

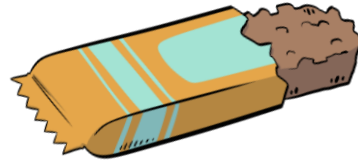
Kaloritäta livsmedel: 100 gram



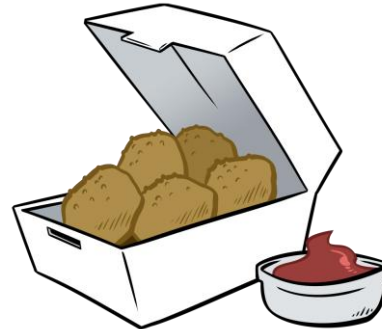
Jordnötssmör
ca 588 kcal



Olja
ca 900 kcal



**Müslibar
Proteinbar**
ca 400 kcal



Nuggets
ca 295 kcal



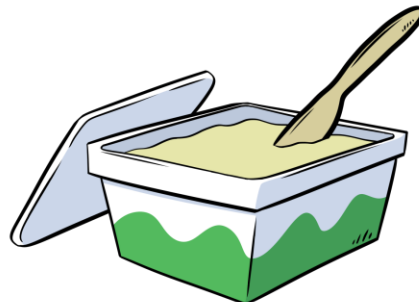
Hemmagjord smoothie
+++ kcal



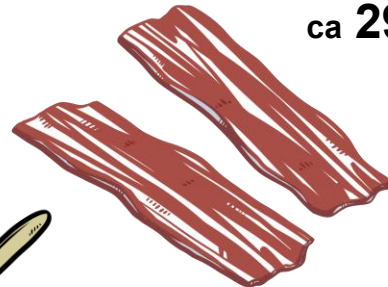
Choklad-hasselnötskräm
ca 539 kcal



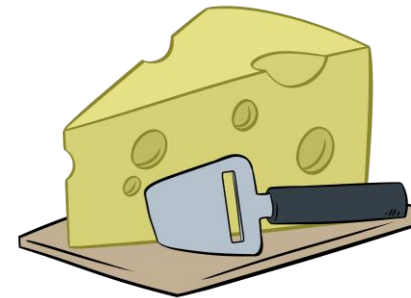
Nötter
ca 425-590 kcal



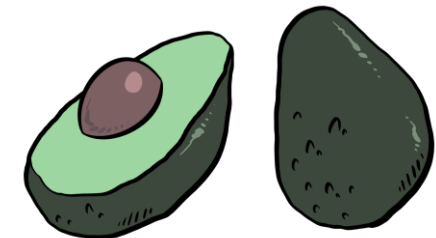
Smör
ca 678 kcal



Bacon
ca 541 kcal



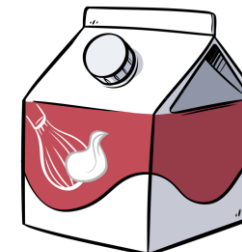
Hårdost fett 31%
ca 390 kcal



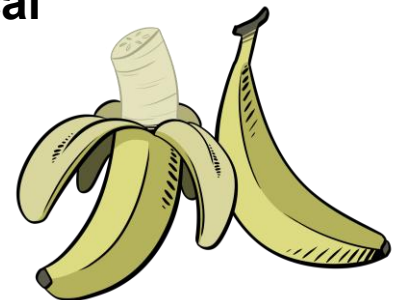
1 hel Avocado
ca 200 kcal



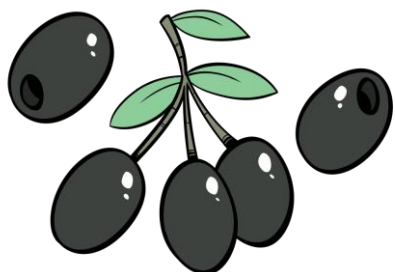
Digestivekex
ca 480 kcal



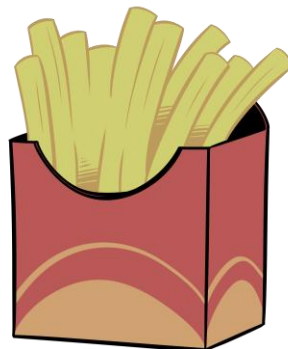
Vispgrädde 36%
ca 340 kcal



Banan
ca 100 kcal



Oliver svarta
ca 250 kcal



Pommes frites
ca 311 kcal



Majonnäs
ca 679 kcal



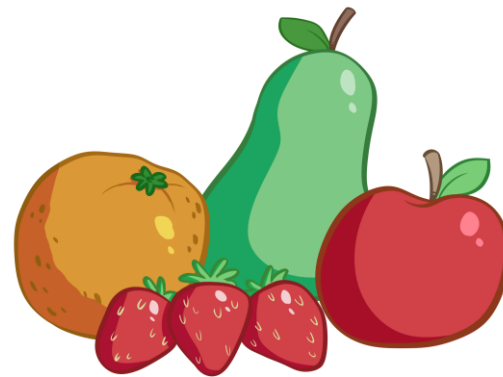
Gräddglass
ca 210 kcal



Kalorifattiga livsmedel men nyttiga: 100 gram



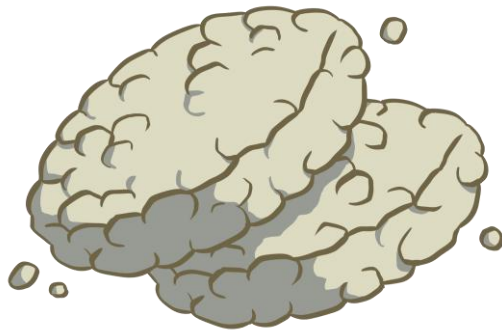
Gurka
ca **15 kcal**



1 Fukt
ca **50-60 kcal**



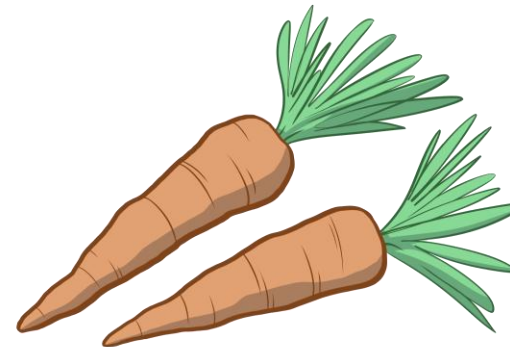
Mjöl 3% fett
ca **59 kcal**



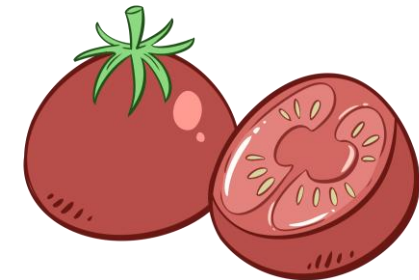
1 Riskaka
ca **33 kcal**



Broccoli
ca **34 kcal**



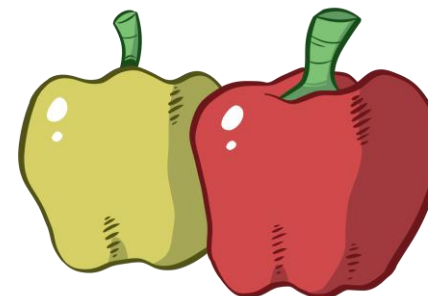
Morötter
ca **41 kcal**



Tomater
Ca **20 kcal**



1 skiva knäckebröd
ca **45 kcal**



Paprika
ca **20 kcal**



1 Drickyoghurt 350 ml
ca **190 kcal**

