

What DOES 100 calories look like?

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<http://www.dailymail.co.uk/health/article-3059330/What-DOES-100-calories-look-like-muffin-sliver-cheese-reveal-favourite-foods-eat.html>

What DOES 100 calories look like? From a third of a muffin to a sliver of cheese - we reveal how much of your favourite foods you can eat...

EXCLUSIVE: Portion size is one of the hardest things for dieters to control
Research has found most people underestimate the calories in food
Photos show a range of snacks that contain around 100 calories each

By [Madlen Davies for MailOnline](#)

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Would you prefer a plate of strawberries or three squares of chocolate?
Or would you choose four peaches over a small sliver of cheese?
Many of us have no idea how many calories are in the snacks we eat day in day out.

[Dietician Helen Bond](#) has produced a guide to a range of popular snacks for MailOnline, each of them making up 100 calories.

'A lot of people underestimate how many calories are in our food,' said Mrs Bond, of Spring Vale Dietetic Clinic in Derbyshire.

'Calories provide a useful guide as to what we are taking into our bodies.

'They are not the be all and end all - other nutritional information such as fat content is also important - but the calorific information on food packaging makes people much more mindful of what they are eating.'

Researching exactly how much food makes up 100 calories, she found that portions are surprisingly small.

Four and a half brazil nuts, for example, provides 100 calories.

Three quarters of a can of Coca Cola or 80 blackberries provides the same energy.

One and a half custard cream biscuits or six and a quarter marshmallows is all it takes to hit the same limit.

Mrs Bond said: 'For foods that are nutritionally dense it does not take much to get to 100 calories. A quarter of a pain au chocolat pastry, for example, is just a few bites.

'This does not give you the whole picture - some of these are healthy options and some are naughty treats.

'But it provides a useful gauge to understand what 100 calories looks like.'

Scroll down for video



Think twice about chomping on a whole pain au chocolat, as a quarter is 100 calories



Fizzy drink fans will be disappointed that just three quarters of a can of Coca Cola is 100 calories



Good news for fruit lovers as one apple and a handful of grapes makes for a healthy 100 calorie snack



But bad news for ice cream fans as one scoop of Haagen-Dazs Cookies and Cream ice cream is 100 calories



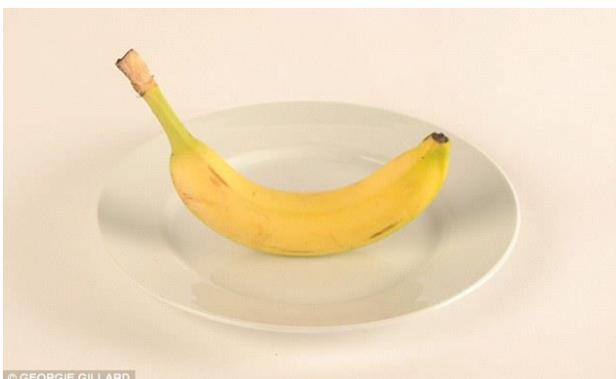
A third (85g) of an American blueberry muffin makes for a quick 100 calorie snack



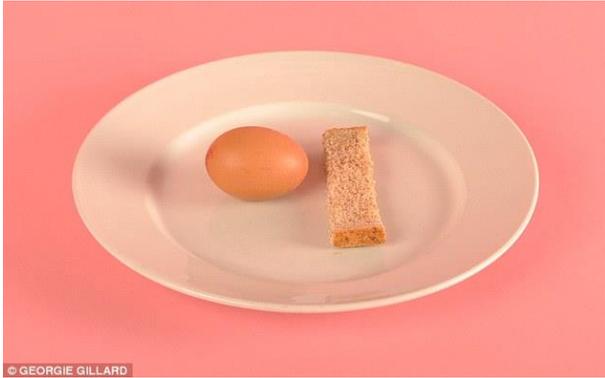
Or why not crunch on four and a half Brazil nuts instead?



Quench your thirst with one 200ml glass of Tropicana orange juice



Or spend a while longer chomping one medium banana



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For a protein-rich snack choose one boiled medium size egg (57g) and a solider of wholemeal toast



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Whereas a plate piled high with 80 blackberries contains the same number of calories



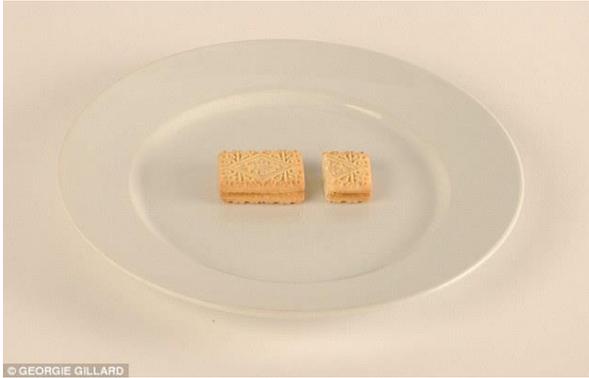
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Will a third of a bottle of Friij Chocolate milkshake (150ml) stem your hunger?



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Or would you prefer to much down four peaches?



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Or why not indulge in one and a half custard cream biscuits?



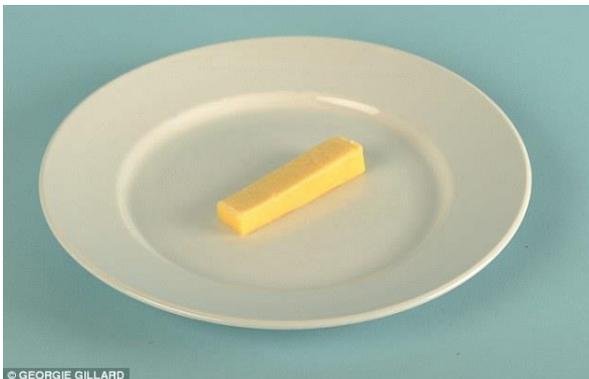
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A stingy six and a quarter marshmallows contains 100 calories



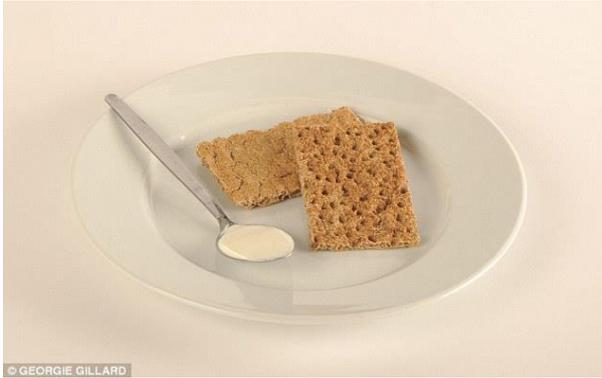
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Beer lovers won't cheer the fact there's 100 calories in just half a pint of bitter



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And it's hard cheddar for cheese lovers, as a 20g chunk is 100 calories



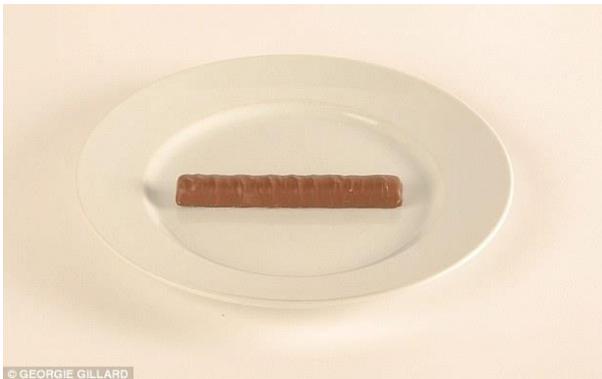
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Two rye crispbread with one tablespoon of low fat soft cheese spread make a wholesome 100 calorie snack



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If you're opting for crisps, choose a 100 calorie packet of seasalt flavoured Popchips (23g)



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Or why not go for one finger of a Twix and share the other half?



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A whole pot of fat-free yoghurt (125g) and one apple will keep you full until lunch



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Wine connoisseurs won't get much within the allowance - one 125ml glass of white wine contains 100 calories



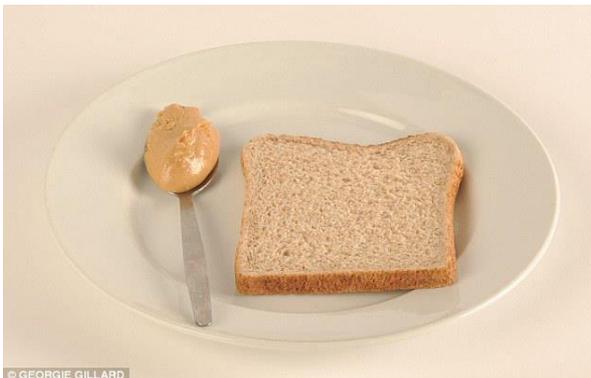
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Or for something more substantial, go for one slice of fruit loaf (35g) with one teaspoon of low fat spread



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Just two Jaffa Cakes - containing 100 calories - will be wolfed down in an instant



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Or smother one slice of wholemeal bread (78g) - or toast - with 1tsp (5g) of peanut butter



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Enjoy eight carrot sticks and a tablespoon of salsa for another healthy snack



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Meat lovers will have to make do with just one and a half rashers of streaky bacon



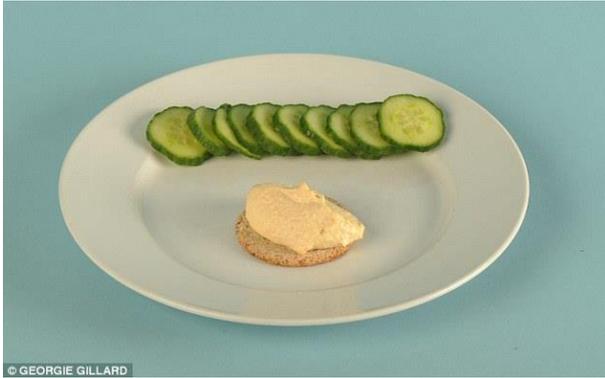
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Could you eat just half a bar of Cadbury's Dairy Milk?



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Four and a half walnuts will be munched down in a matter of seconds



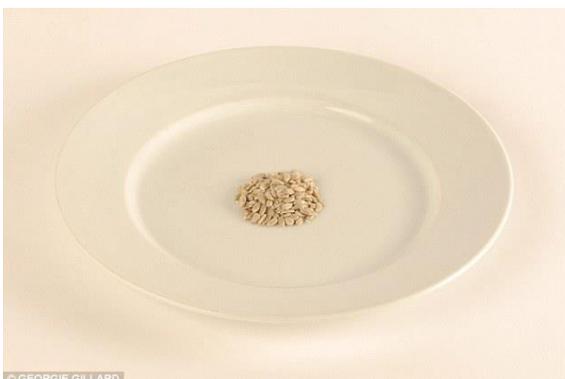
Spread one tablespoon of reduced fat hummus on an oat cake and nibble on it with cucumber slices



Or enjoy a whole pack of Twiglets original (24g)



An entire plate of 27 strawberries contains just 100 calories



Or why not swallow a tablespoon of sunflower seeds?



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A tablespoon of sweet raisins also contains 100 calories



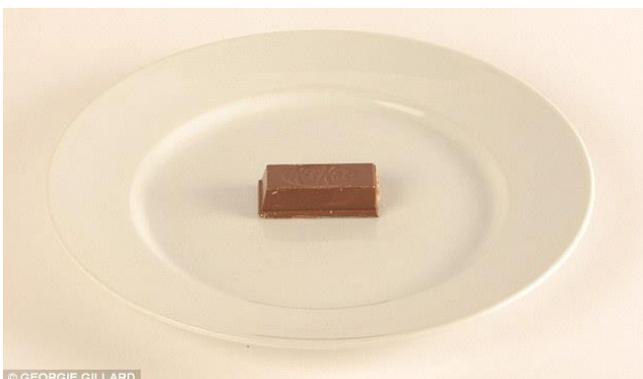
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Chomp on seven fruit pastilles and give the rest of the pack away



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Enjoy dipping vegetable crudites into a big dollop (three tablespoons or 36g) of reduced fat hummus



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Half a Kit Kat Chunky eats up the 100 calorie allowance in a flash

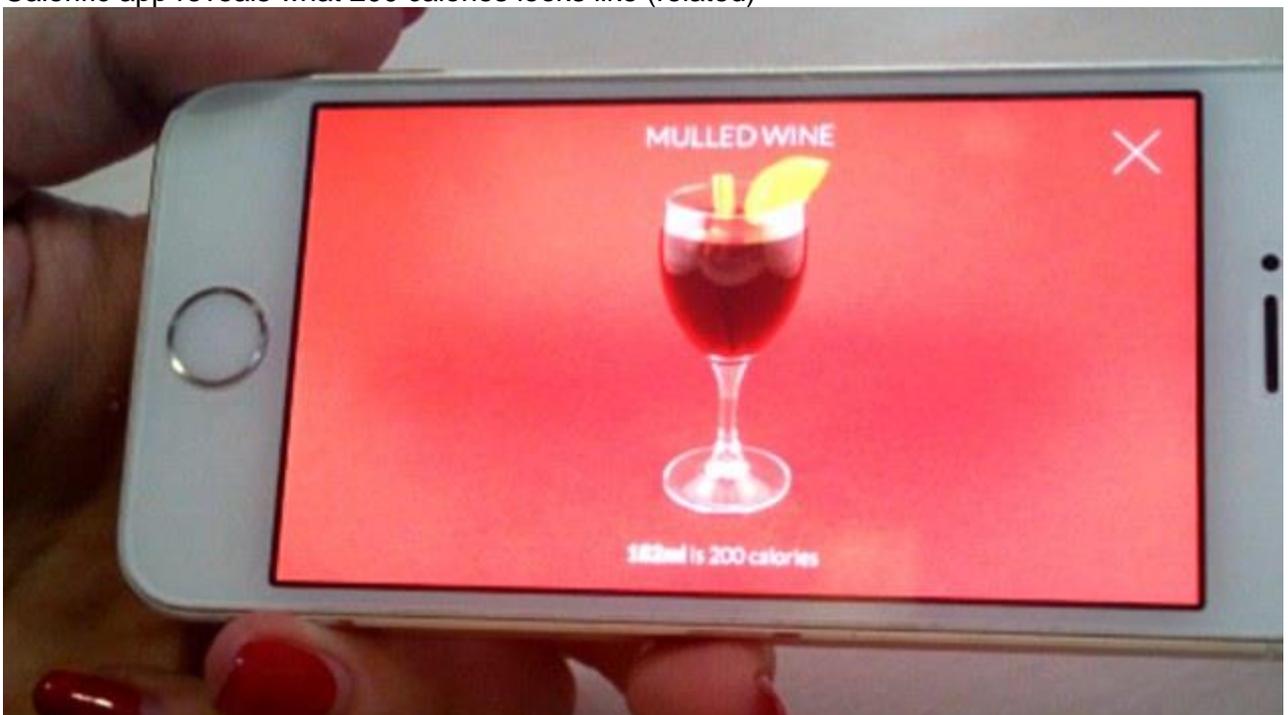


For some natural sweetness, there is just 100 calories in eight dried apricots



Two rye crispbreads topped with two tablespoons of cottage cheese (80g)

Caloric app reveals what 200 calories looks like (related)



Read more:

[Helen Bond - Castle Inn Dietetic Clinic - Consultant Nutritionist](#)