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How Much is 100 grams

<h2>Overview</h2>

<p>100 grams is very popular in nutrition science. It's the standard reference in most food composition databases. In this article, we'll highlight popular foods and the 100-gram equivalent.</p>

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<h2>100 grams and Food Equivalent</h2>

Two medium-sized carrots

Half medium size apple

Five (5) slices of white bread

One (1) medium-sized tomato

Four (4) large dates

Two (2) boiled eggs

A stick of butter

Six (6) segments of medium size tangerine

Half a cup of uncooked rice

<h2>Conclusion</h2>

<p>In this article, we highlighted some foods and their 100 grams equivalent. It's essential to know the size of the food we consume. It helps quantify nutrient intake.</p>

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