

1			Willim Calculation											
2	Type		Kg/2000 kcal	Energy kJ	Energy kcal	Fat g	Fat saturates	Carbohydrates	Carbohydrate sugars	Sugars % kcal	Fibre	Protein	Salt	
3		04 Apr 2024 09:14	kg	4.184	kJ/kcal	9		3.75			3.75	4.0		
4		Rec Intake		8368	2000	70.0	20.0		90.0				6.00	
5		Total Energy %/ages - - >		0.239		<15%		45 - 65%	<5%					
6	Drink	Water – usually less than 1 litre per hour	-	0	0	0.0	0.0		0.0	0	0.0	0.0	0.00	
7	F&V	Mushrooms	15.4	54	13	<5	0.0	<5	<5	14	0.7	1.0		
8	F&V	Tomatoes	11.2	75	18	0.1	<1	3.0	3.0	63	1.0	0.5	0.10	
9	F&V	Tesco – Bolognese Sauce - No added Sugar	5.5	153	37	0.6	0.1	4.9	4.5	46	1.7	1.6	0.60	
10	F&V	Peppers	5.3	158	38	<0.5	<0.1	6.1	5.8	58	1.6	1.1	<0.01	
11	F&V	Onions	5.1	163	39	0.1	0.0	8.0	6.2	60	1.1	1.0	<0.01	
12	Drink	Coca Cola	5.0	166	40			10.6	10.6	100				
13	F&V	Cauliflower	4.9	169	41	0.9	0.2	3.0	2.5	23	1.8	3.6	<0.01	
14	F&V	Satsumas	4.8	173	41	0.1	0.0	8.5	8.5	77	1.3	0.9	0.00	
15	F&V	Carrots	4.7	177	42	0.4	0.1	7.7	7.2	64	2.1	0.5	0.10	
16	F&V	Beetroot	4.6	183	44	0.2	0.1	7.5	6.7	57	2.4	1.2	0.20	
17	F&V	Jaffa Clementine – Easy Peeler	4.4	189	45	0.2	0.0	9.6	9.6	80	1.2	0.7	<.01	
18		Tesco – Milk Semi Skimmed 1.8% Fat	4.1	203	49	1.8	1.1	4.8	4.8	37	0.0	3.6	0.10	
19	F&V	Tesco – Pears Conference Ripe & Ready	3.8	222	53	0.1	0.0	10.9	10.9	77	2.7	0.3	0.00	
20	F&V	Apples	3.7	224	54	0.1	0.0	11.8	11.8	83	1.8	0.4	0.00	
21		Tesco – Jalfrezi Sauce	3.7	225	54	1.6	0.2	8.0	4.0	28	1.3	1.1	0.61	
22	F&V	Pears	3.2	265	63	0.1	0.0	13.3	13.3	79	2.9	0.4	0.00	
23	Dairy	Yoghurt	3.1	271	65	3.5	2.3	4.1	4.1	24		4.5	0.13	
24	F&V	Grapes	3.0	280	67	<0.5	<0.1	15.4	15.4	86	0.7	<0.5	<0.01	
25	F&V	Potatoes	2.7	308	74	0.3	0.1	16.1	1.3	7	1.0	1.7	<0.10	
26		Waitrose – Prawns	2.7	312	75	<0.5	0.1	0.9	<5	3	<5	16.2	1.50	
27	F&V	Potatoes – Maris Piper 2021 11 24	2.5	334	80	0.1	<0.1	17.5	0.8	4	1.6	1.8	<0.10	
28	Can	Beans	2.5	340	81	0.2		12.5	4.7	22	3.7	4.7	0.60	
29		Tesco – Korma Sauce	2.4	343	82	4.5	3.7	9.2	4.3	20	0.8	1.0	0.60	
30		Lea & Perrins Worcestershire Sauce	2.2	377	90	0.9	0.4	21.0	18.8	78		0.8	2.90	
31	Can	Beans – 5	2.2	379	91	0.2		13.6	4.7	19	4.3	5.4	0.60	
32	Can	Heinz - Beans – Nov 2023	2.1	400	96	0.4	<1	15.5	4.3	17	3.9	4.8	0.60	
33	Can	Kirkland – Alaska Salmon	2.1	403	96	1.8	0.6	0.0	0.0	0	0.0	20.0		
34	Dairy	Tesco – Greek Style Yoghurt	2.0	410	98	7.5	5.1	4.2	4.2	16	0.0	3.7	0.10	
35		FatSecret – Prawns	2.0	415	99	1.7	0.3	0.9	0.0	0	0.0	20.1	1.18	
36		Heinz – Organic Tomato Ketchup	2.0	424	101	0.1	0.1	25.3	24.8	92		1.4	1.70	
37	F&V	Banana	1.8	465	111	0.3		22.9	12.2	41	2.6	3.1		
38	Can	Pilchards	1.5	554	133	6.9	2.5	3.6	1.6	5	1.1	13.2	1.00	
39	Dairy	Eggs	1.5	556	133	9.0	2.5	<0.5	<0.5	1		12.5	0.39	
40	Can	Tesco – Salmon	1.5	576	138	4.8	0.9	0.0	0.0	0	0.0	23.6	0.90	
41	Meal	McIntosh – Haggis, Neeps & Tatties	1.4	591	141	6.9	4.8	18.5	14.3	38	0.6	1.9	0.20	
42	Sweets	Tesco – Trifle Raspberry	1.4	591	141	6.9	4.8	18.5	14.3	38	0.6	1.9	0.20	
43		Tesco – Guacamole	1.4	611	146	13.2	2.6	3.3	1.1	3	2.7	1.2	0.50	
44		Tesco – Wholegrain Rice 250g m/wave	1.3	620	148	1.4	0.2	30.2	0.2	1	1.8	3.9	0.10	
45	Meal	McIntosh – Macaroni Cheese	1.3	634	152	6.8	4.2	16.7	1.5	4	0.9	6.1	0.81	
46		Tesco – Wholewheat Pasta – uncooked	1.2	696	166	0.8	0.2	32.9	1.1	2	3.8	5.4	0.10	
47	Sweets	Mackie's Ice Cream – Vanilla	1.1	782	187	11.0	6.8	19.2	18.2	36	0.0	4.0	0.17	
48		Tesco – Finest Classic One 1/4 lb burgers	1.0	869	208	11.7	5.0	3.9	0.4	1	0.5	21.5	0.80	
49		Tesco – Breaded Plaice	1.0	875	209	9.2	0.8	18.1	1.4	3	1.8	12.9	0.70	
50	Can	Corned Beef	0.92	905	216	12.5	0.6	1.0	1.0	2		25.0	2.30	
51		Tesco – Organic Houmous	0.92	907	217	14.1	1.8	12.9	0.6	1	4.0	6.6	0.70	
52		Bread Hovis Tasty Wholemeal	0.90	935	223	1.8	0.4	37.8	4.1	7	6.8	10.0	0.90	
53	Meal	Pizza Pollo Ad Astra	0.89	940	225	6.1	2.3	29.5	4.1	7	3.0	12.0	0.80	
54		Bread Kingsmill 50/50	0.86	975	233	2.3	0.5	41.9	3.5	6	4.9	9.2	0.95	
55	Bread	Allinson Wholemeal	0.85	982	235	2.9	0.6	37.3	2.9	5	7.1	10.5	1.00	
56		Tesco – Scotch Eggs 227g	0.85	982	235	14.6	4.3	14.9	0.7	1	2.2	9.8	0.80	
57	Bread	Tesco – Roll	0.83	1012	242	3.6	1.4	39.3	3.8	6	5.6	10.3	0.80	
58		Tesco – Dark Maple Syrup- Grade A – Finest	0.82	1023	245	0.0	0.0	65.0	61.0	94	0.0	0.2	0.83	
59		Lyle's Black Treacle	0.81	1033	247	0.0	0.0	64.0	64.0	97	0.0	1.7	0.13	
60	Bread	Tesco - MultiGrain Batch Loaf	0.78	1077	258	2.4	0.6	48.4	3.9	6	4.8	9.1	0.83	
61	Bread	Allinson Scandalous Seeds	0.73	1152	275	9.0	1.3	29.3	2.5	3	8.2	13.4	0.75	
62		GroovyFood - Organic Date Syrup	0.71	1182	282	0.6	<0.5	71.0	62.0	82	0.0	2.7	0.40	
63	Bread	Tesco – Peshwari Naan	0.69	1210	289	8.0	4.9	47.4	12.4	16	3.4	6.7	0.60	
64	Ingred't	Hilltop – Honey	0.68	1227	293	<5	<1	76.0	76.0	97	<5	<5	0.03	
65	Bread	Soreen Malt Loaf	0.66	1271	304	2.8	0.5	58.7	18.3	23	4.8	10.1	0.50	
66	Ingred't	Rowse - Honey	0.64	1314	314	<5	0.2	81.5	80.8	96	<5	<5	0.03	
67		Tilda Brown Basmati Rice – Uncooked	0.59	1420	339	2.8	0.6	71.2	1.1	1	3.4	8.6	<0.03	
68	Ingred't	Flour - Matthews Strong Wholemeal	0.57	1461	349	2.2	0.3	63.9	2.1	2	9.0	14.0	0.00	
69	Ingred't	Flour - Allinson's Very Strong Wholemeal	0.55	1531	366	2.5	0.5	66.7	1.1	1	11.0	13.0	0.03	
70	Sweets	CostCo – Carmel Sticky Toffee Pudding	0.54	1542	369	18.2	11.0	50.0	39.5	40	1.0	3.4	0.70	
71		Tesco – Dark Brown Sugar	0.54	1545	369	0.2	<1	97.7	97.7	99	0.2	<1	2.00	
72	Body	Optimal Health Guidelines pg 15 – Body Glucose	0.53	1569	375			100.0	100.0	100				
73	Dairy	Tesco – Cheese - Blue Stilton,	0.49	1716	410	35.0	23.0	0.1	0.1	0	0.0	23.7	2.00	
74	Dairy	Cheese	0.48	1741	416	34.9	21.7	0.1	0.1	0	0.0	25.4	1.80	
75		Tesco – Rough Oatcakes	0.44	1883	450	17.3	6.4	57.5	0.8	1	9.6	10.7	1.40	
76	Dairy	Tesco – Double Cream	0.43	1952	467	50.5	31.4	1.6	1.6	1	0.0	1.5	0.06	
77		Hobnobs	0.41	2039	487	23.3	11.5	61.4	32.3	25	5.2	7.0	0.75	
78		Tesco – Crisps Crinkle Cut Salted	0.41	2041	488	27.4	2.7	53.7	0.3	0	3.4	6.8	0.90	
79		Morgan McVeigh Shortbread – Butter	0.39	2124	508	28.0	17.0	62.0	22.0	16		5.8	0.91	
80	Sweets	Chocolate – 47% Cocoa	0.38	2221	531	30.0	18.0	54.0	50.0	35	7.9	7.2	0.50	
81	Sweets	Tesco – Chocolate, Mint	0.36	2330	557	35.2	21.5	50.2	46.5	31	6.7	6.7	<0.1	
82	Nuts	Tesco – Mixed Nuts & Raisins 500g	0.35	2410	576	44.7	5.6	15.9	12.8	8	6.3	22.6	0.01	
83	Nuts	Cashews	0.34	2445	584	48.2	8.3	18.1	4.6	3	3.2	17.7	0.10	
84	Sweets	Chocolate – 85% Cocoa	0.33	2533	605	47.0	29.0	22.0	15.0	9	14.7	11.2	0.10	
85	Nuts	Almonds	0.33	2555	611	49.4	3.7	9.5	3.9	2	12.2	21.2	<0.01	
86	Nuts	Hazelnuts	0.29	2859	683	63.5	4.7	5.6	3.8	2	6.5	16.6	0.20	
87	Nuts	Walnuts	0.29	2925	699	65.2	6.1	7.0	2.6	1	6.7	15.2	<0.01	
88	Nuts	Brazil Nuts	0.28	2954	706	68.2	16.4	2.9	2.3	1	4.3	16.3	<0.01	
89	Dairy	Muller - Butter, Unsalted	0.27	3115	744	82.2	52.1	0.6	0.6	0		0.6	0.00	
90	Oil	Fillip Berio – Extra Virgin Olive Oil	0.24	3438	822	91.3	13.9	0.0	0.0	0	0.0	0.0	0.00	
91	Body	Optimal Health Guidelines pg 15 – Body Fat	0.22	3766	900	100.0				0				
92								kcal/g	ABV	ml	Units			
93	Alcohol	10% Alcohol by Volume 100ml		293	70			7.0	10.0	100.0	1.0			
94	Alcohol	Whisky 40% 25 ml												