

LOW-CALORIE FOODS FOR *Weight Loss*

2000 of Calories = 100% of the Daily Value (%DV)

1. Water



0 Calories
per 8oz cup

0 calories per 100 g

6. Vegetable Soup



67 Calories
per cup

28 calories per 100 g

2. Salad Greens (Watercress)



4 Calories
per cup

11 calories per 100 g

7. Whole Grain Toast



69 Calories
per slice

288 calories per 100 g

3. Broth



11 Calories
per cup

5 calories per 100 g

8. Cod



71 Calories
per 3oz fillet

84 calories per 100 g

4. Vegetables (Mushrooms)



15 Calories
per cup

22 calories per 100 g

9. Eggs



78 Calories
in 1 large egg

155 calories per 100 g

5. Fruits (Strawberries)



53 Calories
per cup

32 calories per 100 g

10. Low-Fat Cottage Cheese



81 Calories
per oz

72 calories per 100 g

Low Calorie Foods And Food Ingredients

Thirumalaisamy P.
Velavancorresponding



Low Calorie Foods And Food Ingredients:

Whispering the Secrets of Language: An Mental Journey through **Low Calorie Foods And Food Ingredients**

In a digitally-driven earth wherever monitors reign great and instant communication drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words frequently get unheard. However, nestled within the pages of **Low Calorie Foods And Food Ingredients** a interesting fictional prize pulsating with raw emotions, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this marvelous opus attracts viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the psychological depths of the poignant evaluation, we can embark upon a heartfelt exploration of the book is primary styles, dissect its charming publishing model, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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