



World Cancer
Research Fund

Boiled New Potatoes 180g



Low-fat Yoghurt 150g



Battered Fish, Takeaway 40g



Crisps 20g



Strawberries 310g



100 CALORIE GALLERY

Downloadable Photo Resource

100 Calorie Gallery

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:

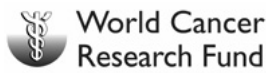
1. Use the cards to suggest food swaps that will help reduce the calories in their diet. Suggestions can be found on the back of most cards.
2. Ask patients to choose food cards which represent a high calorie meal and a low calorie meal to demonstrate how you can eat a greater quantity of food for fewer 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



For more information on this resource please contact us:

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Steamed Broccoli 285g



Carrots 285g



Tomatoes 555g



Cucumber 665g



Steamed Broccoli 285g

Healthy Tip

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 fries and chicken.



Card No.

1

vegetables & fruit

carbohydrate
protein
dairy product
high fat/sugar

Carrots 285g

Healthy Tip

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.



Card No.

2

vegetables & fruit

carbohydrate
protein
dairy product
high fat/sugar

Tomatoes 555g

Healthy Tip

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 tomato-based sauces over creamy ones and watch out for high-fat toppings such as cheese.



Card No.

3

vegetables & fruit

carbohydrate
protein
dairy product
high fat/sugar

Cucumber 665g

Healthy Tip

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 27) for vegetable sticks.



Card No.

4

vegetables & fruit

carbohydrate
protein
dairy product
high fat/sugar

Orange 215g



7

Banana 110g



6

Apple 190g



5

Strawberries 310g



8

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).

Card No.

1

vegetables & fruit

carbohydrate

protein

dairy product

high fat/sugar



Banana 110g

Healthy Tip

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.

Card No.

6

vegetables & fruit

carbohydrate

protein

dairy product

high fat/sugar



Apple 190g

Healthy Tip

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 (card 23) and crisps (card 28) for apple slices.

Card No.

5

vegetables & fruit

carbohydrate

protein

dairy product

high fat/sugar



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.

Card No.

8

vegetables & fruit

carbohydrate

protein

dairy product

high fat/sugar



Kidney Beans, Canned 120g



9

Vegetable Soup 220g



10

Wholemeal Bread 45g



11

Boiled New Potatoes 180g



12

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.



*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)

Card No.

9

*vegetables & fruit**
carbohydrate
protein
dairy product
high fat/sugar

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.



Card No.

10

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

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.



Card No.

11

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

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.



Card No.

12

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

French Fried Chips 30g



13

Boiled Long Grain Rice 75g



14

Cooked Pasta 75g



15

Fried Chicken Breast 45g



16

French Fried Chips 30g

Healthy Tip

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.



Card No.

13

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Boiled Long Grain Rice 75g

Healthy Tip

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 kormas are often high in calories. Choose tomato-based sauces or flavour rice with herbs and spices.



Card No.

14

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Cooked Pasta 75g

Healthy Tip

Pasta contains the same amount of energy as long grain rice (card 14) and makes a good base for meals. Always 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.



Card No.

15

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Fried Chicken Breast 45g

Healthy Tip

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.



Card No.

16

vegetables & fruit
carbohydrate
dairy product
high fat/sugar

Grilled Chicken Breast 70g



17

Sausage Roll 30g



18

Roast Beef 60g



19

Baked White Fish 105g



20

Grilled Chicken Breast 70g

Healthy Tip

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, stir-fries, stews, soups and casseroles.



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Card No.

17

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Sausage Roll 30g

Healthy Tip

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.



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Card No.

18

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Roast Beef 60g

Healthy Tip

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 it 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).



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Card No.

19

vegetables & fruit
carbohydrate
dairy product
high fat/sugar

Baked White Fish 105g

Healthy Tip

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 for the same calories. White fish is protein-rich and makes a good alternative to red meat such as beef (card 19). Cook with lemon juice and herbs for a tasty low-calorie meal.



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Card No.

20

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Battered Fish (Takeaway) 40g



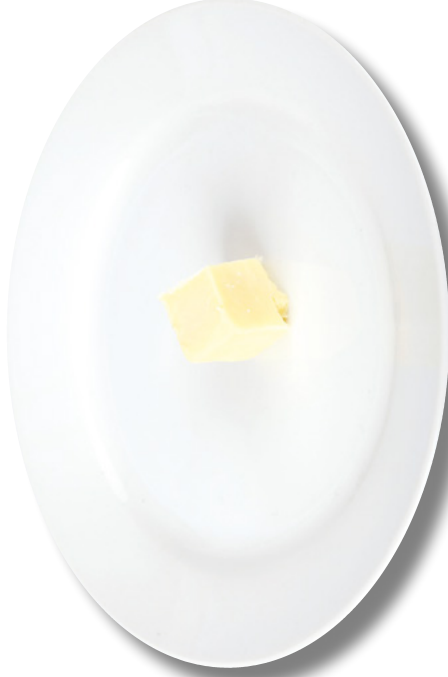
21

Peanuts 15g



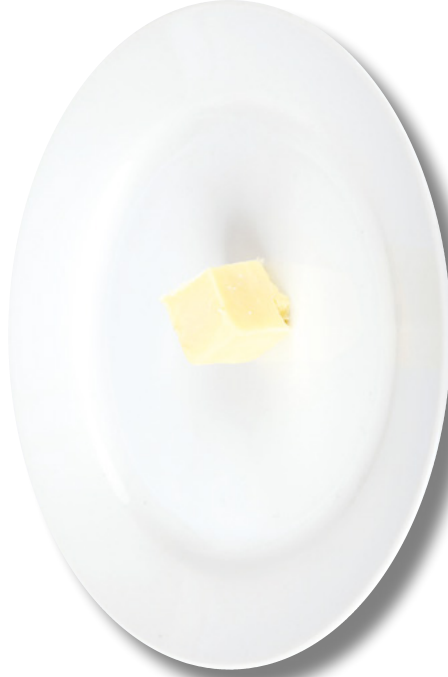
22

Full-Fat Cheddar Cheese 25g



23

Full-Fat Cheddar Cheese 25g



23

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 take away fish to reduce the calorie content of your meal. You could also ask for grilled fish when eating out.



Card No.

21

vegetables & fruit
carbohydrate
dairy product
high fat/sugar

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.



Card No.

22

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

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.



Card No.

23

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

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).



Card No.

24

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Double Cream 20g



25

Low-Fat Yoghurt 150g



26

Milk Chocolate 20g



27

Crisps 20g



28

Double Cream 20g

Healthy Tip

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.

Card No.

25

vegetables & fruit
carbohydrate
protein
high fat/sugar



Low-Fat Yoghurt 150g

Healthy Tip

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 than double cream for the same amount of calories! You could also replace the cream with yoghurt in some recipes.

Card No.

26

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar



Milk Chocolate 20g

Healthy Tip

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.

Card No.

27

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar



Crisps 20g

Healthy Tip

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

Card No.

28

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar



30



Chocolate Cake 25g

Card No.

26

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Healthy Tip

Biscuits can be high in fat and sugar making them energy-dense. It can be easy to eat lots of biscuits without feeling full. Try swapping biscuits for fruit or rice cakes to reduce your calorie intake.

Biscuits 20g

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Chocolate Cake 25g

Healthy Tip

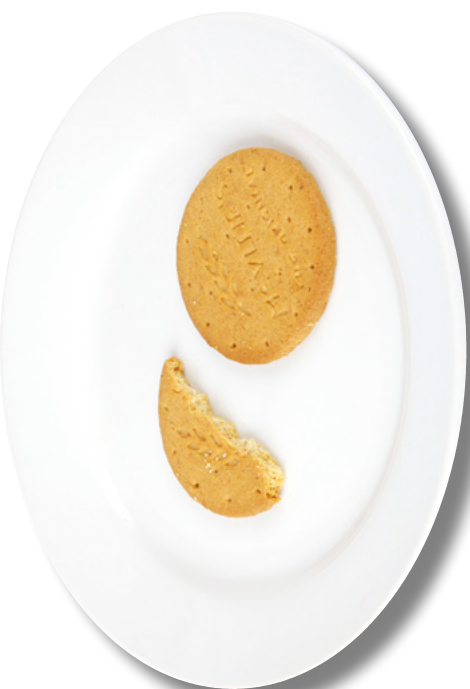
Chocolate cake is high in sugar and fat, so you can only eat a very small piece for 100 calories. Try low-fat yoghurt (card 26) with fruit or baked apples and pears for a lower calorie treat.

Card No.

30

vegetables & fruit
carbohydrate
protein
dairy product
high fat/sugar

Biscuits 20g



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