

CALORIE CHART FOR HEALTHY FOOD

[From CommonSenseHealth.com](http://CommonSenseHealth.com)

Looking for a great calorie chart? This common-sense food calorie chart is focused on healthy foods with maximum nutrition and minimum calories.

But the calories on packaged foods can only be estimated. All packaged foods (healthy or not) contain the calorie count for a "portion" of that specific food on the label. For example, a serving of tuna or a slice of bread will be printed on the package.

Just make sure you're clear about the "portion" size - often they're tiny.

Food Calorie Chart For Healthy Foods

BEANS

FOOD	AMOUNT	TOTAL CALORIES
Black beans	1/2 cup cooked	113
Garbanzo (chickpeas)	1/2 cup cooked	134
Kidney beans	1/2 cup cooked	112
Lentil beans	1/2 cup cooked	115
Lima beans	1/2 cup cooked	108
Navy beans	1/2 cup cooked	108
Soybeans (Edamame)	1/2 cup cooked	127