

## List of Foods by kcal / 1gram

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### Cereals & Grains

Cereal – **Catalina Crunch** Protein Triple Berry Blast (Catalina Snacks, Inc.) – **4.2 kcal/1 gram**

36g 当たり

Kcal total: 150 | Protein: 11g | Fat: 6g | Sat Fat: 0.5g | Carbs: 15g | Sugars: 0g | Fiber: 6g | Sodium: 160mg

Cereal – **Blueberry Cinnamon Flax** (Nature's Path Foods, Inc.) – **3.6 kcal/1 gram**

58g 当たり

Kcal total: 210 | Protein: 9g | Fat: 3g | Sat Fat: 0.0g | Carbs: 39g | Sugars: 9g | Fiber: 8g | Sodium: 240mg |

Cereal – **Flax Plus Multibran Flakes** (Nature's Path Foods, Inc.) – **3.8 kcal/1 gram**

40g 当たり

Kcal total: 150 | Protein: 5g | Fat: 2g | Sat Fat: 0g | Carbs: 31g | Sugars: 5g | Fiber: 7g | Sodium: 18mg |

Cereal – **Cheerios** Original (General Mills, Inc.) – **3.5 kcal/1 gram**

40g 当たり

Kcal total: 140 | Protein: 5g | Fat: 3g | Sat Fat: 1g | Carbs: 29g | Sugars: 2g | Fiber: 4g | Sodium: 190mg |

Alpen **Muesli** (no added sugar variety) – **3.7 kcal/1 gram**

Per 100g

Kcal total: 370 | Protein: 11g | Fat: 5.5g | Sat Fat: 0.9g | Carbs: 65 g | Sugars: 18 | Fiber: 8g | Sodium: 118mg:

Bob's Red Mill **10 Grain Hot Cereal** (Bob's Red Mill Natural Foods) – **3.8 kcal/1 gram**

40g 当たり

Kcal total: 150 | Protein: 5g | Fat: 1g | Sat Fat: 0g | Carbs: 30g | Sugars: 0g | Fiber: 5g | Sodium: 0mg

Bob's Red Mill **Steel Cut Oats** (Bob's Red Mill Natural Foods) – **3.9 kcal/1 gram**

44g 当たり

Kcal total: 170 | Protein: 5g | Fat: 3g | Sat Fat: 1g | Carbs: 31g | Sugars: 1g | Fiber: 5g | Sodium: 0mg

Bob's Red Mill **Oat Bran** (Bob's Red Mill Natural Foods) – **3.4 kcal/1 gram**

44g 当たり

Kcal total: 150 | Protein: 7g | Fat: 3g | Sat Fat: 1g | Carbs: 26g | Sugars: 1g | Fiber: 7g | Sodium: 0mg

**Rolled oats** – **3.8 kcal/1 gram**

40g 当たり

Kcal total: 150 | Protein: 5g | Fat: 3g | Sat Fat: 1g | Carbs: 27g | Sugars: 1g | Fiber: 4g | Sodium: 0mg

**White rice** – **3.6 kcal/1 gram**

**Brown rice** – **3.7 kcal/1 gram**

**Quinoa** – **3.7 kcal/1 gram**

**Couscous** – **3.7 kcal/1 gram**

**Barley** – **3.3 kcal/1 gram**

### Bread / Crackers

21 Grains and Seeds Organic Loaf (**Kirkland bread**) – **2.4 kcal/1 gram**

1 slice (45 g) = 110 calories

Fats: 2 g | Carbs: 22 g | Fiber: 4 g | Protein: 5 g | Sodium | 150 mg | Sugar; 4 g

Hearty Psyllium Whole Wheat Bread with Seed Mix (**Boyd's bread**) – **2.4 kcal/1 gram**

Per 100 g

Kcal: 241 kcal | Protein: 9.2 g | Fat: 3.7 g | Sat fat: 0.5 g | Carbs: 40 g | Sugars: 2.1 g | Fiber: 3.3 g | Sodium: 252 mg |

Omega-3: 0.2 g



Morinaga **Wheat germ crackers** – 4.7 kcal/1 gram

Per pack/8 crackers – 19g

Kcal total: 90 | Protein: 2.1g | Fat: 3.9g | Sat Fat: 0.0g | Carbs: 12.2g | Sugars: 1.2g | Fiber: 1.0g | Sodium: 118mg

## Yogurt - Soy Milk - Tofu

**Oikos Greek yogurt plain**, (unsweetened) – 0.59 kcal/1 gram

1 cup (170 g)

Kcal total: 95 | Protein: 18.0g | Fat: 0.0g | Sat Fat: 0.0g | Carbs: 6.1g | Sugars: 4.4g | Fiber: g | Sodium: 39mg

**7-11 Tonyu** (7-11 糖質ー75%オフ調整豆乳) – 0.42 kcal/1 gram (=1ml)

Per 100 ml:

Kcal total: 42 | Protein: 3.5g | Fat :2.4g | Sat Fat: g | Carbs: 1.6g | Sugars: 1.5g | Fiber: 0.1g | Sodium: 200mg

**Whole milk** – 0.67 kcal/1 gram

**Tofu momen** – 0.76 kcal/1 gram

**Tofu kinugoshi** – 0.55 kcal/1 gram

## Cheese

**Mozzarella** cheese – 2.8 kcal/1 gram

**Cheddar** cheese – 4.0 kcal/1 gram

**Gouda** cheese – 3.9 kcal/1 gram

7-11 **Low sodium mix** – 3.90 kcal/1 gram

Hokkaido **cottage cheese** – 1.14 kcal/1 gram

Philadelphia **cream cheese** – 3.4 kcal/1 gram

Whipping **cream** – 3.4 kcal/1 gram

## Eggs

**Onsen tamago** (1 egg = 50g) – 1.4 kcal/1 gram

Kcal total: 72 | Protein: 6.5g | Fat: 4.8g | Carbs: 0.9g | Sodium: 157mg

## Nuts & Seeds

Organic **Hemp Seeds** – 5.5 kcal/1 gram

20g 当たり

Kcal total: 110 | Protein: 6.9g | Fat: 8.6g | Sat Fat: ??g | Carbs: 2.7g | Sugars: 0 g | Fiber: 2.6g | Sodium: 0mg | Omega-3: 2.0 g

**Chia seeds** – 10g – 4.9 kcal/1 gram

Kcal total: 49 | Protein: 1.6g | Fat: 3.1g | Sat Fat: 0.3g | Carbs: 3.8 g | Sugars: 0 g | Fiber: 3.4g | Sodium: 1 mg | Omega-3: 1.8 g

**Sunflower seeds** – 10g – 5.9 kcal/1 gram

Kcal total: 59 | Protein: 2.1g | Fat: 5.2g | Sat Fat: 0.5g | Carbs: 2.0 g | Sugars: 0.4 g | Fiber: 1.0 g | Sodium: 1 mg | Omega-3: 0.0 g

**Walnuts** – 10g (6.5 kcal/1 gram)

Kcal total: 65 | Protein: 1.5 g | Fat: 6.5 g | Sat Fat: 0.6 g | Carbs: 1.5 g | Sugars: 0.3 g | Fiber: 0.7 g | Sodium: 0mg | Omega-3: 0.85 g

**Almonds** – 10g – 5.8 kcal/1 gram

Kcal total: 58 | Protein: 2.1g | Fat: 5.0 g | Sat Fat: 0.4 g | Carbs: 2.0 g | Sugars: 0.3 g | Fiber: 0.7 g | Sodium: 1 mg | Omega-3: 0.0 g

**Peanuts** – 10g – 5.7 kcal/1 gram

Kcal total: 57 | Protein: 2.5g | Fat: 4.9 g | Sat Fat: 0.7 g | Carbs: 1.7 g | Sugars: 0.5 g | Fiber: 0.9 g | Sodium: 0 mg | Omega-3: 0.0 g



**Peanut Butter** - Old Fashioned Smooth (Peanut Butter & Co.) – 5.9 kcal/1 gram

1 serving = 2T (32g)

Kcal total: 190 | Protein: 8.0g | Fat: 16.0g | Sat Fat: 0.0g | Carbs: 7g | Sugars: 2g | Fiber: 3g | Sodium: 40mg

**Almond Butter** - Bare Smooth (Barney Butter – 6.3 kcal/1 gram

1 serving = 2T (32g)

Kcal total: 190 | Protein: 7.0 g | Fat: 18.0 g | Sat Fat: 1.0 g | Carbs: 6 g | Sugars: 12 g | Fiber: 3 g | Sodium: 5 mg

## Fats

**Olive oil** – 8.9 kcal/1 gram

**Canola oil** – 8.9 kcal/1 gram

**Butter** – 7.2 kcal/1 gram

**Mayonnaise (regular)**– 7.0 kcal/1 gram

**Mayonnaise (Kewpie 1/2)**– 3.8 kcal/1 gram

**Mayonnaise (Kewpie Light)**– 1.5 kcal/1 gram

**Sesame oil** – 8.9kcal/1 gram

## Core Daily Use

**Honey** – 3.0 kcal/1 gram

**Maple syrup** – 2.6 kcal/1 gram

**Sugar granulated** – 4.0 kcal/1 gram

**Brown sugar** 三温糖 (light brown) / 黒砂糖 (dark brown) – 3.8 kcal/1 gram

**Powdered sugar** – 3.9 kcal/1 gram

## Other

California Harvest **Salsa** – Hot – 0.3 kcal/1 gram

Net weight 340g

100 grams:

Kcal total: 29 | Protein: 1.1g | Fat 0.1g | Sat Fat: | Carbs: 5.8g | Sugars: | Fiber: | Sodium: 275mg

King Oscar **Sardines** in soy bean oil – 4.2 kcal/1 gram

Can weight: 105g / sardine amount 75g

Kcal total: 318 | Protein: 16.5g | Fat :28.0g | Sat Fat: g | Carbs: 0.1g | Sugars: 0.0g| Fiber: 0.0g | Sodium: 393mg | 0g

Omega-3: 3.3g

Hagoromo シーチキンファンシー Sea Chicken **Tuna**) – 2.8 kcal/1 gram

White meat Tuna (uses white tuna – albacore)

1 can =140g

Kcal total: 396 | Protein: 30.4 g | Fat :30.4 g | Sat Fat: ?? g | Carbs: ?? g | Sugars: 0 g| Fiber: ??g | Sodium: 274mg |

Omega-3: 0.60g

Hagoromo L フレークタイプのシーチキン Flake type Sea Chicken **Tuna** – 2.7 kcal/1 gram

1 can = 70g

Kcal total: 189 | Protein: 12.1 g | Fat :15.6g | Sat Fat: ??g | Carbs: ?? g | Sugars: 0.0 g| Fiber: 0.2 g | Sodium: 236mg

| Omega-3: 0.20g

7-11 ベリーミックス 300g – 0.43 kcal/1 gram

Frozen Mixed **Berries**

100g

Kcal total: 43 | Protein: 0.7g | Fat: 0.1g | Sat Fat: g | Carbs: 11.0g | Sugars: 8.0g | Fiber: 3.0g:

7-11 Small **Natto** (7-11 極小粒納豆) – 1.8 kcal/1 gram

51.6g/packet

1 packet

Kcal total: 91 | Protein: 7.6g | Fat: 4.4g | Sat Fat: g | Carbs: 7.1g | Sugars: 3.4g | Fiber: 3.7g | Sodium: 236mg

## Fruits

Avocados – 1.6 kcal/1 gram

Apples – 0.52 kcal/1 gram

Bananas – 0.86 kcal/1 gram



Blueberries – 0.57 kcal/1 gram  
Cantaloups (Japanese melon) – 0.34 kcal/1 gram  
Dates – 0.69 kcal/1 gram  
Grapes – 0.69 kcal/1 gram  
Kiwi – 0.61 kcal/1 gram  
Lemons – 0.29 kcal/1 gram  
Limes – 0.30 kcal/1 gram  
Mangoes – 0.60 kcal/1 gram  
Mikan – 0.46 kcal/1 gram  
Oranges – 0.47 kcal/1 gram  
Peaches (Japanese) – 0.40 kcal/1 gram  
Pears (Japanese) – 0.57 kcal/1 gram  
Pears (Nashi - Japanese) – 0.43 kcal/1 gram  
Persimmons (Kaki – Fuyu type) – 0.70 kcal/1 gram  
Pineapple – 0.50 kcal/1 gram  
Plums – 0.46 kcal/1 gram  
Raisins – 2.99 kcal/1 gram  
Raspberries – 0.52 kcal/1 gram  
Strawberries – 0.32 kcal/1 gram  
Watermelon – 0.30 kcal/1 gram

## Vegetables

Asparagus – 0.22 kcal/1 gram  
Bell peppers – 0.26 kcal/1 gram  
Broccoli – 0.34 kcal/1 gram  
Brussels sprouts – 0.43 kcal/1 gram  
Cabbage – 0.23 kcal/1 gram  
Carrots – 0.41 kcal/1 gram  
Cauliflower – 0.25 kcal/1 gram  
Celery – 0.14 kcal/1 gram  
Corn on the cob – 0.86 kcal/1 gram  
Cucumber – 0.14 kcal/1 gram  
Daikon – 0.18 kcal/1 gram  
Eggplant – 0.25 kcal/1 gram  
Garlic – 1.5 kcal/1 gram  
Green beans – 0.31 kcal/1 gram  
Lettuce – 0.15 kcal/1 gram  
Naganegi – 0.31 kcal/1 gram  
Mizuna – 0.23 kcal/1 gram  
Mushrooms (average mixed mushrooms) – 0.22 kcal/1 gram  
Okra – 0.33 kcal/1 gram  
Onions (玉ねぎ) – 0.40 kcal/1 gram  
Potatoes – 0.77 kcal/1 gram  
Satoimo – 0.58 kcal/1 gram  
Shishito peppers – 0.27 kcal/1 gram  
Spinach – 0.23 kcal/1 gram  
Squash (Kabocha) – 0.80 kcal/1 gram  
Sweet potatoes – 1.3 kcal/1 gram



Takenoko (bamboo shoots) – 0.27 kcal/1 gram

Tomatoes – 0.18 kcal/1 gram

Zucchini – 0.17 kcal/1 gram

## Beans

Black beans canned – 1.05 kcal/1 gram

Black beans dry – 1.39 kcal/1 gram

Kidney beans canned – 0.98 kcal/1 gram

Kidney beans dry – 1.27 kcal/1 gram

Cannellini dry – 1.14 kcal/1 gram

Cannellini canned – 0.90 kcal/1 gram

Chickpeas canned – 1.12 kcal/1 gram

Chickpeas dry – 1.64 kcal/1 gram

Azuki canned – 0.93 kcal/1 gram

Azuki dry – 1.34 kcal/1 gram

Lentils canned – 0.99 kcal/1 gram

Lentils dry – 1.16 kcal/1 gram

Soybeans canned – 1.75 kcal/1 gram

Soybeans dry – 2.02 kcal/1 gram

Edamame cooked – 1.21 kcal/1 gram

