



ΚΑΛΥΤΕΡΗ ΖΩΗ

**Φρούτα και λαχανικά με 200
θερμίδες**

Food for thought



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Celery
1425 grams = 200 Calories



Mini Peppers
740 grams = 200 Calories



Broccoli
588 grams = 200 Calories



Baby Carrots
570 grams = 200 Calories



Honeydew Melon
553 grams = 200 Calories



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Apples
385 grams = 200 Calories



Canned Green Peas
357 grams = 200 Calories



Kiwi Fruit
328 grams = 200 Calories



Canned Sweet Corn
308 grams = 200 Calories



Grapes
290 grams = 200 Calories



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Avocado
125 grams = 200 Calories



Potato Chips
37 grams = 200 Calories



Red Onions
475 grams = 200 Calories



Canned Black Beans
186 grams = 200 Calories

Πηγή: <http://www.wisegeek.com/what-does-200-calories-look-like.htm>