



MAKE THE MOST OF MEAT.

Meat is an excellent source of protein, vitamins and minerals but vary greatly in calories. The following will be a guide of the winners from the sinners.

Per 100g unless otherwise stated	Calories
Bacon (one rasher 40g grilled)	115
Beef fillet steak (lean grilled)	189
Beef mince (lean, raw)	175
Beef silverside (lean roast)	193
Corned beef	204
Small/Medium/Large Chicken Breast (Raw)	115/150/175
Faggots (Average butchers faggot 300 cal)	235
Gammon Joint (lean, boiled)	160
Ham (lean, boiled)	161
Lamb Cutlets (lean only, grilled)	221
Lamb mince (lean, raw)	196
Liver, Lamb (raw)	136
Pork Chops (lean only, grilled)	189
Pork Fillet (grilled)	146
Pork mince (lean, raw)	168
Venison (meat only, raw)	107
Veal Fillet (roast)	232
Per 28g/1oz	
Breast Meat Only (Cooked)	41
Chicken (mince)	37
Turkey (mince)	37
Turkey Breast (Cooked)	43
Turkey Dark Meat & Drum Sticks	52

The following will help when having a meal at a carvery.

Turkey – 145 cal, **Beef** – 176 cal, **Pork/Gammon** – 200 cal, **Mashed potato** – 70 cal, **Roast potato** – 171 cal, **Parsnips** – 148 cal, **Peas** – 107 cal, **Stuffing** – 147 cal, **Yorkshire Pudding** – 330 cal