

GASSD NUTRITION MACRO CHOICES MENU 2019

	ENERGY IN KJS	PROTEIN (G)	FAT (SAT) (G)	CARBS (G)	FIBRE (G)	SODIUM (Mg)
WHITE MEAT - 100g						
CHICKEN BREAST	860	39.1	1.6	0	0	62
THAI GREEN CHICKEN CURRY	991	20.1	10.8	1.9	0	88
TUSCAN CHICKEN	840	24.9	3.9	1.1	0	81
CAJUN CHICKEN SAUSAGE	753	23.1	3	0.1	0	94
BBQ PORK PATTIE	932	24.4	4.8	1.6	0	73

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
RED MEAT - 100g						
BBQ NEW YORK STRIPLOIN	811	36.4	1.8	0	0	59
SLOW COOKED WHOLE BLADE	797	32.3	1.9	0	0	65
TEXAS BEEF CHILLI	708	25.8	2.9	0	0	78
BEEF STROGANOFF (D)	1060	32.5	4.8	0.4	0	125
BEEF RAGU	1070	32.4	4.7	1.2	0	131

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
SEAFOOD - 100g						
GRILLED OCEAN PERCH	517	28.2	0.3	0	0	109
FISH CAKE (G)	414	21.8	0.2	0.7	0	91
BARRAMUNDI	608	30.6	0.6	0	0	110
FRESH SALMON PORTION	1090	32.5	3.7	0	0	59

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
CARBS - 100g						
BROWN RICE (STEAMED)	498	2.3	0.8	24.8	1.8	2
BASMATI RICE (STEAMED)	403	1.6	0.1	21.6	2.2	2
SWEET POTATO (STEAMED)	348	2.2	0	16.7	0	11
PASTA (G)	408	4.1	0	19	0	3
POTATO MASH (D)	321	2.7	0.6	13.2	0	5

	ENERGY IN KJS	PROTEIN	FAT (SAT)	CARBS	FIBRE	SODIUM
VEGIES - 100g						
GREEN VEGETABLES	124	4.2	0.1	0.6	0	18
STIR FRIED VEGETABLES	121	3.2	0	1.4	0	24
STEAMED BEANS & PEAS	190	3.9	0	4.8	0	2
ROAST VEGETABLES	320	2.2	0	15	0	12

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
SAUCES - 60g						
MUSHROOM SAUCE (D)	433	1.2	4.9	5.1	0.7	252
PEPPER SAUCE	147	1	0	7.2	0.1	527
DIANNE SAUCE	147	1	0	7.2	0.1	526
PEANUT SATAY (D)	702	4.1	7	10.9	10.3	43
SPICY BBQ	446	0.5	0.1	24.4	22	465
SWEET CHILLI	287	0.5	0.3	11.2	8.9	794
HONEY MUSTARD (D)	563	0.8	0.8	9	6.5	280
TOMATO NAPOLITANA	140	1.6	0.1	5	3.8	40

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
BREAKFAST- 100g						
HEMP & COCONUT GRANOLA (G)	428	16	14	36	4	115
PLAIN OMELETTE 120G (D)	859	14.9	3.8	6.3	4.2	454
HAM & CHEESE OMELETTE 120G (D)	983	17.9	5.9	5.3	3.6	645
BREKKIE WRAP - EGG, CHEESE, BACON & TOMATO RELISH (G,D)	1820	21	20	41	10	1500

	ENERGY IN KJS	PROTEIN	FAT	CARBS	SUGAR	SODIUM
PROTEIN BALL - 40g						
CHOCOLATE & PEANUT BUTTER (G) (D)	376	21	0.97	4.2	1.9	132.2
NUTELLA (G) (D)	410	25	1.1	4.6	2.1	156
SALTED CARAMEL (G) (D)	481	22	1.3	4.8	2.4	120