

Calorie Charts

Milk, Yogurt, Cheese and Frozen Desserts

Milk

Food	Variety	Serving Size	Calories
White milk	whole	1 cup	150
White milk	reduced-fat (2%)	1 cup	120
White milk	low-fat (1%)	1 cup	100
White milk	fat-free	1 cup	90
Buttermilk	low-fat	1 cup	110
Chocolate milk	fat-free	1 cup	145
Rice beverage	plain	1 cup	120
Soy beverage,	plain	1 cup	100

Yogurt

Food	Variety	Serving Size	Calories
Whole milk	plain	1 cup	180
Low-fat	plain	1 cup	110
Fat-free	plain	1 cup	100
Low-fat	flavored	1 cup	230
Fat-free	flavored and artificially sweetened	1 cup	100

Cheese

Food	Variety	Serving Size	Calories
Cheese	regular (full-fat)	1 ounce	110
Cheese	reduced-fat	1 ounce	80
Cheese	fat-free	1 ounce	40
Cottage cheese	2%	1/2 cup	100
Cottage cheese	fat-free	1/2 cup	80
Cream cheese	regular	2 tablespoons	100
Cream cheese	reduced-fat	2 tablespoons	70
Cream cheese	fat-free	2 tablespoons	30
Feta cheese	-	1 ounce	80
Mozzarella cheese	part-skim	1 ounce	80
Parmesan	grated	1 tablespoon	30
Ricotta	whole milk	1/2 cup	215
Ricotta	low-fat	1/2 cup	140
String cheese	-	1 ounce	70

Frozen Desserts

Food	Variety	Serving Size	Calories
Frozen yogurt	regular	1/2 cup	120
Frozen yogurt	fat-free	1/2 cup	95
Ice cream	regular	1/2 cup	140
Ice cream	premium	1/2 cup	260
Ice cream	reduced-fat	1/2 cup	100
Ice cream	fat-free	1/2 cup	90
Ice cream	fat-free, no added sugar	1/2 cup	70
Sherbet	-	1/2 cup	130
Sorbet	-	1/2 cup	110