

### Cooked Salmon (100g)

Calories	206
Fat	12g
Carbohydrate	0g
Protein	22g
Fibre	0g
Iron	2%
Calcium	1%
Vitamin C	6%



### Carrots (100g)

Calories	35
Fat	0g
Carbohydrate	8g
Protein	1g
Fibre	0g
Iron	5%
Calcium	3%
Vitamin C	4%



### Cheddar Cheese (100g)

Calories	403
Fat	33g
Carbohydrate	1g
Protein	25g
Fibre	0g
Iron	4%
Calcium	72%
Vitamin C	0%



### Brown rice (100g)

Calories	111
Fat	1g
Carbohydrate	23g
Protein	3g
Fibre	2g
Iron	2%
Calcium	0%
Vitamin C	0%



### Burger King burger (100g)

Calories	274
Fat	15g
Carbohydrate	19g
Protein	17g
Fibre	1g
Iron	16%
Calcium	6%
Vitamin C	1%



### Rice Krispies (100g)

Calories	387
Fat	1g
Carbohydrate	85g
Protein	0g
Fibre	1g
Iron	1%
Calcium	1%
Vitamin C	46%



### Full cream milk (100g)

Calories	60
Fat	3g
Carbohydrate	5g
Protein	3g
Fibre	0g
Iron	0%
Calcium	11%
Vitamin C	0%



### Baked potato (100g)

Calories	100
Fat	0g
Carbohydrate	23g
Protein	2g
Fibre	2g
Iron	2%
Calcium	1%
Vitamin C	25%



### Chilli con carne (100g)

Calories	121
Fat	2g
Carbohydrate	11g
Protein	7g
Fibre	10g
Iron	14%
Calcium	4%
Vitamin C	0%



### Broccoli (100g)

Calories	35
Fat	0g
Carbohydrate	7g
Protein	2g
Fibre	3g
Iron	4%
Calcium	4%
Vitamin C	108%



### Pasta (100g)

Calories	126
Fat	0g
Carbohydrate	28g
Protein	3g
Fibre	5g
Iron	1%
Calcium	0%
Vitamin C	0%



### Peas (100g)

Calories	78
Fat	0g
Carbohydrate	14g
Protein	5g
Fibre	5g
Iron	8%
Calcium	2%
Vitamin C	17%



### Scrambled egg (100g)

Calories	167
Fat	12g
Carbohydrate	2g
Protein	11g
Fibre	0g
Iron	7%
Calcium	7%
Vitamin C	0%



### Grapefruit (100g)

Calories	42
Fat	0g
Carbohydrate	11g
Protein	1g
Fibre	2g
Iron	0%
Calcium	2%
Vitamin C	52%



### Apple (100g)

Calories	52
Fat	0g
Carbohydrate	14g
Protein	0g
Fibre	2g
Iron	1%
Calcium	1%
Vitamin C	8%



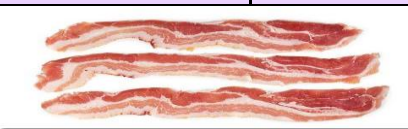
### Brown bread (100g)

Calories	266
Fat	4g
Carbohydrate	48g
Protein	11g
Fibre	4g
Iron	19%
Calcium	14%
Vitamin C	0%



### Fried bacon (100g)

Calories	533
Fat	40g
Carbohydrate	1g
Protein	38g
Fibre	0g
Iron	8%
Calcium	1%
Vitamin C	0%



### Tinned tuna (100g)

Calories	128
Fat	3g
Carbohydrate	0g
Protein	24g
Fibre	0g
Iron	5%
Calcium	1%
Vitamin C	0%



### Corned beef (100g)

Calories	192
Fat	26g
Carbohydrate	0g
Protein	30g
Fibre	0g
Iron	21%
Calcium	1%
Vitamin C	0%



### Kiwi (100g)

Calories	61
Fat	1g
Carbohydrate	15g
Protein	1g
Fibre	3g
Iron	0%
Calcium	3%
Vitamin C	155%



### Oranges (100g)

Calories	47
Fat	0g
Carbohydrate	12g
Protein	1g
Fibre	2g
Iron	1%
Calcium	4%
Vitamin C	89%



### Burger King fries (100g)

Calories	331
Fat	17g
Carbohydrate	42g
Protein	4g
Fibre	3g
Iron	7%
Calcium	0%
Vitamin C	1%



### Fried onion rings (100g)

Calories	346
Fat	17g
Carbohydrate	44g
Protein	5g
Fibre	3g
Iron	0%
Calcium	13%
Vitamin C	0%



### White bread (100g)

Calories	266
Fat	3g
Carbohydrate	51g
Protein	8g
Fibre	2g
Iron	21%
Calcium	15%
Vitamin C	0%



### Avocado (100g)

Calories	160
Fat	15g
Carbohydrate	9g
Protein	2g
Fibre	7g
Iron	3%
Calcium	1%
Vitamin C	17%

