

# Calorie Charts

## Bread, Cereal, Pasta, Rice, and Snack Foods

### Breads

| Food           | Variety   | Serving Size         | Calories |
|----------------|-----------|----------------------|----------|
| Bagel          | plain     | 1 medium (2 ounces)  | 150      |
| Bagel          | plain     | 1 large (3.7 ounces) | 280      |
| Biscuit        | -         | 1 medium (2 ounces)  | 200      |
| Bread          | white     | 1 slice              | 80       |
| Bread          | wheat     | 1 slice              | 80       |
| Bread          | light     | 1 slice              | 40       |
| Breadsticks    | soft      | 1 (2 ounces)         | 150      |
| Cornbread      | -         | 1 piece (2 ounces)   | 190      |
| Croissants     | -         | 1 (2 ounces)         | 230      |
| English muffin | -         | 1 medium             | 135      |
| Melba toast    | -         | 4                    | 80       |
| Muffin         | blueberry | 1 (2 ounces)         | 160      |
| Muffin         | bran      | 1 (2 ounces)         | 160      |
| Muffin         | corn      | 1 (2 ounces)         | 175      |
| Popovers       | -         | 1 (2 ounces)         | 130      |
| Roll           | dinner    | 1 medium             | 85       |
| Roll           | hamburger | 1 medium             | 125      |
| Roll           | hot dog   | 1 medium             | 115      |
| Roll           | kaiser    | 1 medium             | 190      |
| Scone          | -         | 1 medium             | 150      |

### Bread Products

| Food         | Variety   | Serving Size   | Calories |
|--------------|-----------|----------------|----------|
| Croutons     | -         | 1/4 cup        | 45       |
| French toast | -         | 1 slice        | 140      |
| Pancakes     | -         | 2 (4 inches)   | 175      |
| Pretzel      | soft      | 1 large        | 340      |
| Stuffing     | bread     | 1/2 cup        | 195      |
| Stuffing     | cornbread | 1/2 cup        | 180      |
| Waffle       | -         | 1 (2.5 ounces) | 220      |

### Cereals

| Food        | Variety | Serving Size | Calories |
|-------------|---------|--------------|----------|
| Grits       | cooked  | 1 cup        | 140      |
| Oatmeal     | cooked  | 1 cup        | 150      |
| Bran flakes | -       | 3/4 cup      | 100      |
| Granola     | regular | 1/2 cup      | 250      |
| Granola     | low-fat | 1/2 cup      | 190      |
| Oat cereal  | toasted | 1 cup        | 110      |
| Puffed rice | -       | 1 cup        | 50       |
| Raisin Bran | -       | 1 cup        | 200      |

## Calorie Charts

Bread, Cereal, Pasta, Rice and Snack Foods, continued

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### Crackers

| Food            | Variety | Serving Size | Calories |
|-----------------|---------|--------------|----------|
| Animal crackers | plain   | 6            | 85       |
| Animal crackers | iced    | 6            | 150      |
| Graham crackers | -       | 2 sheets     | 110      |
| Matzoh crackers | -       | 1 sheet      | 110      |
| Oyster crackers | -       | 23           | 60       |
| Saltines        | -       | 5            | 60       |

### Pasta

| Food        | Variety      | Serving Size | Calories |
|-------------|--------------|--------------|----------|
| Couscous    | cooked       | 1 cup        | 200      |
| Egg noodles | cooked       | 1 cup        | 215      |
| Macaroni    | cooked       | 1 cup        | 200      |
| Spaghetti   | cooked       | 1 cup        | 200      |
| Rice        | cooked brown | 1/2 cup      | 110      |
| Rice        | cooked white | 1/2 cup      | 130      |
| Rice        | cooked wild  | 1/2 cup      | 85       |
| Quinoa      | cooked       | 1/2 cup      | 150      |
| Cracker     | butter       | 5            | 80       |

### Snack Foods

| Food           | Variety                  | Serving Size | Calories |
|----------------|--------------------------|--------------|----------|
| Popcorn        | air popped               | 3 cups       | 90       |
| Popcorn,       | microwave                | 3 cups       | 105      |
| Popcorn        | microwave light          | 3 cups       | 60       |
| Popcorn        | oil popped               | 3 cups       | 165      |
| Popcorn        | caramel                  | 1 cup        | 150      |
| Popcorn        | cheese                   | 3 cups       | 190      |
| Potato chips   | baked                    | 11           | 120      |
| Potato chips   | regular                  | 20           | 150      |
| Pretzels       | large twists             | 9            | 110      |
| Pretzels       | small twists             | 17           | 110      |
| Tortilla chips | baked, bite size         | 20           | 110      |
| Tortilla chips | regular rounds           | 13           | 150      |
| Tortilla chips | regular restaurant style | 6            | 130      |