



THE FOLLOWING GUIDE WILL HELP YOU AROUND YOUR STORE CUBOARD

Pasta and Potatoes Per oz (28g) (unless otherwise stated)	Cals.
Boiled potatoes (delicious fried in 1 cal spray)	20
10oz.(280g) baked potato (uncooked weight)	250
1 potato waffle	110
Instant mashed potato (dry weight makes 5oz/140g)	90
Pasta, rice/spaghetti (cooked weight)	35
Pasta, rice/spaghetti (dry weight)	100
Store Cupboard	
Per level 15g tablespoon (unless otherwise stated)	
Branson Pickle/Smooth Pickle	35/14
Butter or margarine per level tspn	30
Coffee Mate light & Drinking chocolate per tspn	19
Cranberry Sauce	22
Custard Powder	34
Dried skimmed milk powder	20
Fry light cooking spray (per spray approx)	2
Glace cherries (28g/1oz)	96
Golden or white marzipan (28g/1oz)	128
Gravy granules (dry weight)63 cals ½ pint	29
Mango Chutney	36
Half fat spread per level tspn	15
Hellmanns Extra Light Mayonnaise	10
Heinz Extra Light salad cream	20
Horseradish Sauce/ Apple Sauce	17
Jam/Reduced sugar jam/marmalade per tspn	18/9
Sweet Chilli/Plum Sauce	30
Soy sauce/Mint sauce	0
Stock Cubes/Stock pots all varieties	30
Sugar per tspn	17
Sunflower –AND - most seeds and nuts (28g/1oz)	180
Stuffing mix	25
Tartar Sauce/Sainsbury's lighter	42/26
Tomato ketchup/purée, brown sauce approx	15
Vegetable oil per tblspn/ Cod Liver Oil per 5 ml tspn	125/40
White/wholemeal flour or corn flour	30