

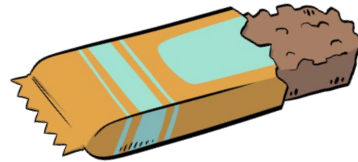
Kaloritäta livsmedel: 100 gram



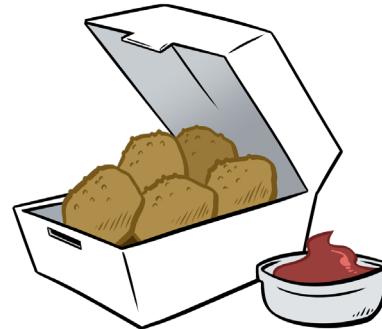
**Jordnötssmör**  
ca 588 kcal



**Olja**  
ca 900 kcal



**Müslibar  
Proteinbar**  
ca 400 kcal



**Nuggets**  
ca 295 kcal



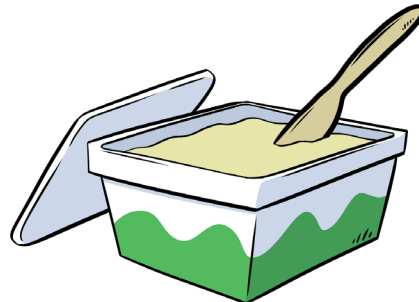
**Hemmagjord smoothie**  
+++ kcal



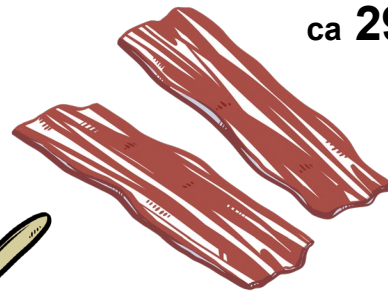
**Choklad-hasselnötskräm**  
ca 539 kcal



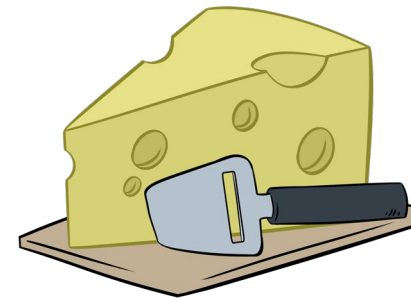
**Nötter**  
ca 425-590 kcal



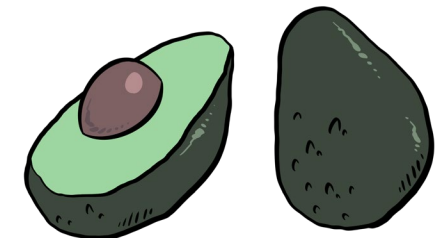
**Smör**  
ca 678 kcal



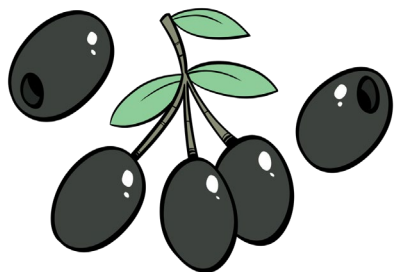
**Bacon**  
ca 541 kcal



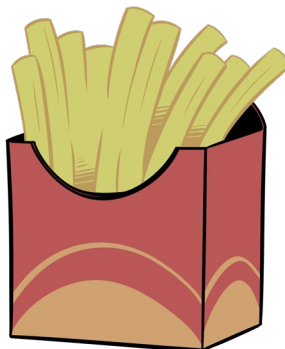
**Hårdost fett 31%**  
ca 390 kcal



**1 hel Avocado**  
ca 200 kcal



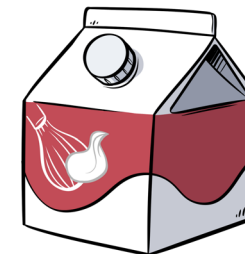
**Oliver svarta**  
ca 250 kcal



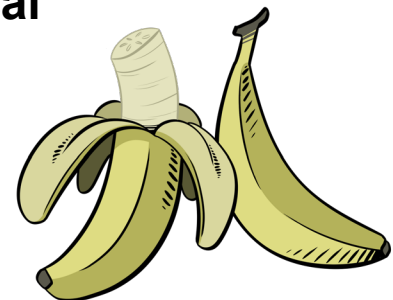
**Pommes frites**  
ca 311 kcal



**Digestivekex**  
ca 480 kcal



**Vispgrädde 36%**  
ca 340 kcal



**Banan**  
ca 100 kcal



**Majonnäs**  
ca 679 kcal

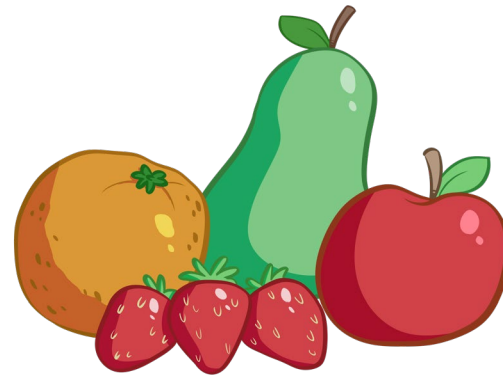


**Gräddglass**  
ca 210 kcal

**Kalorifattiga livsmedel men nyttiga: 100 gram**



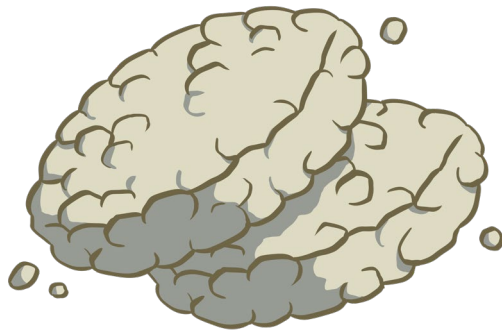
**Gurka**  
ca **15 kcal**



**1 Fukt**  
ca **50-60 kcal**



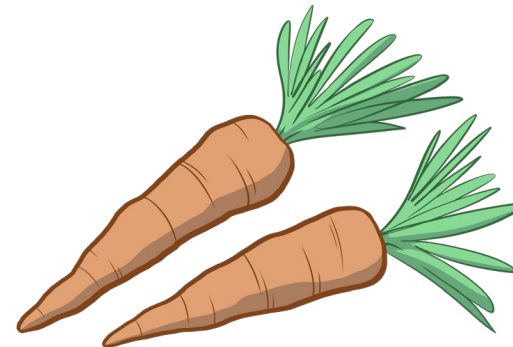
**Mjök 3% fett**  
ca **59 kcal**



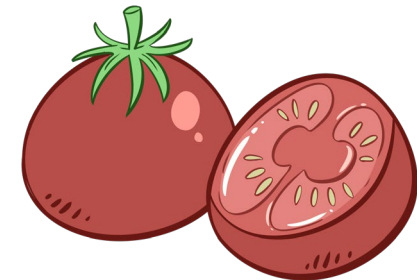
**1 Riskaka**  
ca **33 kcal**



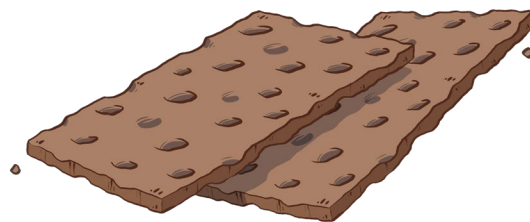
**Broccoli**  
ca **34 kcal**



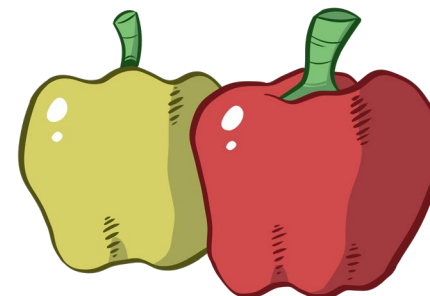
**Morötter**  
ca **41 kcal**



**Tomater**  
Ca **20 kcal**



**1 skiva knäckebröd**  
ca **45 kcal**



**Paprika**  
ca **20 kcal**



**1 Drickyoghurt 350 ml**  
ca **190 kcal**