

| <u>Cat</u> | <u>Name</u> | <u>Cal /100g</u> | <u>div 100</u> | <u>Comment</u> |
|------------|-------------------|------------------|----------------|-----------------------|
| 0 Move | SPORTS | 0 | -100% | Endorphine No Food |
| 1 Drinks | WATER | 0 | -100% | No Food |
| 1 Drinks | ORANGE JUICE | 42 | -58% | Process |
| 2 Vedgy | LETTUCE | 13 | -87% | |
| 2 Vedgy | CUCUMBER | 18 | -82% | |
| 2 Vedgy | TOMATOES | 20 | -80% | |
| 2 Vedgy | CARROTS | 42 | -58% | |
| 3 Fruit | GRAPEFRUIT | 33 | -67% | |
| 3 Fruit | ORANGES | 46 | -54% | |
| 3 Fruit | APPLES, RAW | 59 | -41% | |
| 3 Fruit | BANANAS | 92 | -8% | |
| 4 Staple | POTATOES | 85 | -15% | |
| 4 Staple | RICE | 106 | 6% | |
| 4 Staple | SPAGHETTI | 111 | 11% | Process |
| 4 Staple | BUCKWEATH | 118 | 18% | |
| 4 Staple | MILLET | 118 | 18% | |
| 5 Meat | SALMON | 141 | 41% | |
| 5 Meat | FLOUNDER OR SOLE | 141 | 41% | |
| 5 Meat | EGG | 150 | 50% | |
| 5 Meat | CHICKEN | 158 | 58% | |
| 5 Meat | BEEF STEAK, LEAN | 208 | 108% | |
| 6 Serve | COTTAGE CHEESE | 102 | 2% | |
| 6 Serve | HAM | 145 | 45% | |
| 6 Serve | MARMELADE | 246 | 146% | Process |
| 6 Serve | CAMEMBERT | 303 | 203% | Process |
| 6 Serve | HONEY | 310 | 210% | |
| 6 Serve | PASTERIZD CHEESE | 335 | 235% | Process |
| 6 Serve | SALAMI | 336 | 236% | Process |
| 6 Serve | CHOCO PASTE | 541 | 441% | Process |
| 8 Bread | WHITE BREAD | 260 | 160% | Process |
| 8 Bread | TOAST | 324 | 224% | Process |
| 8 Bread | CORN FLAKES (DRY) | 357 | 257% | Process |
| 9 Fat | WHEAT | 349 | 249% | Process |
| 9 Fat | SUGAR, WHITE | 387 | 287% | Process |
| 9 Fat | PEANUT BUTTER | 594 | 494% | Process |
| 9 Fat | MARGARINE | 714 | 614% | Process |
| 9 Fat | OLIVE OIL | 884 | 784% | Process |