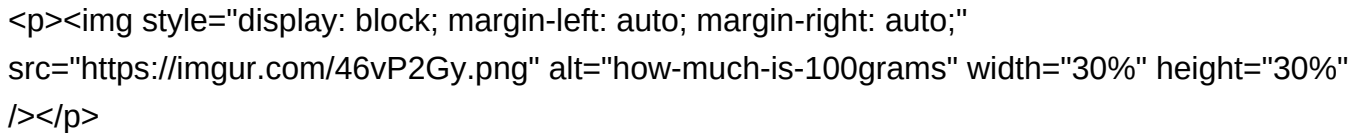


Nutrisoft : [www.nutrisoft.xyz](http://www.nutrisoft.xyz)

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.

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