



HOW TO COUNT CALORIES IN NIGERIAN FOODS

MASTER CLASS



440CA



OptimumFoodie

www.optimumfoodie.com

This master class is designed to help you determine your daily calorie targets per day, and create meals to meet those targets.

Along with the class, you'll be needing a list of calories in foods, which has been provided below.

It's a 3 hour class, so feel free to watch and learn in bits. Click below to watch! Happy learning! 🙌🙌



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Food Calories List



Food Calories List

STARCHES

| Grains, Cereals, Pasta, Bread | | | |
|--------------------------------------|--|-------------------------------------|-----------------|
| S/N | Item | Quantity | Calories |
| 1 | Rice (cooked, white or brown) | 1 cup | 205 |
| 2 | Pasta (cooked, white or whole wheat) | 1 cup | 220 |
| 3 | Regular unsweetened cornflakes | 1½ cup | 160 |
| 4 | All Bran cereal | 1 cup | 160 |
| 5 | Fruit N' Fiber cereal | 1 cup | 160 |
| 6 | Sugar frosted cereal | 1 cup | 160 |
| 7 | Pita (6 inches across) | 1 | 160 |
| 8 | Whole wheat bread | 1 slice | 70-80 |
| 9 | White bread | 1 slice | 80-100 |
| 10 | Golden morn | 1 and 1/3 cup | 160 |
| 11 | Oat (raw) | ½ cup | 160 |
| 12 | Tortilla (6 inches across) | 1 | 80 |
| 13 | Wheat flour | 3/8 cup | 240 |
| 14 | Semolina flour | 3/8 cup | 240 |
| 15 | Cooked wheat or semo | 2/3 cup | 240 |
| 16 | Pap (Uncooked, wet) | 1/3 cup | 140 |
| Starchy Vegetables | | | |
| 1 | Corn (also sweet corn) | ½ cup | 80 |
| 2 | Corn on cob, 6 inches long | 1 | 80 |
| 3 | Yam | 1 cup diced or 150g | 160 |
| 4 | Potato (sweet and Irish) | 1 cup diced or 150g | 160 |
| 5 | Plantain | 1 cup diced 130g or a small size | 180 160 |
| 6 | Cassava flour (Garri) | 3/8 cup | 240 |
| 7 | Yam flour (amala and pondo yam) | 3/8 cup | 240 |
| 8 | Cooked, eba, pondo yam or amala | 2/3 cup | 240 |
| Snacks and Biscuits | | | |
| 1 | Popcorn (popped with no fat and sugar) | 3 cups | 80 |
| 2 | Jacob's crackers | 1 | 35 |
| 3 | McVities Digestive biscuit | 1 | 70 |

| | | | |
|---|---|-------------------------------|-----|
| 4 | McVities Chocolate Digestive biscuit | 1 | 80 |
| Sweets and Sweeteners | | | |
| 1 | Hard candy | 1 sweet | 20 |
| 2 | Sugar granules | 1 teaspoon | 16 |
| 3 | Sugar cubes | 1 cube (St Lois size) | 20 |
| 4 | Honey | 1 teaspoon | 21 |
| 5 | Agave nectar | 1 teaspoon | 16 |
| 6 | Date syrup | 1 teaspoon | 21 |
| Beans, Peas and Lentils (Cooked) | | | |
| 1 | Beans, cooked (black, pinto, lima, kidney, white) | 1 cup | 250 |
| 2 | Green peas | 1 cup | 250 |
| 3 | Lentils, cooked | 1 cup | 250 |
| 4 | Baked beans | 2/3 cup or 1 small can (200g) | 200 |

FRUITS, FRUIT JUICES AND DRIED

| FRUITS | | |
|-------------------------------|------------------------------|-----------------------------------|
| The following have 60calories | | |
| S/N | FRUIT | SIZE OF A SERVING |
| 1. | Apple | 113g, 1 small size |
| 2. | Banana | 113g, 1 baby banana |
| 3. | Blueberries | ¾ cup |
| 4. | Grapes | ½ cup |
| 5. | Grapefruit | 311g, ½ of large size |
| 6. | Golden melon | 1 cup cubed |
| 7. | Kiwi | 100g, 1 piece |
| 8. | Mango | 156g, 1 cup diced, 1 small size |
| 9. | Orange | 127g, 1 small size |
| 10. | Pawpaw | 140g, 1 cup cubes |
| 11. | Pear | 113g, 1 small size, or ½ of large |
| 12. | Pineapple | 2/3 cup of diced fruit |
| 13. | Plums | 140g, 2 pieces |
| 14. | Star apple (Agbalumo, Udara) | 100g of pulp, 2 small sizes |
| 15. | Strawberries | 1¼ cups of halved berries |
| 16. | Soursop | 100g |
| 17. | Tangerine | 113g, 1½ of small size |

| | | |
|---|-------------------------------------|---|
| 18. | Watermelon | 200g, 1¼ cup of diced fruit (N50 slice) |
| FRUIT JUICES, 100%, NO ADDED SUGAR | | |
| The following have 120 calories | | |
| 1 | Apple juice | 240mls, 1 cup |
| 2 | Fruit juice blends (fruit mixtures) | 150mls, 2/3 cup |
| 3 | Grape juice | 240mls, 1 cup |
| 4 | Grapefruit juice | 240mls, 1 cup |
| 5 | Orange juice | 240mls, 1 cup |
| 6 | Pineapple juice | 240mls, 1 cup |
| DRIED FRUITS | | |
| 1 | Dried mango | 1/3 cup, 160cal |
| 2 | Dried apple | 1 ring, 16cal |
| 3 | Dried pineapple | ¼ cup, 140cal |
| 4 | Dried pawpaw | ¼ cup, 140cal |
| 5 | Dates | 3 small dates, 69 cal, 1 large 60cal |
| 6 | Raisings | 1 tablespoon, 30 cal, |

DAIRY

| FAT-FREE (SKIM) AND LOW FAT (1%) | | | |
|---|---------------------------|---------------------------------|----------|
| S/N | Item | Quantity | Calories |
| 1 | Fat-free milk (liquid) | 1 cup | 100 |
| 2 | Low fat, 1% milk (liquid) | 1 cup | 100 |
| 3 | Evaporated fat-free milk | ½ cup | 100 |
| 4 | Fat-free dry milk powder | 1/3 cup or two full tablespoons | 100 |
| 5 | Low fat, 1% milk powder | 1/3 cup or two full tablespoons | 100 |
| 6 | Yoghurt, fat-free | 2/3 cup | 100 |
| REDUCED FAT SELECTIONS | | | |
| 1 | 2% milk, liquid | 1 cup | 120 |
| 2 | Plain yoghurt, low fat | 2/3 cup | 120 |
| WHOLE MILK SELECTIONS | | | |
| 1 | Milk, whole, liquid | 1 cup | 160 |

| | | | |
|---|---------------------------------------|---------------------------------|-----|
| 2 | Evaporated whole milk | ½ cup | 160 |
| 3 | Milk, whole, dry powder | 1/3 cup or two full tablespoons | 160 |
| 4 | Yoghurt, plain (made from whole milk) | 2/3 cup | 160 |
| GREEK YOGHURT | | | |
| 1 | Greek yoghurt | 2/3 cup | 130 |
| PLANT MILK (read labels, calorie content may vary with brands) | | | |
| 1 | Almond milk, unsweetened | 1 cup | 30 |
| 2 | Tiger nut milk | 1 cup | 60 |
| 3 | Soy milk | 1 cup | 130 |
| 4 | Coconut milk beverage | 1 cup | 50 |
| 5 | Rice milk, unflavoured | 1 cup | 120 |
| 6 | Oat milk | 1 cup | 130 |

NON-STARCHY VEGETABLE

| S/N | Item | 1 serving of 1 cup of chopped vegetable or ½ cup cooked or ½ cup juiced contains... |
|-----|------------------------------|---|
| 1 | Asparagus | 27cal |
| 2 | Beets | 59cal |
| 3 | Broccoli | 31cal |
| 4 | Cabbage (all types) | 17cal |
| 5 | Carrots | 45cal, |
| 6 | Cauliflower | 27cal |
| 7 | Celery | 16cal |
| 8 | Coleslaw | 35cal |
| 9 | Cucumber | 16cal |
| 10 | Garden eggs | 1 large one is 14cal |
| 11 | Garlic | 202cal |
| 12 | Green and Yellow bell pepper | 30cal |
| 13 | Green beans | 31cal |
| 14 | Green onions (spring onions) | 32cal |
| 15 | Kale | 33cal |

| | | |
|----|----------------------------|-------|
| 16 | Lettuce | 5cal |
| 17 | Mushrooms | 16cal |
| 18 | Okra | 33cal |
| 19 | Onions | 46cal |
| 20 | Pumpkin leaves (Ugwu) | 7cal |
| 21 | Red bell pepper (Tatashe) | 28cal |
| 22 | Scotch bonnet (Ata-rodo) | 27cal |
| 23 | Spinach (Tete) | 7cal |
| 24 | Tomatoes (canned or fresh) | 32cal |
| 25 | Zucchini | 19cal |
| | | |

PROTEIN

| POULTRY | | | |
|------------------|---|--------------------------------|----------|
| S/N | Item | Qty (Approx size) | Calories |
| 1 | Egg | 1 | 75 |
| 2 | Egg white | 1 | 20 |
| 3 | Chicken breast, skinless, boneless, boiled or grilled | ½ of a piece of chicken breast | 110 |
| 4 | Chicken breast, with skin, boiled or grilled | ½ of a piece of chicken breast | 150 |
| 5 | Chicken breast, with skin, fried | ½ of a piece of chicken breast | 218 |
| 6 | Chicken, drum stick, skinless | 1 of a medium chicken | 80 |
| 7 | Chicken, drum stick, with skin | 1 of a medium chicken | 105 |
| 8 | Chicken, drum stick, with skin, fried | 1 of a medium chicken | 130 |
| 9 | Chicken, thigh, skinless | 1 of a medium chicken | 110 |
| 10 | Chicken, thigh, with skin | 1 of a medium chicken | 152 |
| 11 | Chicken, thigh, with skin, fried | 1 of a medium chicken | 200 |
| 12 | Chicken gizzard, boiled | 1 medium | 35 |
| 13 | Chicken frank (sausage) | 1 small | 75 |
| 13 | Turkey wing, skinless | 1 small | 97 |
| | | | |
| BEEF/MEAT | | | |
| 1 | Beef, lean (all fat cut out) | 1 small, size of match box | 50 |
| 2 | Goat meat (without skin, without fat) | 1 small, size of match box | 40 |
| 3 | Organ meat: liver, kidney, heart | 1 small, size of match box | 50 |
| 4 | Corned beef | 1 cup | 380 |
| | | | |

| SEA FOOD | | | |
|----------|--|-----------------------------|-----|
| 1 | Fish, white, raw (croaker, tilapia, cat, cote etc) | 1 middle piece | 100 |
| | | 1 tail of medium sized fish | 130 |
| 2 | Fish, oily (titus) | 1 middle piece | 180 |
| | | 1 tail of medium sized fish | 265 |
| 3 | Fish, titus, smoked | 1/2 cup shredded | 170 |
| 12 | Sardine canned (drained of oil) | ½ of can | 95 |
| 13 | Tuna canned in oil, drained | ½ of small can | 95 |
| 14 | Tuna canned in brine, drained | ½ of small can | 55 |
| 15 | Prawn, shrimp, raw | ½ cup | 100 |
| 16 | Snail, boiled | 1 small | 25 |
| | | Medium | 50 |
| | | | |

FAT AND OILS

| S/N | Item | 1 serving | Calories |
|-----|---|--|----------|
| 1 | Avocado | 2 tablespoons (28g) or 1/5 of an average sized one | 45 |
| | Salad dressing: Reduced fat Regular | 2 tablespoons | 45 |
| | | 1 tablespoon | 45 |
| | Mayonnaise: Reduced fat Regular | 1 tablespoon | 45 |
| | | 1 tablespoon | 90 |
| 2 | Nut butters (trans-fat free): almond, cashew, peanut | 1 tablespoon | 90 |
| 3 | Nuts: Almonds | 12 nuts | 100 |
| | Cashew | 12 nuts | 100 |
| | Peanuts | 20 nuts | 100 |
| | Pistachios | 16 nuts | 100 |
| | Pecans | 8 halves | 100 |
| | Walnut | 4 nuts | 100 |
| 4 | Oils: All oils | 1 teaspoon | 45 |
| 1 | Butter: Reduced fat Regular | 1 tablespoon | 30 |
| | | 1 tablespoon | 90 |

JUNK FOOD

| TRAFFIC SNACK | | | |
|--|--|-------------------|--|
| S/N | Item | Qty (Approx size) | Calories |
| 1 | Gala | 1 small (N50) | 230 |
| 2 | So yummy pop-corn | 1 pack | 240 |
| 3 | Plantain chips | 1 pack | 350-450 |
| 4 | Potato chips | 1 pack | 400-450 |
| DRINKS | | | |
| 1 | Coca-cola | 50cl | 210 |
| 2 | Fanta | 50cl | 300 |
| 3 | Sprite | 50cl | 140 |
| 4 | Malta-guinness | 33cl | 211 |
| 5 | Maltina | 33cl | 188 |
| PASTERIES | | | |
| Figures stated below are estimates and will vary based on recipe | | | |
| 1 | Meat pie | 1 | 630 |
| 2 | Chicken pie | 1 | 500 |
| 3 | Hot dog | 1 | 250 |
| 4 | Scotch egg | 1 | 300 |
| 5 | Poff poff | Small - medium | 60-90 |
| 6 | Samosa | 1 medium | 280 |
| 7 | Spring roll | 1 medium | 110-198 |
| 8 | Domino's pizza, medium | 1 slice | 240-320 (extravaganza has highest calories) |
| 9 | Cupcake, no icing | 1 | 180 |
| 10 | Cupcake, with icing | 1 | 175-270 |
| 11 | Cake, without icing | 2 by 2 inch cube | 100 - 200 |
| ICE-CREAM | | | |
| 1 | Cold Stone ice-cream, without toppings | Like it | 310-410 |
| 2 | Cold Stone ice-cream, without toppings | Love it | 540-600 |
| 3 | Cold Stone ice-cream, without toppings | Gotta have it | 790-890 |
| 4 | Regular ice-cream (calories may vary based on brand) | 1 cup | 280 |