

STARCH

Item	Collection	Measurement	kCal	Fat	Carbohydrates	Protein	Fibre	Sodium	Cholesterol
Brown Rice	Weight Loss	56g	64kcal	1g	13g	2g	1g	45mg	0mg
	Keto								
	Everyday	140g	166kcal	1g	34g	4g	2g	116mg	1mg
	Beyond Meat	140g	166kcal	1g	34g	4g	2g	116mg	1mg
Jasmine Rice	Weight Loss	56g	72kcal	1g	12g	2g	1g	65mg	0mg
	Keto								
	Everyday	140g	172kcal	1g	31g	3g	2g	125mg	1mg
	Beyond Meat	140g	172kcal	1g	31g	3g	2g	125mg	1mg
Baby Potato and Bean	Weight Loss	56g	56kcal	1g	12g	2g	2g	112mg	0mg
	Keto								
	Everyday	140g	158kcal	3g	33g	6g	6g	170mg	0mg
	Beyond Meat	140g	158kcal	3g	33g	6g	6g	170mg	0mg
Roast Potato	Weight Loss	56g	65kcal	2g	12g	1g	1g	40mg	0mg
	Keto								
	Everyday	140g	176kcal	4g	32g	3g	3g	100mg	0mg
	Beyond Meat	140g	176kcal	4g	32g	3g	3g	100mg	0mg
Wild Rice Mix	Weight Loss	56g	78kcal	1g	13g	2g	1g	85mg	0mg
	Keto								
	Everyday	140g	181kcal	1g	33g	5g	2g	154mg	1mg
	Beyond Meat	140g	181kcal	1g	33g	5g	2g	154mg	1mg