28.5	1.6	6.5	152.4	1.02
23	Yogurt, Fruit (fat free)	150g	28.4	0.3	6.6	140.6	0.94
24	Yogurt, Plain (low fat)	150g	10.5	2.3	7.9	94.8	0.63
25	Yogurt, Plain (fat free)	150g	11.5	0.3	8.6	83.6	0.56



Manusia yang gagal akan cuba sedaya upaya mencari seribu alasan untuk berubah, namun manusia yang berjaya akan mencari seribu cara untuk melakukan perubahan. Seribu cara itu mungkin sudah ada di depan mata anda, namun tanpa komitmen dan keazaman dalam diri anda sendiri, perubahan itu pasti tidak akan berlaku juga.

## Sample of Food Log

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Food	Quantity (Serving)	Calorie
<b>Breakfast</b>		
		<i>Calorie Sub-total</i>
<b>Lunch</b>		
		<i>Calorie Sub-total</i>
<b>Snack</b>		
		<i>Calorie Sub-total</i>
<b>Dinner</b>		
		<i>Calorie Sub-total</i>
<b>Supper</b>		
		<i>Calorie Sub-total</i>
TOTAL CALORIE OF THE DAY		