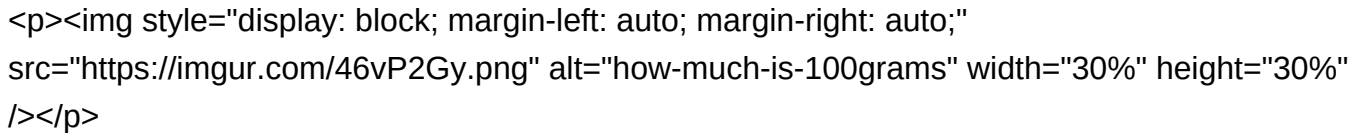


Nutrisoft : www.nutrisoft.xyz

How Much is 100 grams

Overview

100 grams is very popular in [nutrition science](article/top-nutrition-websites/). It's the standard reference in most food composition databases. In this article, we'll highlight popular foods and the 100-gram equivalent.



100 grams and Food Equivalent

- 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

Conclusion

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.

