

Table of energy content of foods

Food	Portion size		kJ	Cals	Food	Portion size		kJ	Cals
	qty	wt (g)				qty	wt (g)		
Bread, plain	2 slices	60	647	154	Spinach	1 cup	30	25	6
Roti prata	One	200	2705	644	Gàì-lán	1 cup	65	118	28
Cornflakes	1 cup	30	449	107	Cucumber, cut into thick slices	5	40	25	6
Mee curry	1 bowl	400	2167	516	Long beans	½ cup	55	76	18
Mee goreng	1 plate	400	2772	660	Bean sprouts	1 cup	104	109	26
Rice, plain, cooked	1 plate	200	1092	260	Cheddar cheese, processed	1cm cube	16	218	52
Fried rice (nasi goreng)	1 plate	400	3242	772	Milk shake	1 glass	250	945	225
Nasi briyani, rice only	1 plate	250	1924	458	Cow's milk, whole	1 glass	250	685	163
Nasi lemak with ingredients	1 plate	300	2129	507	UHT, low fat	1 glass	250	538	128
Mutton curry	1 serve	100	777	185	UHT, chocolate flavour	1 glass	250	714	170
Lamb chop, loin, grilled, lean & fat	2	96	1428	340	Ice-cream, vanilla	1 scoop	45	374	89
Beef burger patty	One	80	848	202	Yoghurt, natural, plain	1 cup	200	716	170
Beef rendang	1 pc	90	958	228	Boiled egg	One	50	311	74
Beef/chicken satay	6 sticks	90	907	216	Fried egg with fat	One	53	424	101
Chicken, roasted, meat & skin	1 serve	90	815	194	Egg omelette	One	65	449	107
Luncheon meat	2 slices	90	1184	282	Cola	1 can	285	491	117
Pork chop, loin, grilled lean	1 serve	85	1184	282	Soya bean milk, packet	1 packet	250	664	158
Duck meat, roasted, meat & skin	1 serve	100	1567	373	Soya bean milk, fresh	1 cup	250	336	80
Ikan bilis sambal	1 serve	40	530	126	Thousand island salad cream	1 dsp	10	160	38
Tenggiri, fried	One	55	764	182	Chilli/Tomato sauce	1 dsp	10	46	11
Fish finger, grilled	2	46	428	102	Butter/margarine	1 dsp	15	466	111
Fish cake, fried	One	50	395	94	Peanut butter	1 dsp	15	378	90
Soya bean cake (dòu gān), fried	1 serve	30	277	66	Jam/Marmalade/kaya	1 dsp	15	151	36
Soya bean curd (dòu fu)	1 serve	50	143	34	Milk chocolate	2 pcs	40	890	212
Cashew nut, roasted	2 tbsp	30	722	172	Fruit cake	1 wedge	50	743	177
Peanut, roasted	2 tbsp	30	718	171	Chocolate cake	1 wedge	55	1054	251
Apple	One	150	223	53	Doughnut, ring, iced	1 pc	80	1285	306
Banana	One	90	176	42	Kueh lapis, steamed	1 pc	90	575	137
Durians	5 seeds	175	643	153	Apple pie	One	85	1105	263
Orange	One	150	181	43	Hamburger	One	100	1121	267
Papaya	1 wedge	150	164	39	Big Mac	One	205	2365	563
Watermelon	1 wedge	200	130	31	KFC chicken thigh	1 pc	68	899	214
Fruit cocktail, canned	½ cup	128	420	100	Pizza, thin N crispy, supreme	2 slices	200	1928	459
Carrot, cut into slices	½ cup	65	97	23	Pan pizza, supreme	2 slices	255	2474	589
					Curry puff, potato & spices	One	40	538	128
					Potato crisp	1 packet	35	785	187

Source: Food & Nutrition Department, 1993

Table of energy output of various activities

Activity	No of Cals used in 1 min. of activity*	No of mins of activity needed to burn off:					
		25 Cal	50 Cal	100 Cal	150 Cal	200 Cal	250 Cal
Light housework	2.70	9	19	37	56	74	93
Mopping floor	2.79	9	18	36	54	72	90
Cycling (leisure)	2.88	9	17	35	52	70	87
Table tennis	3.06	8	16	33	49	62	82
Brisk walking	3.33	8	15	30	45	60	75
Badminton	4.37	6	12	23	34	46	57
Tennis	4.91	5	10	20	31	41	51
Jogging (slow)	5.04	5	10	20	30	40	50
Football	5.94	4	8	17	25	34	42
Basketball	6.21	4	8	16	24	32	40
Running (slow, 8km/h, male)	6.57	4	8	15	23	30	38
Swimming (breaststroke)	7.29	3	7	14	19	27	32

*Calculated for a child weighing 45kg.