

Juices

Food	Variety	Serving	Calories
Apple juice or cider	-	1 cup	120
Apple juice or cider	-	1 cup	120
Apricot nectar	-	1 cup	140
Cranberry cocktail	-	1 cup	145
Cranberry cocktail	reduced-calorie	1 cup	45
Grape juice	-	1 cup	150
Grapefruit juice	-	1 cup	95
Lemon juice	-	2 Tbsp.	10
Lime juice	-	2 Tbsp.	10
Orange juice	-	1 cup	110
Pineapple juice	-	1 cup	140
Prune juice	-	1 cup	180
Tomato juice	-	1 cup	50
Vegetable juice	-	1 cup	50

Fruits

Food	Variety	Serving	Calories
Apple	-	1 medium	80
Applesauce	sweetened	½ cup	100
Applesauce	unsweetened	½ cup	50
Apricots	dried	4 halves	40
Apricots	fresh	1 medium	20
Avocado	-	¼ medium	80
Banana	-	1 medium	110
Blackberries	-	1 cup	75
Blueberries	-	1 cup	80
Cantaloupe	-	1 cup	55
Cherries	maraschino	1 medium	10
Cherries sour,	fresh	½ cup	40
Cherries	sweet, fresh	½ cup	60
Cranberries	dried	¼ cup	100
Cranberries	fresh	½ cup	25
Fruit cocktail	canned in heavy syrup	½ cup	90
Fruit cocktail	canned in light syrup	½ cup	70
Grapefruit	-	½ medium	40
Grapes	-	17 medium	60
Honeydew melon	-	1 cup	60
Kiwi	-	1 medium	45
Mandarin oranges	-	½ cup	50
Mango	-	½ medium	65
Mixed dried fruit	-	¼ cup	85

Fruits (cont.)

Food	Variety	Serving	Calories
Nectarine	-	1 medium	65
Orange	-	1 medium	60
Papaya	-	½ medium	60
Peach	-	1 medium	40
Pear	-	1 medium	100
Pineapple	fresh	1 cup	75
Pineapple	canned in light syrup	½ cup	65

Vegetables

Food	Variety	Serving	Calories
Artichoke	cooked	1 medium	60
Artichoke	marinated hearts	½ cup	110
Asparagus	cooked	½ cup	20
Broccoli	cooked	½ cup	20
Broccoli	raw	½ cup	10
Brussels sprouts	cooked	½ cup	30
Carrots	cooked	½ cup	35
Carrots	raw	1 large	30
Celery	raw	1 stalk	5
Corn	cooked	½ cup	65
Cucumber	raw	½ medium	20
Green beans	cooked	½ cup	25
Jicama	raw	½ cup	25
Lettuce	raw	1 cup	5
Mixed vegetables	frozen	½ cup	55
Mushrooms	canned	½ cup	20
Mushrooms	raw	½ cup	10
Onions	raw	½ cup	30
Pea pods	cooked	½ cup	35
Peas	cooked	½ cup	65
Peppers sweet	raw	½ cup	20
Potato	baked	1 (4 ounces)	125
Potato	French fries	10 medium	100
Potato	milk & butter, mashed	½ cup	110
Spinach	cooked	½ cup	20
Spinach	raw	1 cup	10
Sweet potatoes	baked	1 (4 ounces)	115
Tomato	canned	½ cup	25
Tomato	dried	½ cup	70
Tomato	raw	1 medium	25