

## YOUR GUIDE TO CALORIE INTAKE

**1 cup 250ml, ½ cup = 125mls, 1 tbs. = 15mls, 1 tsp. = 5ml**

### Starches

**All the starches listed below are equivalent to 1 serving = 80 Kcal**

- 1 slice bread
- 1/3 cup ugali
- 1/3 cup of arrowroots
- 1/3 cup cassava
- ½ Chapati
- ½ cereals
- ½ cup corn [maize]
- ½ cup cooked bananas
- ½ cup dries beans
- ½ Irish potatoes
- ½ pastas
- ½ cup porridge
- ½ cup rice
- ½ cup sweet potatoes
- 4 teaspoons of sugar

### Vegetables

**1 serving = 25 kcal; 1 cup raw leafy vegetables of ½ cup cooked vegetables or ¾ cup vegetable juice**

- Beetroot
- Broccoli
- Cabbages
- Capsicum
- Carrots
- Celery
- Chives
- Courgettes
- Cucumber
- French Beans
- Green Peas
- Green Pepper
- Leaks
- Lettuce
- Mushrooms
- Spinach
- Sukuma Wiki
- Terere
- Tomatoes
- Turnips

### Fruits

**1 serving [60 Kcal] = ½ cup juice or 1 cup diced fruit**

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Grapes
- Grapefruit
- Guavas
- Loquats
- Mangoes
- Oranges
- Passion fruit
- Pawpaw
- Pears
- Plums
- Pineapple
- Small fruits
- Sultanas
- Sweet melon
- Watermelon

### Dairy Products

**1 serving = 1 cup - 80 Kcal**

- 30 gm cheese
- 1 cup fermented milk [Mala]
- 1 cup fresh milk
- 1 cup yoghurt

### Proteins

**All proteins listed below are equivalent to 1 serving = 75 Kcal**

- A palm size of fish [or other sea food] / 6 small cubes of beef, pork or any kind of meat
- 1 small piece of chicken without skin [A leg/drum stick, thigh or breast]
- 1 egg [**Adults should not eat more than 3 eggs per week, preferably boiled or poached**]
- 2 Table spoons peanut butter, nuts or seeds
- ½ cup fresh beans

### Note: -

- ❑ **Nuts should not be used as a major source of protein because they are high in fat.**
- ❑ **Processed meats or foods are NOT recommended because of high sodium and fat content.**

### Fat

**1 teaspoon leveled = 45 kcal = 1 serving [5ml]**

- 1 tsp. butter
- 1 tsp. margarine
- 1tsp fats
- 1 tsp. Oils
- 1 tbs. nuts
- 1 tbs. sim sim
- 1 finger size slice avocado
- 1 finger size slice coconut

