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
Tomatoes 555g
Tomatoes contain lots of water making them very low in calories. You can eat over half a kilo of tomatoes for just 100 calories. Why not add tomatoes to salads, stews and soups? Choose low-calorie sauces over cream ones and watch the fat content too. You can even eat raw if you need to get under 100 calories.
Healthy Tip
Try swapping high-calorie snacks like crisps (card 28) and chocolate (card 27) for vegetable sticks.

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. Why not try it in salads instead of crisps (card 28) and reduce the fat content if you have a large appetite. You can make a great snack by not freezing the cucumber (card 29) and adding a reduced-fat dip such as houmous.

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. Cooked carrots are a good accompaniment to broccoli is a good accompaniment to fish, stir fries and chicken.

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 great accompaniment to fish, stir-fries and chicken.

Steamed Broccoli 285g
Steamed broccoli is a good accompaniment to fish, stir-fries and chicken. Reduce the fat content if you have a large appetite. You can even eat raw if you need to reduce the calorie content too. You can also try adding a reduced-fat dip such as houmous.
Apple 190g
Banana 110g
Orange 215g
Strawberries 310g
Banana 110g

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.

Healthy Tip: Bananas contain important nutrients.

Apple 190g

Apples make 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 and crisps (card 28) for apple slices. Or try them with low-fat yogurt for a healthy dessert.

Healthy Tip: Apples contain fibre, which keeps you feeling fuller for longer.

Orange 215g

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) or add them to breakfast cereal and fruit salads. Or try them with low-fat yogurt for a healthy dessert.

Healthy Tip: Oranges contain vitamins A and C.

Strawberries 310g

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! Fifteen times as much as chocolate (card 27) for the same calories! One 30g handful is one of your 5 A DAY.

Healthy Tip: Strawberries are low in calories.
Kidney Beans, Canned 120g

Vegetable Soup 220g

Wholemeal Bread 45g

Boiled New Potatoes 180g
Vegetable Soup 220g

Healthy Tip

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.

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 pulses, including beans, are low in fat and provide a good source of protein and fibre. This is important as it helps keep you feeling fuller for longer, which you could help you stay in shape. You could swap some red meat for beans in casseroles, stews and Mexican dishes.

Vegetables & fruit

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Card No.
French Fried Chips 30g
Boiled Long Grain Rice 75g
Cooked Pasta 75g
Fried Chicken Breast 45g
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 your meal. Keep an eye on toppings, as creamy sauces such as korma are often high in calories. Choose tomato-based sauces or flavour rice with herbs and spices.

Cooked Pasta 75g

Pasta contains the same amount of energy as long grain rice (card 14) and makes a good base for meals. Choose wholegrain varieties where possible. Watch portion sizes and toppings as these can increase the calorie content of a meal. Choose tomato-based sauces and sprinkle some herbs on top instead of cheese.

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 content. Chicken skin is high in fat so remove it to lower the energy density of meals.

Healthy Tip

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.
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.

Grilled Chicken Breast 70g
Try grilling chicken instead of frying it (card 16). 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, curries, stews, soups and casseroles.

Baked White Fish 105g
Baked white fish, such as cod, haddock and plaice, is a healthier alternative to battered or fried fish (card 21). You can eat more than double the amount of the same calories. White fish is protein-rich and makes a good alternative to red meat such as beef (card 17). Cook with lemon juice and herbs for a tasty low-calorie meal.

Roast Beef 60g
Beef is a good source of protein and iron, but for cancer prevention, aim to eat no more than 500g of cooked red meat each week. If you want to reduce your red meat intake, try swapping your red meat intake for other protein-rich foods such as lean white meat like skinless chicken (card 17), fish (card 20), or pulses such as beans (card 9).
Peanuts 15g

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 varieties of peanuts where possible, as consuming too much salt increases your risk of stomach cancer and other diseases.

Healthy Tip

Card No.

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Battered Fish (Takeaway) 40g

Battered fish contains more than double the calories of baked fish (card 20) as a result 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. Try grilled fish on wholemeal bread or with mixed vegetables and salad instead of bread and chips.

Healthy Tip

Card No.

Full-Fat Cheddar Cheese 25g

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.

Healthy Tip

Card No.

Reduced-Fat Cream Cheese 50g

Reduced-fat cream cheese is a great sandwich filler and also goes well with jacket potatoes and pasta. It contains less added fat and sugar than full-fat cheeses such as Cheddar.

Healthy Tip

Card No.
Instead of double cream, which is high in calories, try low-fat yoghurt (card 26). Add low-fat yoghurt to desserts, fruit and cereal, or eat it on its own for a healthy snack.

Healthy Tip

Card No. vegetables & fruit carbohydrate protein dairy product high fat/sugar

Low-Fat Yoghurt 150g

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 more of it for the same amount of calories! You could also replace the cream with low-fat yoghurt in some recipes.

Healthy Tip

Card No. vegetables & fruit carbohydrate protein dairy product high fat/sugar

Crisps 20g

Crisps can be high in fat and can contain about the same amount of calories as chocolate, so swapping crisps for plain weight-for-weight (card 27) is a healthier snack. Try swapping crisps for plain and you can eat nearly seven times more of it for the same amount of calories! You could also replace the cream with low-fat yoghurt instead of double cream (card 25).

Healthy Tip

Card No. vegetables & fruit carbohydrate protein dairy product high fat/sugar

Milk Chocolate 20g

Chocolate is high in fat and sugar, which means you don’t need to eat much to consume a lot of calories. Try sugar-free jelly or a piece of fruit, like strawberries (card 8), as 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.

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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. Try swapping biscuits with vegetables & fruit to reduce your calorie intake.

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