

Calorie Charts

Beans, Eggs, Nuts and Seeds

Beans

Food	Variety	Serving Size	Calories
Beans	(dry) cooked	1/2 cup	120
Refried beans	regular	1/2 cup	140
Refried beans	fat-free	1/2 cup	110
Soybeans	dry roasted	1/4 cup	130
Soybeans	cooked green	1/2 cup	130
Soybeans	cooked mature	1/2 cup	150
Split peas	(dry) cooked	1/2 cup	115
Tofu	firm	3 ounces	60

Egg

Food	Variety	Serving Size	Calories
Egg	-	1 large	75
Egg	white	1	15
Egg	yolk	1	60
Egg	egg substitute	1/4 cup	30

Nuts and Seeds

Food	Variety	Serving Size	Calories
Almonds	-	25	165
Cashews	-	18	165
Flax seeds	-	2 tablespoons	95
Peanut Butter	-	1 tablespoon	95
Peanuts	dry roasted	39	160
Peanuts	oil roasted	39	170
Pecans	-	31	190
Poppy seeds	-	1 tablespoon	50
Pumpkin seeds	-	2 tablespoons	95
Sesame seeds	-	2 tablespoons	100
Sunflower seeds	-	2 tablespoons	105
Walnuts	-	1/4 cup	200

Fats and Oils

Food	Variety	Serving Size	Calories
Bacon fat	-	1 tablespoon	125
Butter	stick	1 tablespoon	100
Butter	whipped	1 teaspoon	25
Cooking spray	-	2 second spray	10
Cream	whipping	1 tablespoon	50
Half and half	regular	1 tablespoon	20
Half and half	fat-free	1 tablespoon	10
Lard	-	1 tablespoon	115
Margarine	stick	1 tablespoon	100
Mayonnaise	regular	1 tablespoon	100
Mayonnaise	low-fat	1 tablespoon	35
Mayonnaise	fat-free	1 tablespoon	10

Calorie Charts

Beans, Eggs, Nuts and Seeds, continued

Fats and Oils, continued

Oil	vegetable	1 tablespoon	120
Shortening	vegetable	1 tablespoon	115
Sour cream	regular	1 tablespoon	30
Sour cream	reduced-fat	1 tablespoon	20

Sugars and Sweets

Food	Variety	Serving Size	Calories
Chocolate syrup	-	2 tablespoons	100
Honey	-	1 teaspoon	20
Jam/jelly	-	1 tablespoon	50
Maple syrup	-	1 tablespoon	50
Pancake syrup	regular	1 tablespoon	55
Pancake syrup	reduced-calorie	1 tablespoon	25
Sugar	white or brown	1 teaspoon	15