

MACROS

CHEAT SHEET

macro sources per 100g

Please bear in mind that the following will affect the calories in a food:

- brands
- different cuts (meat)
- cooked and uncooked

The general rule is:

- If you weigh it cooked, track it cooked
- If you weigh it uncooked, track it uncooked



Team
SCC

MEAT PER 100G

Meat Source	Calories	Protein (g)
Chicken	115	30
Turkey Mince	190	29
5% Lean Beef Mince	125	21
Pork Loin	110	21
Duck Breast	232	16
Quail Breast	120	22
Lamb Shank	185	20

FISH PER 100G

Fish Source	Calories	Protein (g)
Tuna steak	100	24
Salmon Breast	182	26
Steamed Hake	95	19
Mackerel	234	23
Prawns	70	16
White Fish Fillet	172	24

DAIRY PER 100G

Dairy Source	Calories	Protein (g)
0% Fat Cottage Cheese	62	11
0% Fat Greek Yogurt	53	11
Low Fat Ricotta Cheese	102	12.5
50% Less Fat Cheddar	278	33
Lightest Philadelphia	87	10
Light Feta	200	17



OATS/BEANS/ LENTILS PER 100G

Oats/Beans/Lentils Source	Calories	Protein (g)
Oats Uncooked	375	15
Buckwheat Uncooked	343	13
Red Lentils Uncooked	200	18
Red Lentil Pasta Uncooked	334	26
Pinto Beans Drained	100	7
Chickpeas Drained	124	7

VEGAN/VEGETARIAN

PER 100G

Vegan/Vegetarian Source	Calories	Protein (g)
Seitan	138	17
Tempeh	180	18
Tofu	127	14
Edamame Beans	133	11
Kidney Beans Drained	87	5
Garbanzo Beans	152	9
Nutritional Yeast	328	45
Spirulina	360	62



OTHER PROTEIN SOURCES PER 100G

Other Source	Calories	Protein (g)
Eggs	143	12.6
Egg Whites	54	11
Protein Powder	412	80
Collagen Powder	360	90



CARBOHYDRATE SOURCES PER 100G

Carbohydrate Source	Calories	Carbohydrates (g)
Sourdough Bread	250	53
Bagel	285	54
White Potato	74	16
Sweet Potato	86	20
Quinoa	147	24
Oats	375	68
Brown Rice	169	29
White Rice	153	28

CARBOHYDRATE SOURCES PER 100G

Carbohydrate Source	Calories	Carbohydrates (g)
Pasta	373	75
Medjool Dates	304	79
Raisins	333	77
Apple	52	14
Banana	89	23

FAT

SOURCES PER 100G

Fat Source	Calories	Fats (g)
Avocado	231	23
Dark Chocolate 85% Cocoa	598	43
Olive Oil	885	100
Eggs	143	10
Cooked Salmon	182	13
Almonds	636	61
Walnuts	654	65
Chia Seeds	484	32

FAT

SOURCES PER 100G

Fat Source	Calories	Fats (g)
Full Fat Greek Yogurt	97	5
Peanut Butter	660	58
Olives	300	27

