Lions 410E Cost of energy and protein							
Food	**cost per pack in rands**	**pack size in grams**	**cost per 100g in cents**	**energy per 100g in kJ**	**protein per 100g in g**	**cost per 100 kj in cents**	**cost per g protein in cents**
Brown bread	12	700	171	964	8,6	18	19,9
Dry beans	15	500	300	1451	16,9	21	17,8
Red kidney beans brine	20	258	775	335	4,7	231	164,9
Eggs	14	300	467	616	12,6	76	37,0
Maize	115	12500	92	1380	7,6	7	12,1
Milk	11	1000	110	262	3	42	34,4
Chicken fillet	59,99	1000	600	491	23	122	26,1
Sugar	19	1000	190	1700	0	11	1900,0
Potato	33	2000	165	325	2	51	110,0
Baked beans tomato s	12	410	293	387	5	76	62,3
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0
		0	0	0	0	0	0,0