

Calorie Reference

Starch	Portion Size	Calories
Bagel-plain	Each	72
Bread sticks-salted	Each	134
Break-wheat	Piece	65
Break-white	Piece	91
Couscous	½ cup	88
Corn on cob	1 0z	88
Cracker- graham	Each	30
Cracker-low-sodium saltine	Each	13
Hamburger bun	Each	23
Muffin –English	Each	134
Pancakes – buttermilk	Each	123
Pasta noodles- spaghetti (dry)	1 0z	111
Peas-green	1 cup	117
Potatoes	1 oz	31
Pretzel-soft	1 oz	98
Rice brown (dry)	1 tbs	43
Rice white (dry)	Each	35
Rice-cake-brown plain	1 tbs	42
Roll-dinner	Each	84
Tortilla-corn	Each	58
Tortilla-whole wheat	Each	73

Vegetables	Portion Size	Calories
Artichoke hearts-raw	1 cup	74
Asparagus – raw	1 cup	31
Beans-green/string-raw	1 cup	34
Broccoli-raw	1 cup	25
Brussels sprouts-raw	1 cup	38
Cabbage-red raw	1 cup	19
Carrots-raw	1 cup	47
Cauliflower-raw	1 cup	25
Collard greens-raw	1 cup	11
Cucumber-peeled raw	1 cup	14
Hummus	1 cup	26
Lettuce-iceberg	1 cup	7
Lettuce-romaine	1 cup	9
Mushrooms-raw	1 cup	43
Onions-raw	1 cup	61
Peppers-green bell	1 cup	40
Peppers-jalapeno	1 cup	33
Pickles-kosher-dill slices	1 cup	5
Radishes-red	1 cup	5
Spinach-raw	1 cup	7
Squash	1 cup	36
Tomato-medium	Each	26
zucchini	1 cup	25

Fruit	Portion Size	Calories
Apple with peel	Each	125
Applesauce-unsweetened	1 cup	105
Apricot-halves	1 cup	74
Banana	Each	109
Cantaloupe	1 cup	56
Cranberries	1 cup	47
Grapefruit	each	74
Grapes-Thompson seedless	1 cup	114
Honey	1 tbs	64
Honeydew melon	1 cup	60
Jelly	1 tsp	17
Kiwi	Each	46
Mango	Each	135
Maple syrup	1tbs	52
Orange	Each	62
Peaches-fresh chunks	1 cup	73
Pear-fresh slices	1 cup	97
Pineapple-fresh chunks	1 cup	76
Plums-medium	Each	36
Strawberries	1 cup	50
Watermelon-fresh chunks	1 cup	49

Meat	Portion Size	Calories
Beans-blank	½ cup	114
Beans-pinto	½ cup	117
Beans-refried	½ cup	118
Beef-ground lean	1 oz	79
Beef-short ribs	1 oz	84
Beef-sirloin steak	1 oz	82
Beef-t-bone	1 oz	85
Cheese-fat free mozzarella	1 oz	41
Cheese-fat free yellow	1 oz	40
Cheese-mild cheddar	1 oz	81
Cheese-white cheddar	1 oz	100
Cheese-gouda	1 oz	111
Cheese-havarti	1 oz	105
Cheese-provolone	1 oz	100
Cheese-processed Swiss	1 oz	46
Cheese-string stick	1 oz	72
Chicken breast-skinless	1 oz	47
Chicken thigh-roasted	1 oz	70
Chicken wing-raw	1 oz	63
Cottage cheese-nonfat	1 oz	18
Duck breast-skinless	1 oz	35
Egg white	1 oz	17
Egg whole-large	1 oz	75
Fish-Atlantic cod	1 oz	23
Fish-halibut	1 oz	31
Fish-bass	1 oz	32

Meat	Portion Size	Calories
Fish-salmon Chinook	1 oz	51
Fish-snapper	1 oz	28
Fish-sole	1 oz	26
Fish-trout	1 oz	40
fish-tuna bluefin	1 oz	41
Fish-tuna in oil white canned	1 oz	53
Ham-deli thin boiled	1 oz	27
Lamb-loin chop	1 oz	90
Nuts-dried almonds	1 oz	48
Nuts-roasted peanuts with oil	1 oz	165
Peanut butter-chunky	1 oz	94
Peanut butter-natural salted	1 oz	93
Pork chop	1 oz	102
Pork loin	1 oz	66
Salami-dry beef & pork	1 oz	119
Sausage-pork link	1 oz	105
Sausage-turkey link	1 oz	65
Scallops-small	1 oz	25
Shrimp-large	1 oz	30
Tofu-firm raw	¼ cup	91
Turkey-deli-thin smoked	1 oz	29
Turkey-skinless dark	1 oz	54
Turkey-skinless white	1 oz	50
Turkey pastrami	1 oz	40

Fats	Portion Size	Calories
Monounsaturated		
Avocado	1 oz	46
Margarine	1tbs	34
Nuts-almonds	1 oz	167
Nuts-cashews	1 oz	163
Nuts-dry-roasted peanuts	1 ox	166
Oil canola	1tbs	40
Oil-olive	1tbs	40
Peanut butter-chunky	1tbs	31
Peanut butter-smooth	1tbs	32
Saturated		
Beer-light	1 cup	66
Butter	1tbs	102
Cream cheese	1tbs	51
Cream-half and half	1tbs	20
Sour-cream-low calorie	1tbs	20
Wine-red	1/2cup	170
Wine-white	1/2cup	158
Polyunsaturated		
Dressing-creamy Italian	1tbs	24
Dressing-French	1tbs	22
Dressing-ranch	1tbs	18
Dressing-vinaigrette	1tbs	23
Margarine-light spread	1tbs	16
Mayonnaise-lo cal	1tbs	12
Oil-corn	1tbs	40