Boiled New Potatoes 180g
Crisps 20g
Low-fat Yoghurt 150g
Battered Fish, Takeaway 40g
Strawberries 310g

100 CALORIE GALLERY
Downloadable Photo Resource
The 100 Calorie Gallery is a photo resource that health professionals can use to help patients judge what 100 calories of different foods looks like.

What are calories?
Calories are the units of energy contained in food and drinks. Your body needs calories for energy. But eating too many calories – and not burning enough of them off through activity – can lead to weight gain. Being overweight increases the risk of many cancers – including bowel, breast (in postmenopausal women), oesophagus, pancreas, kidney and womb.

For optimum health, we should base our meals on lower-calorie foods such as vegetables, fruits and wholegrains, and limit our intake of high calorie foods like crisps and confectionary.

How to use the 100 Calorie Gallery
Here are some suggestions for how to use the cards with patients:

1. Use the cards to suggest food swaps that will help reduce the calories in their diet. Suggestions can be found on the back of most cards.
2. Ask patients to choose food cards which represent a high calorie meal and a low calorie meal to demonstrate how you can eat a greater quantity of food for fewer calories.
3. Choose any 10 cards and then ask patients to place the cards in order of energy, paying attention to the different weights of each food. Then, reveal that all cards are equal in calories and discuss why low calorie foods help us maintain a healthy weight.

How to make your own 100 Calorie Gallery card set:

1. Download the 100 Calorie Gallery template.
2. Print out the template using the double-sided printing option.
3. Cut out the cards.

Optional: laminate the cards so they last longer.

You can order a hard copy of the 100 Calorie Gallery card set from our website:
www.wcrf-uk.org/publications
Steamed Broccoli 285g

Carrots 285g

Tomatoes 555g

Cucumber 665g
**Healthy Tip:**

**Steamed Broccoli 285g**

Broccoli is low in calories because of its high water content and it is also a good source of vitamins A and C. In fact, broccoli contains more vitamin C than oranges! For cancer prevention WCRF UK recommends basing your diet on plant foods. Broccoli is a good accompaniment to fish, stir frys and chicken.

**Healthy Tip:**

**Tomatoes 555g**

Tomatoes contain lots of water. You can eat over half a kilo of tomatoes for just 100 calories. Why not add tomatoes to salads, stews and soups? Choose tomato-based sauces over creamy ones and watch out for high-fat toppings such as cheese.

**Healthy Tip:**

**Cucumber 665g**

Cucumbers are very low in calories due to their high water content. You would need to eat almost two of them to consume just 100 calories. Try swapping high-calorie snacks like crisps (card 28) and chocolate (card 22) for vegetable sticks.

**Healthy Tip:**

**Carrots 285g**

Raw carrots are low in calories and make a great snack. Why not try them on their own or with a reduced-fat dip such as houmous instead of crisps (card 28) and peanuts (card 22). Cooked carrots are a good accompaniment to chicken dishes and casseroles.

**Healthy Tip:**

**Tomatoes & Carrots 840g**

Tomatoes contain lots of water. You can eat over half a kilo of tomatoes for just 100 calories. Why not add tomatoes to salads, stews and soups? Choose tomato-based sauces over creamy ones and watch out for high-fat toppings such as cheese.
Apple 190g
Banana 110g
Orange 215g
Strawberries 310g
Apple 190g
<table>
<thead>
<tr>
<th>Item</th>
<th>Weight (g)</th>
<th>Nutritional Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>110g</td>
<td>Bananas contain important nutrients such as potassium and selenium. Try a banana as a snack or add slices to your breakfast cereal to help you meet your 5 A DAY.</td>
</tr>
<tr>
<td>Apple</td>
<td>190g</td>
<td>Apples are a great snack. They contain fibre, which keeps you feeling fuller for longer, and they also count as one of your 5 A DAY. Swap high-calorie snacks such as cheese (card 23) and crisps (card 28) for apple slices.</td>
</tr>
<tr>
<td>Orange</td>
<td>215g</td>
<td>Oranges count as one of your 5 A DAY and contain vitamins A and C. Try having oranges for pudding instead of high sugar fat desserts such as cake (card 30).</td>
</tr>
<tr>
<td>Strawberries</td>
<td>310g</td>
<td>Strawberries are low in calories. Try adding them to breakfast cereal and fruit salads. Or try them with low fat yoghurt for a healthy dessert. They are also great on their own if you are craving something sweet, and you can eat fifteen times as much of them as chocolate (card 27) for the same calories! A handful is one of your 5 A DAY.</td>
</tr>
</tbody>
</table>

Healthy Tip: Try a banana as a snack or add slices to your breakfast cereal to help you meet your 5 A DAY.
Kidney Beans, Canned 120g
Vegetable Soup 220g
Wholemeal Bread 45g
Boiled New Potatoes 180g
Apple 190g

Healthy Tip

Apple slices make a great snack. They contain fibre, which keeps you feeling fuller for longer, and also count as one of your 5 A DAY. Swap high-calorie snacks such as cheese (card 23) and crisps (card 28) for apple slices.

Orange 215g

Healthy Tip

Oranges count as one of your 5 A DAY and contain vitamins A and C. Try having oranges for pudding instead of high sugar/fat desserts such as cake (card 30).

Strawberries 310g

Healthy Tip

Strawberries are low in calories. Try adding them to breakfast cereal and fruit salads. Or try them with low-fat yoghurt for a healthy dessert. They are also great on their own if you are craving something sweet, and you can eat fifteen times as much of them as chocolate (card 27) for the same calories! A handful is one of your 5 A DAY.

Kidney Beans, Canned 120g

Healthy Tip

WCRF UK recommends basing your meals on plant foods, including beans and pulses. Kidney beans are low in calories and provide a good source of protein and fibre. This is important as it helps keep you feeling fuller for longer, which can help you to stay in shape. You could try swapping some red meat for beans in casseroles, stews and Mexican dishes.

Vegetable Soup 220g

Healthy Tip

Although not a vegetable or fruit, beans and pulses are important plant foods that count towards your 5 A DAY (but only as one portion a day). Vegetable soup is low in calories because of its high water content. It also counts towards your 5 A DAY. Why not have soup for lunch or dinner with wholemeal bread (card 11). Shop-bought soups can be high in salt so try and choose low-salt varieties or make your own at home.

Wholemeal Bread 45g

Healthy Tip

Wholemeal bread is high in fibre and keeps you feeling fuller for longer, which is important for helping to maintain a healthy weight. Fibre also helps to reduce the risk of bowel cancer. Always choose wholegrain varieties of bread, pasta and rice where possible.

Boiled New Potatoes 180g

Healthy Tip

Boiling and steaming potatoes is a healthier way to cook them, rather than frying and sautéing, because no added fat is used. Look how many more boiled potatoes you can eat than French fried chips (card 13) for the same amount of calories. Keep the skins on to boost the fibre content. Try the skins on to boost the fibre content.

Vegetables & Fruit*
French Fried Chips 30g

Boiled Long Grain Rice 75g

Cooked Pasta 75g

Fried Chicken Breast 45g
French Fried Chips 30g
French fried chips are high in calories because they are deep-fried in oil. You can eat six times more boiled new potatoes (card 12) than French fried chips for the same amount of calories. Choose boiled, steamed or jacket potatoes instead of fried chips or sautéed potatoes to reduce the calorie content of meals. Some varieties of oven chips are also lower in calories than French fried chips.

Healthy Tip
French Fried Chicken Breast 45g
Chicken can be high in fat if it is cooked in oil or butter. Swap fried chicken for grilled, skinless chicken (card 17) to reduce the calorie density of meals. So remove the skin to lower the energy content. Chicken skin is high in fat (card 17) so reduce the calorie density of meals. Choose breaded or grilled, skinless chicken cooked in oil or butter. Swap fried chicken for grilled or roasted chicken instead. Choose lean cuts like breast to reduce the fat content of meals.

Healthy Tip
Boiled Long Grain Rice 75g
Boiled rice is a healthier alternative to fried rice, which is higher in calories as it absorbs the oil. Always choose wholegrain varieties of rice where possible to boost the fibre content of meals. Keep an eye on toppings, as creamy sauces such as kormas and chilli con carne are often high in calories. Choose tomato-based sauces or flavour rice with herbs and spices instead.

Healthy Tip
Cooked Pasta 75g
Pasta contains the same amount of energy as long grain rice (card 14) and makes a good base for meals. Watch portion sizes and toppings as these can increase the calorie content of a meal. Always choose wholegrain varieties and make a good base for meals. Choose cheese or cheddar cheese, rather than cheddar or mozzarella. Choose low-fat varieties of cheese. Pasta contains the same amount of energy as long grain rice (card 14) and makes a good base for meals. Choose cheese or cheddar cheese, rather than cheddar or mozzarella. Choose low-fat varieties of cheese.
Grilled Chicken Breast 70g
Sausage Roll 30g
Roast Beef 60g
Baked White Fish 105g
**Sausage Roll 30g**

Sausage rolls are high in calories and fat, a lot of which comes from the pastry. Instead of a sausage roll, why not try a grilled, skinless chicken sandwich? Remember, for cancer prevention it’s best to eat no more than 500g of cooked red meat, such as beef, pork and lamb each week and avoid processed meat such as ham, bacon and some sausages like salami.

**Healthy Tip**

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<thead>
<tr>
<th>Card No.</th>
<th>vegetables &amp; fruit</th>
<th>carbohydrate</th>
<th>protein</th>
<th>dairy product</th>
<th>high fat/sugar</th>
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**Roast Beef 60g**

Beef is a good source of protein and iron, but for cancer prevention, aim for no more than 500g of cooked red meat each week. If you want to reduce your red meat intake, try swapping it for other protein-rich foods such as lean white meat like skinless chicken or fish, or pulses like beans.

**Healthy Tip**

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**Sausage Roll 30g**

Try grilling chicken instead of frying it. Chicken is a good source of protein and a healthy alternative to processed meat such as ham. Chicken is so versatile that it can be used for sandwich fillings, salads, stir-fries, soups and casseroles.

**Healthy Tip**

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Battered Fish (Takeaway) 40g

Full-Fat Cheddar Cheese 25g

Peanuts 15g

Reduced-Fat Cream Cheese 50g
Peanuts 15g

Healthy Tip

Peanuts are high in calories but can still be part of a healthy balanced diet when eaten in moderation as they contain lots of healthy nutrients. Try swapping peanuts for vegetable sticks such as cucumber (card 4) and carrot (card 2) for a healthy and tasty snack. Choose unsalted varieties of peanuts where possible, as consuming too much salt increases your risk of stomach cancer and other diseases.

Battered Fish (Takeaway) 40g

Healthy Tip

Battered fish contains more than double the calories of baked fish (card 20) because of the fat in the batter. Bake fish fillets at home or remove the batter from takeaway fish to reduce the calorie content of your meal. You could also ask for grilled fish when eating out.

Full-Fat Cheddar Cheese 25g

Healthy Tip

Swap full-fat Cheddar cheese for reduced-fat cream cheese (card 24) as it has half the calories per 100g. Try it with jacket potatoes or as a sandwich filling. Light ricotta and cottage cheese are also good lower fat alternatives.

Reduced-Fat Cream Cheese 50g

Healthy Tip

Reduced-fat cream cheese is a great sandwich filler and also goes well with jacket potatoes and pasta as a healthier alternative to full-fat cheeses such as Cheddar (card 23).
Double Cream 20g
Low-Fat Yoghurt 150g
Milk Chocolate 20g
Crisps 20g
Instead of double cream, which is high in calories, try low-fat yoghurt (card 25). Use low-fat yoghurt instead of double cream (card 26). Low-fat yoghurt is a good source of protein and calcium and you can eat nearly seven times as much of it as double cream for the same amount of calories! You could also replace the cream with yoghurt in some recipes.

Use low-fat yoghurt instead of double cream (card 25). Low-fat yoghurt is a good source of protein and calcium and you can eat nearly seven times as much of it as double cream for the same amount of calories! You could also replace the cream with yoghurt in some recipes.

Low-Fat Yoghurt 150g
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Try swapping crisps for plain popcorn, rice cakes, fruit or vegetable sticks for a healthier snack.

Crisps can be high in fat and can contain about the same amount of fat as chocolate, as well as being high in calories (card 27). Try swapping crisps for plain popcorn, rice cakes, fruit or vegetable sticks for a healthier snack.

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Milk Chocolate 20g
Chocolate is high in fat and sugar, which means you don’t need to eat very much to consume a lot of calories. Try sugar-free jelly or a piece of fruit, such as strawberries (card 8), dipped in a small amount of dark chocolate for a lower calorie treat.

Instead of double cream, which is high in calories, try low-fat yoghurt (card 25). Add low-fat yoghurt to desserts, fruit, and cereal, or eat it on its own for a healthy snack.

Instead of double cream, which is high in calories, try low-fat yoghurt (card 25). Add low-fat yoghurt to desserts, fruit, and cereal, or eat it on its own for a healthy snack.
Chocolate Cake 25g

Chocolate cake is high in sugar and fat, so you can only eat a very small piece for 100 calories. Try low-fat yoghurt (card 26) with fruit or baked apples and pears for a lower calorie treat.

Healthy Tip

Biscuits 20g

Biscuits can be high in fat and sugar, making them energy-dense. It can be easy to eat lots of biscuits without realising it. By swapping biscuits with healthier alternatives, you can reduce your calorie intake. For half of one of these biscuits, you can only eat a very small piece for 100 calories.

Healthy Tip