

bodyBot.ai — Indian Food Chart

Per 100 g raw / uncooked edible portion. Values are typical averages and may vary by brand, variety, and source. Use as a planning reference, not a lab readout.

Grains & Cereals

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Basmati rice (raw)	350	7.5	78	0.9	1.3	Mn, Mg, Se, B1	Quick energy, pre/post workout fuel
Brown rice (raw)	362	7.9	76	2.7	3.5	Mg, Mn, Se, B1, B6	Sustained energy, fibre, gut health
Whole wheat atta	340	12.0	72	2.5	11.0	Fe, Mg, Zn, B-vits	Roti staple, steady glucose
Bajra (pearl millet)	361	11.6	67	5.0	11.5	Fe, Mg, P	Iron boost, winter energy
Jowar (sorghum)	349	10.4	73	3.1	6.7	Mg, P, B1	Gluten-free, blood sugar control
Ragi (finger millet)	328	7.3	72	1.3	11.5	Ca, Fe, Mg	Bone strength, anaemia support
Oats (rolled)	389	16.9	66	6.9	10.6	Mn, P, Mg, Beta-glucan	Cholesterol, satiety, breakfast
Poha (flattened rice)	346	6.7	77	1.2	1.4	Fe (fortified), B1	Light pre-workout meal
Suji / rava	360	12.7	73	1.1	3.9	Fe, Mg, Se	Quick upma, idli base
Quinoa (raw)	368	14.1	64	6.1	7.0	Mg, Mn, Fe, all 9 EAA	Complete plant protein

Pulses, Dals & Legumes

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Moong dal (split)	347	24.0	59	1.2	16.3	Fe, Mg, K, folate	Easy digestion, lean protein
Toor / arhar dal	343	22.0	63	1.5	15.0	Fe, Mg, K, folate	Daily dal, muscle maintenance
Masoor dal (red)	352	25.8	60	1.1	10.7	Fe, folate, Zn	Iron, fast-cooking protein
Chana dal	364	22.5	60	6.0	12.0	Fe, Mg, K, folate	Slow carbs, low GI
Urad dal (whole)	341	25.0	59	1.6	18.3	Fe, Mg, K, Ca	Strength, dal makhani base
Rajma (kidney beans, dry)	333	24.0	60	0.8	25.0	Fe, Mg, K, folate	High fibre, satiety
Kabuli chana (chickpea, dry)	364	19.3	61	6.0	17.0	Fe, Mg, folate, Mn	Plant protein, gut health
Kala chana	360	20.5	58	5.5	18.0	Fe, Mg, B6, folate	Iron, blood building

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Soya chunks (TVP)	345	52.0	33	0.5	13.0	Fe, Ca, isoflavones	Cheap high protein, vegan
Soybeans (dry)	446	36.5	30	19.9	9.3	Fe, Ca, Mg, omega-3	Complete plant protein
Peanuts (raw)	567	25.8	16	49.2	8.5	Mg, Mn, niacin, vit E	Healthy fats, energy dense

Animal Protein

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Chicken breast (skinless, raw)	120	23.0	0	2.6	0	B6, B12, niacin, Se, P	Lean muscle protein, cutting
Chicken thigh (skinless, raw)	177	19.0	0	10.9	0	B12, Zn, Se, Fe	Tasty protein, bulking
Egg whole (raw, ~2 eggs)	155	13.0	1.1	11.0	0	B12, choline, vit D, A, Se	Complete protein, all-rounder
Egg white only	52	11.0	0.7	0.2	0	Riboflavin, Se, K	Pure protein, low cal
Paneer (full fat, cow milk)	296	18.0	6.1	23.0	0	Ca, P, B12, vit A	Veg protein, strength
Paneer (low fat)	206	24.0	6.0	8.0	0	Ca, P, B12	Lean veg protein
Tofu (firm)	144	17.3	2.8	8.7	2.3	Ca, Fe, Mg, isoflavones	Vegan protein, hormone support
Fish - rohu (raw)	97	16.6	0	1.4	0	B12, omega-3, vit D, Se	Heart, brain, recovery
Fish - salmon (raw)	208	20.0	0	13.0	0	Omega-3, B12, vit D, Se	Anti-inflammatory, joints
Prawns (raw)	99	24.0	0.2	0.3	0	Iodine, Se, B12, Zn	Lean seafood protein
Mutton (raw)	234	25.0	0	14.0	0	Fe (heme), B12, Zn, creatine	Iron, strength gains

Dairy

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Cow milk (full fat)	67	3.4	5.0	4.0	0	Ca, B12, vit D, K	Bone, recovery shake base
Cow milk (toned)	58	3.1	4.7	3.0	0	Ca, B12, vit D	Daily protein source
Buffalo milk	97	3.8	5.2	6.7	0	Ca, P, B12	Dense calories, weight gain
Curd / dahi (full fat)	60	3.1	4.7	3.3	0	Ca, B12, probiotics	Gut health, daily dose

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Greek yogurt (plain)	59	10.0	3.6	0.4	0	Ca, B12, probiotics	High protein, dessert swap
Buttermilk / chaas	40	3.3	4.8	0.9	0	Ca, K, probiotics	Hydration, summer cooler
Ghee (cow)	900	0	0	100	0	Vit A, D, E, K, butyrate	Cooking fat, hormone support
Cheese (processed)	350	22.0	2.0	28.0	0	Ca, P, B12, vit A	Calorie dense, taste

Vegetables

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Spinach / palak	23	2.9	3.6	0.4	2.2	Fe, folate, vit K, A, C	Iron, eye health
Methi (fenugreek leaves)	49	4.4	6.0	0.9	1.1	Fe, Ca, vit K, A	Blood sugar, lactation
Broccoli	34	2.8	7.0	0.4	2.6	Vit C, K, folate, sulforaphane	Anti-cancer, micros
Cauliflower / gobi	25	1.9	5.0	0.3	2.0	Vit C, K, B6, folate	Low cal, low carb swap
Cabbage / patta gobi	25	1.3	5.8	0.1	2.5	Vit C, K, folate	Gut health, low cal
Lauki / bottle gourd	14	0.6	3.4	0.0	0.5	Vit C, K, Mg	Hydration, digestion
Bhindi / okra	33	1.9	7.5	0.2	3.2	Vit C, K, folate, Mg	Blood sugar, fibre
Baingan / brinjal	25	1.0	5.9	0.2	3.0	Mn, K, B1, fibre	Heart, low cal
Tamatar / tomato	18	0.9	3.9	0.2	1.2	Vit C, K, lycopene	Skin, prostate, antioxidant
Carrot / gajar	41	0.9	9.6	0.2	2.8	Vit A (beta-carotene), K	Eyes, immunity
Beetroot / chukandar	43	1.6	9.6	0.2	2.8	Folate, Mn, nitrates	Endurance, BP, blood
Onion / pyaaz	40	1.1	9.3	0.1	1.7	Vit C, B6, quercetin	Anti-inflammatory
Capsicum (green)	20	0.9	4.6	0.2	1.7	Vit C, B6, K	Immunity, low cal
Mushroom (button)	22	3.1	3.3	0.3	1.0	B-vits, Se, vit D, copper	Lean protein veg
Sweet potato / shakarkandi	86	1.6	20.0	0.1	3.0	Vit A, C, B6, K, Mn	Slow carbs, gut, eyes
Aloo / potato (with skin)	77	2.0	17.0	0.1	2.2	Vit C, B6, K	Cheap carbs, recovery

Fruits

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Banana	89	1.1	23.0	0.3	2.6	K, B6, vit C	Pre-workout, cramps
Apple	52	0.3	14.0	0.2	2.4	Vit C, K, pectin	Satiety, gut, snacking
Mango	60	0.8	15.0	0.4	1.6	Vit A, C, folate	Skin, immunity, summer
Papaya	43	0.5	11.0	0.3	1.7	Vit C, A, folate, papain	Digestion, skin
Guava	68	2.6	14.0	0.9	5.4	Vit C (mega), K, folate	Immunity, fibre champ
Orange	47	0.9	12.0	0.1	2.4	Vit C, folate, K	Immunity, hydration
Pomegranate	83	1.7	19.0	1.2	4.0	Vit C, K, folate, polyphenols	Heart, recovery
Watermelon	30	0.6	8.0	0.2	0.4	Vit C, A, lycopene, citrulline	Hydration, pump
Grapes	69	0.7	18.0	0.2	0.9	Vit C, K, resveratrol	Antioxidant, energy
Chikoo / sapota	83	0.4	20.0	1.1	5.3	Vit C, A, K, copper	Energy, fibre

Nuts, Seeds & Dry Fruits

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Almonds	579	21.0	22.0	49.9	12.5	Vit E, Mg, Mn, riboflavin	Heart, skin, brain
Walnuts	654	15.0	14.0	65.0	6.7	Omega-3 (ALA), Mn, Cu	Brain, anti-inflammatory
Cashews	553	18.0	30.0	44.0	3.3	Cu, Mg, Mn, Zn	Energy, mood
Pistachios	560	20.0	28.0	45.0	10.6	B6, K, lutein, vit E	Eyes, BP, snacking
Chia seeds	486	17.0	42.0	31.0	34.0	Omega-3, Ca, Mg, fibre	Hydration gel, fibre
Flax seeds	534	18.0	29.0	42.0	27.0	Omega-3 (ALA), lignans, Mg	Hormones, heart
Pumpkin seeds	559	30.0	11.0	49.0	6.0	Mg, Zn, Fe, Mn	Testosterone, sleep
Sunflower seeds	584	21.0	20.0	51.0	8.6	Vit E, Se, Mg, B1	Skin, antioxidant
Sesame / til	573	18.0	23.0	50.0	12.0	Ca, Fe, Mg, Cu	Bone, iron
Dates (dry)	277	1.8	75.0	0.2	6.7	K, Mg, B6, copper	Pre-workout sugar
Raisins / kishmish	299	3.1	79.0	0.5	3.7	Fe, K, B6	Quick carbs, iron

Fats & Oils

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Mustard oil	884	0	0	100	0	Omega-3 (ALA), vit E	Indian cooking, heart
Coconut oil	892	0	0	100	0	MCTs, vit E	Cooking, hair, skin
Olive oil (extra virgin)	884	0	0	100	0	Vit E, K, polyphenols	Salads, heart
Groundnut / peanut oil	884	0	0	100	0	Vit E, MUFA	High-heat cooking
Butter (white/unsalted)	717	0.9	0.1	81.0	0	Vit A, D, E, K	Cooking, taste
Coconut (fresh, grated)	354	3.3	15.0	33.5	9.0	Mn, Cu, Se, MCTs	Chutney, energy

Indian Snacks & Extras (raw/uncooked basis)

Food (100g raw)	Kcal	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Key micronutrients	Good for
Whey protein (1 scoop ≈ 30g)	380	75.0	8.0	5.0	0	BCAAs, Ca, Na	Post-workout, protein gap
Honey	304	0.3	82.0	0	0.2	Antioxidants, trace minerals	Natural sugar, throat
Jaggery / gur	383	0.4	98.0	0.1	0	Fe, Mg, K	Iron, post-meal sweet
Dark chocolate (70%+)	598	7.8	46.0	43.0	11.0	Fe, Mg, Cu, flavonoids	Mood, antioxidants
Besan (gram flour)	387	22.0	58.0	6.7	11.0	Fe, folate, Mg, B6	Chilla, high-protein flour
Sattu (roasted gram)	413	25.0	60.0	5.0	18.0	Fe, Mg, K, fibre	Summer drink, protein
Makhana (fox nuts, raw)	347	9.7	77.0	0.1	14.5	Mg, K, P, low-fat	Healthy snack, sleep

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