

# Food Comparisons

## Nutritional Values of Food

All comparisons are based on portion per person unless otherwise stated. How much, and the types of food you need per day, depends on your age, height, gender and how active you are. A varied and balanced diet with lots of fresh vegetables and fruit is recommended for a healthy lifestyle.

### Iron

The human body needs iron to make the oxygen-carrying proteins haemoglobin and myoglobin. Haemoglobin is found in red blood cells and myoglobin is found in muscles. (All of these foods have approximately the same amount of iron.)

1.5 portions baked beans



1 portion cornflakes



1 onion bhaji



1 portion beef

### Protein

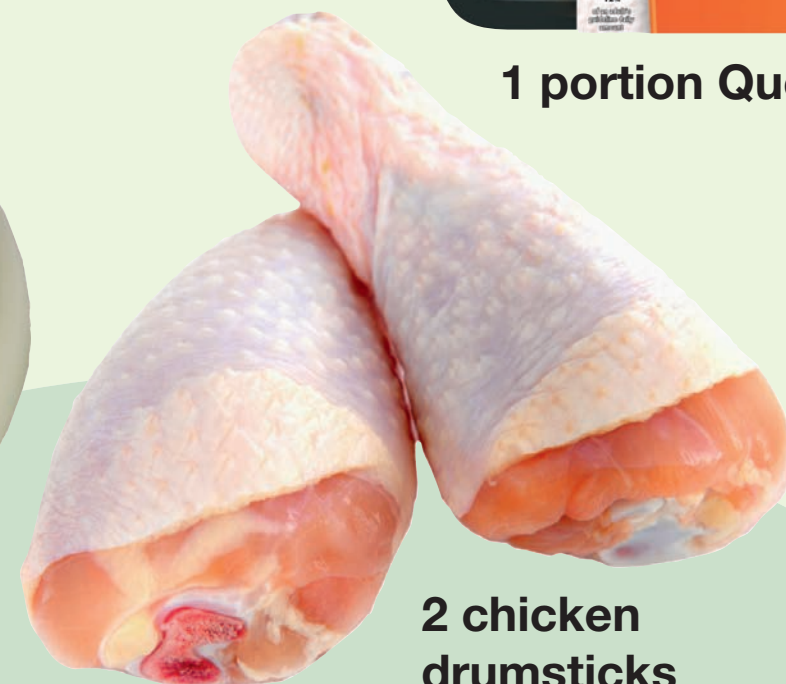
Protein is needed by the body for growth and repair. Protein can be found in all cells of the body and is the major structural component of all cells in the body, especially muscle. (All of these foods have approximately the same amount of protein.)



50g bag peanuts



2 eggs



2 chicken drumsticks



1 portion Quorn™

### Calcium

Calcium plays an important role in building stronger, denser, healthier bones. Approximately 99% of the body's calcium is stored in the bones and teeth. (All of these foods have approximately the same amount of calcium.)



3.5 glasses of milk (semi skimmed)



3 portions Cheddar cheese



2 portions sardines in tomato sauce



1 portion tofu

### Fat

Fats provide a source of energy, as well as the fat-soluble vitamins A, D, E and K. Some fat is essential for the proper functioning of the body, including brain development. However too much saturated fat can lead to health problems. (All of these foods have approximately the same amount of fat.)



8" pizza cheese & tomato



67 bananas



2 packets crisps



2 pork sausages