

COMMON FOOD

Calories Chart



FRUIT	PORTION	CALORIES	FIBER
Apple	1 medium	70	4.0
Banana	1 medium	96	3.0
Berries	1/2 cup	20-33	1.5-4.6
Cherries	1/2 cup	55	1.0
Grapefruit	1/2 medium	30	0.8
Grapes	20	75	1.0
Melon, honeydew, cantaloupe	1/2 cup	42-76	1.5-2
Orange	1 large	70	2.4
Peach	1 medium	38	2.3
Pear	1 medium	88	4.0
Pineapple	1/2 cup	41	0.8
Plums	2 or 3 small	38-45	2.0
Raisins	1 tbsp	29	1.0

GRAINS, RICE, BREADS, POTATOES

	PORTION	CALORIES	FIBER
Bread, wheat	2 slices	120	3.6
Bread, white	2 slices	160	1.9
Lentils, brown	2/3 cup	144	4.4
Macaroni pasta	1 cup	200	5.7
Potato, baked	1 small	120	4.2
Sweet potato, baked	1 small	146	4.0
Rice, white (before cooking)	1/2 cup	79	2.0
Rice, brown (before cooking)	1/2 cup	83	5.5



PROTEINS SOURCES (COOKED)

	PORTION	CALORIES	FIBER
Chicken or turkey breast	3 oz.	135-140	25.0
Chicken thigh	3.5 oz.	120	10.0
Lean red meat	3 oz.	145-160	25.0
Beef hot dog	1/4 lb.	352	4.0
Ham	2 thin slices	75	22.0
Shrimp, crab, lobster	4 oz.	120-150	22-24
Tuna	1/2 cup	90-120	25.0
Ocean fish	4 oz.	130-170	25-30
Egg whites	7 egg whites	115	25.0
Nonfat cottage cheese	1 cup	140	28.0

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