

ENERGY RICH FOODS



Cooking oil
(तेल)
Energy - 900 kcal



Walnut
(अखरोट)
Energy - 671 kcal



Sugar
(चीनी)
Energy - 400 kcal



Wheat flour
(गेहूँ का आटा)
Energy - 352 kcal



Maize dry
(मक्का)
Energy - 348 kcal

Values are per 100 g

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Soyabean
(सोयाबीन)
Energy - 377 kcal



Khoa
(खोया)
Energy - 316 kcal



Chicken, hen, thigh with skin
(मूर्गे के जांघ, त्वचा के साथ)
Energy - 188 kcal



Egg whole, raw
(अंडा)
Energy - 168 kcal



Milk, whole, buffalo
(गाय का दूध)
Energy -107 kcal

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g