

Food Calorie List

Starches and Grains: 80 calories per serving

	Serving size
Cereals, Grains and Pasta	
<input type="checkbox"/> Cereal, cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
<input type="checkbox"/> Cereal, dry	varies, see box
<input type="checkbox"/> Rice, cooked (white, brown)	1/2 cup
<input type="checkbox"/> Pasta, cooked (all kinds)	1/2 cup
Starchy Vegetables	
<input type="checkbox"/> Beans, cooked or canned (all kinds)	1/2 cup
<input type="checkbox"/> Corn, cooked or canned	1/2 cup
<input type="checkbox"/> Corn meal (uncooked), matzo meal	2 Tbsp.
<input type="checkbox"/> Peas (green), cooked or canned	1/2 cup
<input type="checkbox"/> Plantain (green, mature), cooked	1/2 cup
<input type="checkbox"/> Potato, baked	1 small (3 oz.)
<input type="checkbox"/> Potato (boiled or steamed), dumplings, gnocchi	1/2 cup
<input type="checkbox"/> Spaghetti sauce or pasta sauce	1/2 cup
<input type="checkbox"/> Squash (acorn, butternut, Hubbard, or winter)	1 cup
<input type="checkbox"/> Yam or sweet potato	1/2 cup
Breads	
<input type="checkbox"/> Bread (whole wheat, rye, white)	1 oz. slice
<input type="checkbox"/> Bagel	1/2 small (1 oz.)
<input type="checkbox"/> Sandwich bun/roll (hamburger, hotdog, Kaiser)	1/2
<input type="checkbox"/> Roll (dinner, hard)	1 small
<input type="checkbox"/> English muffin	1/2
<input type="checkbox"/> Pita pocket bread (6 to 8-inches across)	1/2
<input type="checkbox"/> Tortilla (6-inches corn or flour)	1

Fruit: Approximately 50-100 calories per serving

	Serving size
<input type="checkbox"/> Apple, raw (small)	1
<input type="checkbox"/> Applesauce (no sugar added)	1/2 cup
<input type="checkbox"/> Apricots, fresh/dried	4 whole/8 halves
<input type="checkbox"/> Banana (medium)	1/2
<input type="checkbox"/> Berries (raspberries, boysenberries, strawberries)	1 cup
<input type="checkbox"/> Berries (blackberries, blueberries)	3/4 cup
<input type="checkbox"/> Dates	3
<input type="checkbox"/> Cantaloupe or honeydew melon	1 cup
<input type="checkbox"/> Cherries, raw (large)	12
<input type="checkbox"/> Fruit cocktail	1/2 cup
<input type="checkbox"/> Grapefruit (medium)	1/2
<input type="checkbox"/> Grapes (small)	15
<input type="checkbox"/> Kiwi (large)	1
<input type="checkbox"/> Mandarin oranges	3/4 cup
<input type="checkbox"/> Mango, fresh (small)	1/2
<input type="checkbox"/> Orange (small)	1
<input type="checkbox"/> Papaya	1 cup
<input type="checkbox"/> Peach or pear (small)	1
<input type="checkbox"/> Pineapple, fresh	3/4 cup
<input type="checkbox"/> Plums, raw (small 2" diameter)	2
<input type="checkbox"/> Raisins	2 Tbsp.
<input type="checkbox"/> Watermelon	1 3/4 cup
Fruit Juices	
<input type="checkbox"/> Apple, orange, pineapple, grapefruit (100%)	1/2 cup
<input type="checkbox"/> Cranberry, grape, or prune	1/3 cup
<input type="checkbox"/> Mixed 100% fruit juice	1/2 cup

Vegetables: Approximately 10-50 Calories per serving

	Serving Size
	1 cup raw or 1/2 cup cooked
<input type="checkbox"/> Asparagus*	
<input type="checkbox"/> Beans (green, waxed, snap, Italian)	
<input type="checkbox"/> Bean sprouts	
<input type="checkbox"/> Beets	
<input type="checkbox"/> Broccoli	
<input type="checkbox"/> Brussels sprouts	
<input type="checkbox"/> Cabbage*	
<input type="checkbox"/> Carrots	
<input type="checkbox"/> Cauliflower	
<input type="checkbox"/> Celery*	
<input type="checkbox"/> Cucumber*	
<input type="checkbox"/> Eggplant	
<input type="checkbox"/> Greens	
<input type="checkbox"/> Lettuce*	
<input type="checkbox"/> Mushrooms*	
<input type="checkbox"/> Okra	
<input type="checkbox"/> Onion	
<input type="checkbox"/> Pea pods or snow peas	
<input type="checkbox"/> Peppers*	
<input type="checkbox"/> Radishes	
<input type="checkbox"/> Sauerkraut	
<input type="checkbox"/> Spinach*	
<input type="checkbox"/> Squash (yellow, summer)	
<input type="checkbox"/> Tomato*	
<input type="checkbox"/> Tomato or vegetable juice	
<input type="checkbox"/> Water chestnuts	
<input type="checkbox"/> Zucchini	

*lower calorie choices

Meat/Meat Substitutes: 35 – 100 calories or more per serving

Each item equals 1 ounce of protein.

	Serving size
Very Lean - Lean (35-55 calories per serving)	
<input type="checkbox"/> Cheese (with <3 grams fat per ounce)	1 ounce
<input type="checkbox"/> Chicken or turkey, skin removed	1 ounce
<input type="checkbox"/> Cottage cheese (fat-free or low-fat)	1/4 cup
<input type="checkbox"/> Egg substitutes, plain	1/4 cup
<input type="checkbox"/> Egg whites	2
<input type="checkbox"/> Fish, fresh or frozen	1 ounce
<input type="checkbox"/> Game (duck or pheasant, skinless, venison, buffalo, ostrich, goose)	1 ounce
<input type="checkbox"/> Lean beef: extra lean ground round*, roast* (chuck, rib, rump), round, sirloin, steak* (cubed, flank, porterhouse, T-bone), tenderloin* *Choice or Select* cuts, trimmed of fat	1 ounce
<input type="checkbox"/> Lean pork (Canadian bacon, ham, loin chop, tenderloin)	1 ounce
<input type="checkbox"/> Shellfish (clams, crab, lobster, shrimp, squid, octopus, imitation shellfish)	1 ounce
<input type="checkbox"/> Tuna or salmon, canned in water (very lean) or oil (lean)	1/4 cup
Medium-Fat (75 calories per serving)	
<input type="checkbox"/> Beef (corned, ground, meatloaf, prime trimmed of fat, short ribs, tongue)	1 ounce
<input type="checkbox"/> Cheese (with 4-7 grams fat per ounce)	1 ounce
<input type="checkbox"/> Egg	1
<input type="checkbox"/> Fish, any fried fish product	1 ounce
<input type="checkbox"/> Lamb (ground, rib roast)	1 ounce
<input type="checkbox"/> Pork (cutlet or shoulder roast)	1 ounce
High-Fat (100 calories per serving)	
<input type="checkbox"/> Turkey bacon	3 slices
<input type="checkbox"/> Pork bacon	2 slices
<input type="checkbox"/> Cheese (regular)	1 ounce
<input type="checkbox"/> Hot dog (regular)	1
<input type="checkbox"/> Pork (ground, sausage, spare ribs)	1 ounce