

Animal Aids



FOOD TRUMPS



www.animalaid.org.uk/education



Spinach

Calories	23 kcal	Calcium	136 mg
Total fats	0.3 g	Iron	3.6 mg
Saturated fat	0.0 g	Zinc	0.8 mg
Carbohydrate	3.7 g	Vitamin A	10,481 IU
Dietary fibre	2.4 g	Vitamin C	9.8 mg
Protein	3.0 g	Vitamin E	2.1 mg



100g serving cooked



Broccoli

Calories	35 kcal	Calcium	40 mg
Total fats	0.4 g	Iron	0.7 mg
Saturated fat	0.1 g	Zinc	0.5 mg
Carbohydrate	7.2 g	Vitamin A	1,548 IU
Dietary fibre	3.3 g	Vitamin C	64.9 mg
Protein	2.4 g	Vitamin E	1.5 mg



90g serving cooked



Tomatoes

Calories	27 kcal	Calcium	15 mg
Total fats	0.3 g	Iron	0.4 mg
Saturated fat	0.0 g	Zinc	0.3 mg
Carbohydrate	5.8 g	Vitamin A	1,233 IU
Dietary fibre	1.8 g	Vitamin C	20.3 mg
Protein	1.3 g	Vitamin E	0.8 mg



One raw NLEA serving, 148g

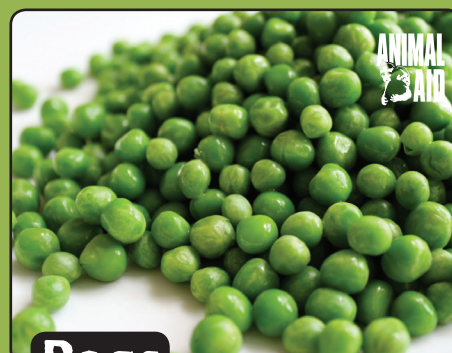


Carrots

Calories	35 kcal	Calcium	30 mg
Total fats	0.2 g	Iron	0.3 mg
Saturated fat	0.0 g	Zinc	0.2 mg
Carbohydrate	8.2 g	Vitamin A	17,036 IU
Dietary fibre	3.0 g	Vitamin C	3.6 mg
Protein	0.8 g	Vitamin E	1.0 mg



100g serving cooked



Peas

Calories	76 kcal	Calcium	24 mg
Total fats	0.2 g	Iron	1.4 mg
Saturated fat	0.0 g	Zinc	1.1 mg
Carbohydrate	14.1 g	Vitamin A	721 IU
Dietary fibre	5.0 g	Vitamin C	12.8 mg
Protein	4.8 g	Vitamin E	0.13 mg



90g serving cooked



Cos or Romaine lettuce

Calories	14 kcal	Calcium	28 mg
Total fats	0.3 g	Iron	0.8 mg
Saturated fat	0.0 g	Zinc	0.2 mg
Carbohydrate	2.8 g	Vitamin A	7,400 IU
Dietary fibre	1.8 g	Vitamin C	3.4 mg
Protein	1.0 g	Vitamin E	0.1 mg



One NLEA serving, 85g



Red peppers

Calories	98 kcal	Calcium	5.0 mg
Total fats	9.4 g	Iron	0.4 mg
Saturated fat	1.1 g	Zinc	0.1 mg
Carbohydrate	4.9 g	Vitamin A	2,042 IU
Dietary fibre	1.3 g	Vitamin C	121 mg
Protein	0.8 g	Vitamin E	3.1 mg



Small pepper, chopped, sauteed, 74g



Boiled potatoes

Calories	195 kcal	Calcium	112 mg
Total fats	0.25 g	Iron	15.2 mg
Saturated fat	0.1 g	Zinc	1.1 mg
Carbohydrate	43 g	Vitamin A	8.0 IU
Dietary fibre	4.5 g	Vitamin C	32.5 mg
Protein	8.2 g	Vitamin E	0.02 mg



250g serving cooked with skins

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Chips

Calories	539 kcal	Calcium	22 mg
Total fats	28.8 g	Iron	2.3 mg
Saturated fat	6.7 g	Zinc	1.2 mg
Carbohydrate	63.4 g	Vitamin A	0.0 IU
Dietary fibre	5.9 g	Vitamin C	4.6 mg
Protein	6.4 g	Vitamin E	1.3 mg

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French fries, large serving, 169g

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Sweet potatoes

Calories	103 kcal	Calcium	43.3 mg
Total fats	0.2 g	Iron	0.8 mg
Saturated fat	0.0 g	Zinc	0.4 mg
Carbohydrate	23.6 g	Vitamin A	21,907 IU
Dietary fibre	3.8 g	Vitamin C	22.3 mg
Protein	2.3 g	Vitamin E	0.8 mg

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One medium vegetable, 114g, cooked

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Oranges

Calories	61.6 kcal	Calcium	52.0 mg
Total fats	0.2 g	Iron	0.1 mg
Saturated fat	0.0 g	Zinc	0.1 mg
Carbohydrate	15.4 g	Vitamin A	295 IU
Dietary fibre	3.1 g	Vitamin C	69.7 mg
Protein	1.2 g	Vitamin E	0.2 mg

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One medium fruit, 131g

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Bananas

Calories	112 kcal	Calcium	5.9 mg
Total fats	0.1 g	Iron	0.3 mg
Saturated fat	0.0 g	Zinc	0.2 mg
Carbohydrate	27 g	Vitamin A	75.5 IU
Dietary fibre	3.1 g	Vitamin C	10.3 mg
Protein	1.3 g	Vitamin E	0.1 mg

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One medium fruit 118g

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Kiwi fruit

Calories	55 kcal	Calcium	30.9 mg
Total fats	0.5 g	Iron	0.3 mg
Saturated fat	0.0 g	Zinc	0.1 mg
Carbohydrate	13.3 g	Vitamin A	79.2 IU
Dietary fibre	2.7 g	Vitamin C	84.4 mg
Protein	1.0 g	Vitamin E	1.3 mg

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One large fruit without skin, 91g

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Mangoes

Calories	135 kcal	Calcium	20.7 mg
Total fats	0.6 g	Iron	0.3 mg
Saturated fat	0.1 g	Zinc	0.1 mg
Carbohydrate	53.2 g	Vitamin A	1,584 IU
Dietary fibre	3.7 g	Vitamin C	57.3 mg
Protein	1.1 g	Vitamin E	2.3 mg

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One fruit, flesh, 207g

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Apples

Calories	95 kcal	Calcium	10.9 mg
Total fats	0.3 g	Iron	0.2 mg
Saturated fat	0.1 g	Zinc	0.1 mg
Carbohydrate	25.1 g	Vitamin A	98.3 IU
Dietary fibre	4.4 g	Vitamin C	8.4 mg
Protein	0.5 g	Vitamin E	0.3 mg

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Raw with skin, medium, 182g

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Raspberries

Calories	10 kcal	Calcium	4.7 mg
Total fats	0.1 g	Iron	0.1 mg
Saturated fat	0.0 g	Zinc	0.1 mg
Carbohydrate	2.3 g	Vitamin A	6.3 IU
Dietary fibre	1.2 g	Vitamin C	5.0 mg
Protein	0.2 g	Vitamin E	0.2 mg

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10 raspberries, 19g

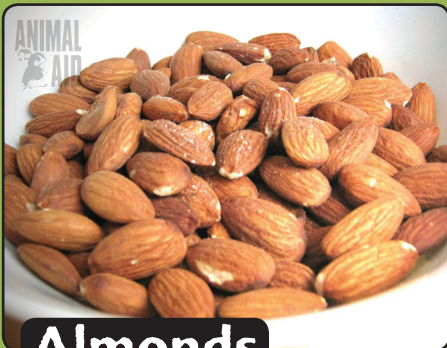
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Papayas

Calories	59.3 kcal	Calcium	36.5 mg
Total fats	0.2 g	Iron	0.2 mg
Saturated fat	0.1 g	Zinc	0.1 mg
Carbohydrate	14.9 g	Vitamin A	1,663 IU
Dietary fibre	2.7 g	Vitamin C	93.9 mg
Protein	0.9 g	Vitamin E	1.1 mg

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One small fruit, 152g



Almonds

Calories	150 kcal	Calcium	67 mg
Total fats	13.1 g	Iron	0.9 mg
Saturated fat	1.0 g	Zinc	0.8 mg
Carbohydrate	5.2 g	Vitamin A	0.0 IU
Dietary fibre	2.7 g	Vitamin C	0.0 mg
Protein	5.2 g	Vitamin E	6.0 mg



Dry roasted, 20 almonds, 25g

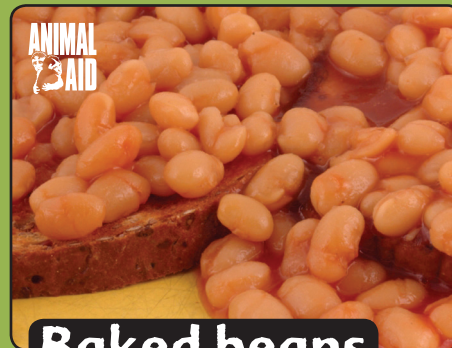


Peanuts

Calories	147 kcal	Calcium	17 mg
Total fats	12.4 g	Iron	0.4 mg
Saturated fat	1.9 g	Zinc	1.38 mg
Carbohydrate	5.3g	Vitamin A	0.0 IU
Dietary fibre	2.1 g	Vitamin C	0.0 mg
Protein	6.1 g	Vitamin E	1.2 mg



Dry roasted, 25g



Baked beans

Calorie	197 kcal	Calcium	71.0 mg
Total fats	0.78 g	Iron	2.5 mg
Saturated fat	0.1 g	Zinc	4.8 mg
Carbohydrate	44.4 g	Vitamin A	227 IU
Dietary fibre	8.6 g	Vitamin C	6.3 mg
Protein	10.0 g	Vitamin E	0.3 mg



Half can, 210g



Soya milk

Calories	80 kcal	Calcium	300 mg
Total fats	4.5 g	Iron	2.5 mg
Saturated fat	0.7 g	Zinc	0.0 mg
Carbohydrate	0.5 g	Vitamin A	0.0 IU
Dietary fibre	1.5 g	Vitamin C	0.0 mg
Protein	8.3 g	Vitamin E	0.0 mg



Unsweetened with calcium, 250ml



Tofu

Calories	271 kcal	Calcium	961 mg
Total fats	20.2 g	Iron	4.9 mg
Saturated fat	2.9 g	Zinc	2.0 mg
Carbohydrate	10.5 g	Vitamin A	0.0 IU
Dietary fibre	3.9 g	Vitamin C	0.0 mg
Protein	17.2 g	Vitamin E	0.0 mg



100g fried

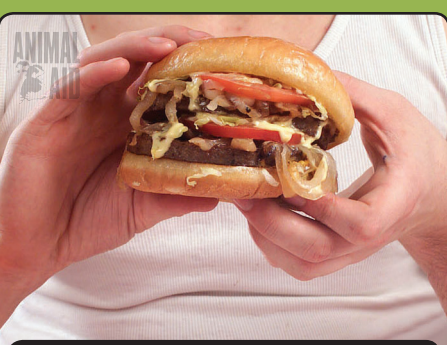


Soya veggie burger

Calories	177 kcal	Calcium	136 mg
Total fats	6.3 g	Iron	2.4 mg
Saturated fat	1.4 g	Zinc	1.3 mg
Carbohydrate	14.3 g	Vitamin A	16.0 IU
Dietary fibre	4.9 g	Vitamin C	4.5 mg
Protein	15.7 g	Vitamin E	0.2 mg



Per 100g



Burger King hamburger

Calories	275 kcal	Calcium	51.0 mg
Total fats	12.2 g	Iron	2.5 mg
Saturated fat	5.1g	Zinc	2.1 mg
Carbohydrate	28.0 g	Vitamin A	0.0 IU
Dietary fibre	2.0 g	Vitamin C	0.2 mg
Protein	14.2 g	Vitamin E	0.0 mg



Per 100g



Eggs

Calories	90 kcal	Calcium	27.1 mg
Total fats	7.0 g	Iron	0.9 mg
Saturated fat	2.0 g	Zinc	0.6 mg
Carbohydrate	0.4 g	Vitamin A	335 IU
Dietary fibre	0.0 g	Vitamin C	0.0 mg
Protein	6.3 g	Vitamin E	0.6 mg



Single egg 46g, fried



Cheese

Calories	227 kcal	Calcium	378 mg
Total fats	18.9 g	Iron	0.1 mg
Saturated fat	10.8 g	Zinc	1.9 mg
Carbohydrate	0.74 g	Vitamin A	557 IU
Dietary fibre	0.0 g	Vitamin C	0.0 mg
Protein	13.0 g	Vitamin E	0.4 mg



Two slices of Cheddar, 56g



Cow's milk

Calories	160 kcal	Calcium	298 mg
Total fats	9.1 g	Iron	0.1 mg
Saturated fat	5.7g	Zinc	0.9 mg
Carbohydrate	11.6 g	Vitamin A	345 IU
Dietary fibre	0.0 g	Vitamin C	3.8 mg
Protein	8.2 g	Vitamin E	0.0 mg



Full fat, 250ml



Kidney beans

Calories	124 kcal	Calcium	66 mg
Total fats	0.1 g	Iron	3.0 mg
Saturated fat	0.0 g	Zinc	1.0 mg
Carbohydrate	22.4 g	Vitamin A	3.0 IU
Dietary fibre	9.3 g	Vitamin C	1.2 mg
Protein	9.1 g	Vitamin E	0.0 mg



100g serving



Brown bread

Calories	217 kcal	Calcium	84 mg
Total fats	3.5 g	Iron	2.0 mg
Saturated fat	0.7 g	Zinc	1.4 mg
Carbohydrate	35.5 g	Vitamin A	0.0 IU
Dietary fibre	6.1 g	Vitamin C	0.1 mg
Protein	11.0 g	Vitamin E	0.3 mg



Two slices of multigrain, 82g



Porridge oats

Calories	120 kcal	Calcium	142 mg
Total fats	2.4 g	Iron	10.9 mg
Saturated fat	0.4 g	Zinc	1.1 mg
Carbohydrate	20.2 g	Vitamin A	1,099 IU
Dietary fibre	3.0 g	Vitamin C	0.0 mg
Protein	4.2 g	Vitamin E	0.1 mg



Packet, yields 177g, made with water



Spaghetti

Calories	310 kcal	Calcium	38 mg
Total fats	1.35 g	Iron	2.7 mg
Saturated fat	0.2 g	Zinc	2.0 mg
Carbohydrate	66.4 g	Vitamin A	8.0 IU
Dietary fibre	11.2 g	Vitamin C	0.0 mg
Protein	13.3 g	Vitamin E	0.7 mg



Wholewheat, 250g serving



Rice

Calories	325 kcal	Calcium	25.0 mg
Total fats	0.70 g	Iron	0.5 mg
Saturated fat	0.2 g	Zinc	1.2 mg
Carbohydrate	70.4 g	Vitamin A	0.0 IU
Dietary fibre	1.0 g	Vitamin C	0.0 mg
Protein	6.7 g	Vitamin E	0.8 mg



White long-grain, 250g



Fish fillets

Calories	211 kcal	Calcium	16.4 mg
Total fats	11.2 g	Iron	1.9 mg
Saturated fat	2.6 g	Zinc	0.4 mg
Carbohydrate	15.4 g	Vitamin A	34.6 IU
Dietary fibre	0.5 g	Vitamin C	0.0 mg
Protein	13.3 g	Vitamin E	0.0 mg



Single fillet, fried, 91g



Swedish Glace dairy-free Ice Cream

Calories	208 kcal	Calcium	0.0 mg
Total fats	11.0 g	Iron	0.0 mg
Saturated fat	6.0 g	Zinc	- mg
Carbohydrate	25.0 g	Vitamin A	0.0 IU
Dietary fibre	3.0 g	Vitamin C	0.0 mg
Protein	3.0 g	Vitamin E	0.25 mg



100g serving



Dark chocolate

Calories	273 kcal	Calcium	28.0 mg
Total fats	15.5 g	Iron	4.0 mg
Saturated fat	9.3 g	Zinc	1.0 mg
Carbohydrate	30.6 g	Vitamin A	25.0 IU
Dietary fibre	3.5 g	Vitamin C	- mg
Protein	2.4 g	Vitamin E	0.3 mg



Dark chocolate bar, 41g

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