

Breads

Food	Variety	Serving	Calories
Bagel	plain	½ piece (1 oz.)	75
Bread	white	1 slice	80
Bread	wheat	1 slice	80
Bread	light	1 slice	40
Breadsticks	soft	½ (1 oz.)	75
Cornbread	-	½ piece (1 oz.)	95
English muffin	-	½ medium	68
Melba toast	-	4	80
Muffin	blueberry	½ (1 oz.)	80
Muffin	bran	½ (1 oz.)	80
Muffin	corn	½ (1 oz.)	88
Popovers	-	½ (1 oz.)	65

Cereals

Food	Variety	Serving	Calories
Grits	cooked	½ cup	70
Oatmeal	cooked	½ cup	75
Granola	low-fat, ready-to-eat	½ cup	95
Oat cereal	toasted, ready-to-eat	½ cup	55
Puffed rice	ready-to-eat	1 cup	50
Raisin Bran	ready-to-eat	½ cup	50

Snack Foods

Food	Variety	Serving	Calories
Snack cracker	butter	5	80
Popcorn	air popped	3 cups	90
Popcorn	microwave	1.5 cups	55
Popcorn	microwave light	3 cups	60
Popcorn	oil popped	1 cup	55
Popcorn	caramel	½ cup	75
Popcorn	cheese	1 cup	64
Potato chips	baked	5	60
Potato chips	regular	10	75
Pretzels	twists	4 large	55
Pretzels	twists	8 small	55
Tortilla chips	baked	10 bite size	55
Tortilla chips	regular	6 rounds	75
Tortilla chips	regular	3 restaurant style	68

Crackers

Food	Variety	Serving	Calories
Animal crackers	plain	6	85
Animal crackers	iced	3	75
Graham crackers	-	1 sheet	55
Matzoh	-	½ sheet	55
Oyster crackers	-	23	60
Saltines	-	5	60

Fruits

Food	Variety	Serving	Calories
Apple	-	1 medium	80
Applesauce	sweetened	½ cup	50
Applesauce	unsweetened	½ cup	50
Apricots	dried	4 halves	40
Apricots	fresh	1 medium	20
Avocado	-	¼ medium	80
Banana	-	½ medium	55
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	fresh	½ cup	25
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	canned	½ cup	50
Mango	-	½ medium	65
Mixed dried fruit	-	¼ cup	85
Nectarine	-	1 medium	65
Orange	-	1 medium	60
Papaya	-	½ medium	60
Peach	-	1 medium	40
Pear	-	½ medium	50
Pineapple	fresh	1 cup	75
Pineapple	canned in light syrup	½ cup	65
Plums	fresh	1 medium	35
Plums	dried (prunes)	3 medium	60
Raspberries	-	1 cup	60
Strawberries	-	1 cup	50
Tangerine	-	1 medium	35
Watermelon	-	1 medium	50

Fruits and Vegetable Juices

Food	Variety	Serving	Calories
Apple	juice or cider	½ cup	60
Apricot nectar	-	½ cup	70
Cranberry juice cocktail	regular	½ cup	73
Cranberry juice cocktail	reduced calorie	1 cup	45
Grape juice	-	½ cup	75
Grapefruit juice	-	1 cup	95
Lemon juice	-	2 Tbsp.	0
Lime juice	-	2 Tbsp.	10
Orange juice	-	½ cup	55
Pineapple juice	-	½ cup	70
Prune juice	-	½ cup	90
Tomato juice	-	1 cup	50
Vegetable juice	-	1 cup	50

Vegetables

Food	Variety	Serving	Calories
Carrots	cooked	½ cup	35
Carrots	raw	1 large	30
Celery	raw	1 stalk	5
Cucumber	raw	½ medium	20
Lettuce	raw	1 cup	5
Potato	baked	1 (2 oz.)	65
Potatoes	milk and butter, mashed	½ cup	110
Tomato	raw	1 medium	25

Milk

Food	Variety	Serving	Calories
Whole milk	white	½ cup	75
Reduced-fat milk	(2%) white	½ cup	60
Low-fat milk	(1%) white	½ cup	50
Fat-free milk	white	1 cup	90
Fat-free milk	chocolate	½ cup	73
Buttermilk	low-fat	½ cup	55
Rice beverage	plain	½ cup	60
Soy beverage	plain	½ cup	50

Yogurt

Food	Variety	Serving	Calories
Whole milk yogurt	plain	½ cup	90
Low-fat yogurt	plain	½ cup	55
Fat-free yogurt	plain	½ cup	50
Low-fat yogurt	flavored	¼ cup	58
Fat-free yogurt	artificially sweetened	½ cup	50

Frozen Desserts

Food	Variety	Serving	Calories
Frozen yogurt	regular	¼ cup	60
Frozen yogurt	fat-free	½ cup	95
Ice cream	regular	¼ cup	70
Ice cream	reduced-fat	¼ cup	50
Ice cream	fat-free	½ cup	90
Ice cream	fat-free w/ no added sugar	½ cup	70
Sherbet	-	¼ cup	65
Sorbet	-	¼ cup	55

Processed & Deli Meats

Food	Variety	Serving	Calories
Bacon	fried	1 slice	35
Beef jerky	-	1 oz.	90
Bologna	-	1 oz.	90
Canadian bacon	-	1 oz.	45
Pepperoni	-	½ oz.	70
Roast beef	deli	1 oz.	30
Sausage	smoked	1 oz.	95

Cheese

Food	Variety	Serving	Calories
Cheese	regular (full fat)	½ oz.	55
Cheese	reduced-fat	1 oz.	80
Cheese	fat-free	1 oz.	40
Cottage cheese	2%	¼ cup	50
Cottage cheese	fat-free	½ cup	80
Cream cheese	regular	1 Tbsp.	50
Cream cheese	reduced-fat	2 Tbsp.	70
Cream cheese	fat-free	2 Tbsp.	30
Feta cheese	-	1 oz.	80
Mozzarella cheese	part-skim	1 oz.	80
Ricotta cheese	low-fat	¼ cup	70
String cheese	-	1 oz.	70

Eggs

Food	Variety	Serving	Calories
Egg	-	1 large	75
Egg	white	1	15
Egg	yolk	1	60
Egg	substitute	½ cup	105

Poultry

Food	Variety	Serving	Calories
Chicken breast with skin, cooked		1.5 oz.	85
Chicken breast without skin, cooked		1.5 oz.	70
Chicken breast	deli	1 oz.	45
Chicken thighs with skin, cooked		1 oz.	70
Chicken thighs without skin, cooked		1.5 oz.	84
Chicken wings	roasted	½	50
Turkey breast	deli	1 oz.	30
Turkey, dark meat with skin, cooked		1.5 oz.	94
Turkey, dark meat without skin, cooked		1.5 oz.	80
Turkey, light meat with skin, cooked		1.5 oz.	70
Turkey, light meat without skin, cooked		1.5 oz.	60
Ground turkey	lean, cooked	1.5 oz.	85
Ground turkey	extra lean, cooked	1.5 oz.	60

Fish & Seafood

Food	Variety	Serving	Calories
Catfish	cooked	1.5 oz.	65
Clams	-	6 large	90
Cod	cooked	3 oz.	90
Crab	cooked, blue, fresh	3 oz.	90
Crab	blue, canned	½ cup	70
Crab	imitation	3 oz.	90
Halibut	Atlantic, cooked	1.5 oz.	60
Lobster	cooked	1.5 oz.	55
Mussels	cooked	1.5 oz.	73
Orange roughy	cooked	3 oz.	75
Oysters	-	6	65
Salmon	Atlantic fresh, cooked	1.5 oz.	78
Salmon	smoked	1.5 oz.	50
Scallops	bay, cooked	1.5 oz.	60
Scallops	sea	3 large	60
Tuna	yellowfin, fresh, cooked	1.5 oz.	60
Tuna	canned in water	¼ cup	60

Sugar & Sweets

Food	Variety	Serving	Calories
Chocolate syrup	-	1 Tbsp.	50
Honey	-	1 tsp.	20
Jam/jelly	-	1 Tbsp.	50
Maple syrup	-	1 Tbsp.	50
Pancake syrup	regular	1 Tbsp.	55
Pancake syrup	reduced-calorie	1 Tbsp.	25
Sugar	white or brown	1 tsp.	15

Nuts & Seeds

Food	Variety	Serving	Calories
Almonds	-	12	84
Cashews	-	9	83
Flax seeds	-	2 Tbsp.	95
Peanut butter	-	1 Tbsp.	95
Peanuts	dry roasted	20	80
Peanuts	oil roasted	20	85
Pecans	-	15	80
Poppy seeds	-	1 Tbsp.	50
Pumpkin seeds	-	2 Tbsp.	95
Sunflower seeds	-	1 Tbsp.	50

Alcoholic Beverages

Food	Variety	Serving	Calories
Beer	regular	6 fl. oz.	73
Beer	light	6 fl. oz.	50
Bloody Mary	-	4 fl. oz.	93
Liqueurs	54 proof	½ fl. oz.	58
Daiquiri	-	1 fl. oz.	56
Gin, rum, vodka, whiskey	80 proof	4 fl. oz.	65
Sherry	dry	4 fl. oz.	80
Wine	dry red, white, or blush	2 fl. oz.	85
Wine	sweet dessert	4 fl. oz.	90
Wine cooler	-	8 fl. oz.	72

Other Beverages

Food	Variety	Serving	Calories
Café latte	with fat-free milk	8 fl. oz.	80
Cappuccino	with fat-free milk	8 fl. oz.	55
Club soda	-	8 fl. oz.	0
Coffee	brewed	6 fl. oz.	5
Hot cocoa mix	with water	4 fl. oz.	60
Tonic water	-	8 fl. oz.	85
Soda	diet	12 fl. oz.	0
Soda	regular	6 fl. oz.	73
Tea	brewed	6 fl. oz.	5
Tea	sweetened iced	8 fl. oz.	90
Water	-	8 fl. oz.	0