



The following guide will help you around your store cupboard

Pasta and Potatoes Per oz (28g) (unless otherwise stated)	Cals.
Boiled potatoes (delicious fried in 1 cal spray)	20
280g/10oz baked potato (uncooked weight)	250
1 potato waffle	110
Instant mashed potato (dry weight makes 140g/5oz)	90
Pasta, rice/spaghetti (cooked weight)	35
Pasta, rice/spaghetti (dry weight)	100
Orzo	100
Store Cupboard Per level 15g tablespoon (unless otherwise stated)	
Branson Pickle	35
Butter or margarine per level tsp	30
Coffee Mate light / Drinking chocolate per tsp	19/25
Cooking oil per 5ml tsp	40
Cranberry Sauce	22
Custard Powder	34
Dried skimmed milk powder	20
Fry light cooking spray (per spray approx)	2
Glaze cherries (28g/1oz)	96
Golden or white marzipan (28g/1oz)	128
Gravy granules made up as directed (100ml portion)	26
Mango Chutney	36
Half fat spread per level tsp	15
Hellmann's Extra Light Mayonnaise	10
Heinz 70% less fat salad cream	21
Horseradish Sauce/ Apple Sauce	17
Reduced sugar jam/marmalade per tsp	9
Sweet Chilli Sauce	5
Soy sauce/Mint sauce	0
Stock Cubes/Stock pots all varieties	30
Sugar per tsp	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 tbsps/ Cod Liver Oil per 5 ml tsp	125/40
White/wholemeal flour or corn flour	30