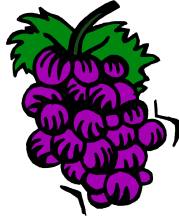


Grapes



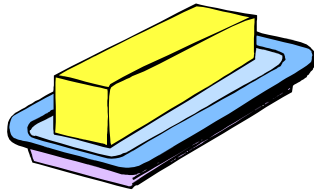
Calories	69
Fat	2
Protein	4
Carbohydrates	94
Health rating	67

Onions



Calories	42
Fat	2
Protein	6
Carbohydrates	92
Health rating	79

Butter



Calories	717
Fat	99
Protein	1
Carbohydrates	0
Health rating	8

Yoghurt



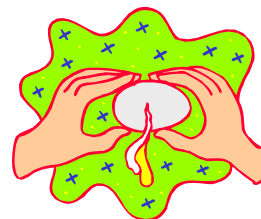
Calories	56
Fat	3
Protein	44
Carbohydrates	53
Health rating	48

Egg – hard boiled



Calories	155
Fat	62
Protein	35
Carbohydrates	3
Health rating	43

Egg - scrambled



Calories	166
Fat	66
Protein	29
Carbohydrates	5
Health rating	42