

Calorie Content Of Common Foods

Food	Calories	Food	Calories	Food	Calories
Fruits (Raw)		Dairy Products		Fish (cont.)	
Peach, 1	37	Skim milk, 8 oz	86	Lobster	98
Orange, 1	62	Buttermilk, 8 oz	99	Clams, steamed	148
Apple, 1	81	Milk, 1% fat, 8 oz	102	Clams, breaded and fried	202
Banana, 1	105	Milk, 2% fat, 8 oz	121	Shrimp, steamed	99
Avocado, ½	120	Milk, whole, 8 oz	150	Poultry, 3 oz	
Vegetables		Plain yogurt, skim milk, 4 oz	63	Turkey, white meat, no skin	140
Carrots, ½ C	35	Soft Cheeses, 4 oz		Chicken breast, skinless	173
Broccoli, ½ C	23	Cottage cheese, low-fat	82	Meat – 3 oz	
Potato, 1	220	Cottage cheese, regular	117	Top round, broiled beef	199
Corn, ½ C	89	Ricotta, part-skim	171	Sirloin, broiled	191
Lettuce, 1 C	23	Ricotta, whole milk	216	T-bone steak, broiled	214
Mushrooms, ½ C	29	Hard Cheeses, 2 oz		Hamburger, lean, broiled	272
Cauliflower, ½ C	21	Mozzarella, part skim	144	Salami, 4 slices	254
Sweet potato, 1	110	Mozzarella	160	Hot dogs, 2	360
Cabbage, ½ C	21	Swiss	214	Ham steak, lean	122
Whole grain breads		American, processed	212	Pork tenderloin, roasted	166
Corn tortilla, 1	65	Cheddar	228	Pork shoulder roast, lean	170
English muffin, 1	140	Frozen Desserts, 1 Cup		Pork rump, roasted	221
Bagel, 1	200	Sherbet, orange	270	Bacon, 2 slices, fried	250
Bread, 1 slice	70	Ice milk, vanilla	184	Sausages, 2 fried	200
Pancake, 1 medium	80	Ice cream, vanilla	269	Leg of lamb, roasted	191
Waffle, 1 homemade	245	Eggs		Lamb loin chop, roasted	216
Hamburger bun, 1	115	Egg, egg white	16	Sweets and Snacks	
Croissant, 1	235	Egg with yolk	59	Popcorn, air popped, 1 C	30
Cereals, 1 Cup		Fats and Oils, 1 Tbsp		Angel food cake, thin slice	125
Corn flakes	110	Canola oil	124	Pretzels, 1 oz	110
Oatmeal, cooked	145	Safflower oil	120	Vanilla wafers, 5	94
Granola	595	Peanut butter	94	Fig bars, 4	210
Pasta, 1 Cup		Corn oil	120	Donut, 1 glazed	200
Spaghetti, cooked	197	Olive oil	119	Potato chips, 1 oz	147
Chow mein noodles	237	Margarine, soft	101	Pound cake, thin slice	110
Rice, 1 Cup (cooked)		Margarine, stick	101	Chocolate chip cookies, 1	185
White, long grain	264	Lard	116		
Brown, long grain	240	Butter	101		
Peas and Beans, 1 Cup		<i>(Olive oil and canola oil are low in saturated fats and generally the healthiest choices.)</i>			
Baby lima beans	88	Fish, 3 oz			
Black beans	227	Halibut, baked or broiled	140		
Black-eyed peas	185	Tuna, baked or broiled	184		
Green peas	117	Salmon, baked or broiled	216		
Kidney beans	208				
Garbanzo beans	285				
Nuts and Seeds, 1 oz					
Almonds	167				
Pecans	190				
Sunflower seeds	162				
Walnuts	182				
Pistachio nuts	164				
Peanuts	159				