

FOOD	SERVING	CALORIES	FAT GRAMS
Apple juice, canned or bottled	1/2 cup	59	0
Apple, raw, unpared	1 medium	80	1
Applesauce, canned, sweetened	1/2 cup	116	0
Apricots, raw	3 (12 per pound)	55	0
Asparagus, cooked green spears	4 medium	12	0
Bagel	1 average	180	1
Banana, raw	1 small	81	0
Beans, green, cooked	1/2 cup	16	0
Beans, lima, cooked	1/2 cup	84	0
Beans, red kidney, cooked	1 cup	218	1
Beef	3 ounces	105	3
Beets, red, canned, drained	1/2 cup	32	0
Biscuit	1 medium	114	6
Blueberries, fresh	1/2 cup	45	0
Bread, corn	1 slice	161	6
Bread, cracked wheat	1 slice	65	1
Bread, French enriched	1 slice	102	1
Bread, oatmeal	1 slice	65	1
Bread, pita	1 slice	165	1
Bread, pumpernickel	1 slice	80	1
Bread, rye (American)	1 slice	61	0
Bread, white enriched	1 slice	68	1
Bread, whole wheat	1 slice	61	1
Broccoli, cooked, drained	1 small stalk	36	0
Cabbage, boiled, drained	1/2 cup	16	0
Cabbage, raw, chopped	1/2 cup	11	0
Cantaloupe	1/4 medium melon	35	0
Carrots, cooked, drained	1/2 cup	23	0
Carrots, raw	1 medium	30	0
Cauliflower, cooked, drained	1/2 cup	14	0
Celery, green, raw	1 outer stalk	7	0
Cereal, All-Bran	1/4 cup	53	0
Cereal, Bran	1/2 cup	72	1
Cereal, Cheerios	1 cup	89	1
Cereal, Corn Chex	1 cup	111	0
Cereal, Corn Flakes	1 cup	97	0
Cereal, Cream of Wheat	1 cup	140	1
Cereal, Fruit & Fibre with dates	1 cup	180	2
Cereal, Grape Nuts	1/2 cup	202	0
Cereal, Life	1 cup	162	1
Cereal, Nutri-Grain Wheat	1 cup	158	1

Cereal, oatmeal, quick, cooked	1/2 cup	66	1
Cereal, Raisin Bran	1 cup	160	1
Cereal, Rice Krispies	3/4 cup	85	0
Cereal, Shredded Wheat	1 cup	65	0
Cereal, Special K	1 cup	83	0
Cereal, Total	1 cup	116	1
Cereal, Wheat Chex	1 cup	169	1
Cherries	10 cherries	47	0
Chicken breast, roast, with skin	1 medium	193	8
Chicken Chow Mein, Healthy Choice	1 package	220	3
Chicken Chow Mein, Lean Cuisine	1 package	280	7
Chicken drumstick, roasted	1 drumstick	112	6
Chicken, roast, dark meat without skin	3 ounces	149	5
Chicken, roast, light meat without skin	3 ounces	141	3
Clams, canned, drained	3 ounces	83	2
Coffee	3/4 cup	1	0
Corn, boiled on cob	1 medium	70	1
Corn, canned, drained	1/2 cup	70	1
Cottage Cheese, 2 percent	1/2 cup	103	2
Crab, canned	1 cup	135	3
Crackers, graham	2 squares	55	1
Crackers, Saltines	4 squares	48	1
Crackers, Wheat Thins	1 cracker	9	0
Cucumbers, raw, pared	9 small slices	4	0
Dates, hydrated	5 medium	110	0
Egg, white	1 large	17	0
Fig, dried	1 large	60	0
Fish, Sole Au Gratin, Healthy Choice	1 package	270	5
French Toast	1 piece	123	4
Grapefruit juice, unsweetened, canned	1/2 cup	50	0
Grapefruit, raw, white	1/2 medium	56	0
Grapes, seedless, European	10 grapes	34	0
Halibut, broiled with butter or margarine	3 ounces	144	6
Ham, lunch meat	1 slice	37	1
Hamburger bun	1 bun	129	2
Honey	1 tablespoon	64	0
Honeydew melon	1/10 melon	45	0
Hotdog bun	1 bun	115	2
Ice milk, vanilla	1/2 cup	100	3
Jams or preserves	1 tablespoon	18	0
Jelly	1 tablespoon	49	0
Kiwi fruit, raw	1 medium	46	0
Lentils, cooked	1/2 cup	106	0
	1 cup small		
Lettuce, crisp head	chunks	10	0
Lobster	1 cup	138	2
Macaroni, enriched, cooked	1/2 cup	78	0

Matzo	1 piece	117	0
Milk, 1% fat	1 cup	102	3
Milk, 2% fat	1 cup	121	5
Milk, chocolate, 2%	1 cup	180	5
Milk, skim	1 cup	85	1
Muffin, blueberry	1 medium	135	5
Muffin, bran	1 medium	125	6
Muffin, cornmeal	1 medium	145	5
Muffin, English with butter	1 medium	186	5
Muffin, English, plain	1 medium	140	1
Mushrooms, fresh cultivated	1/2 cup sliced	12	0
Noodles, Egg, cooked	1/2 cup	100	1
Okra, cooked, drained	1/2 cup	23	0
Onions, cooked, drained	1/2 cup sliced	31	0
Orange juice, frozen, reconstituted	1/2 cup	61	0
Orange, raw	1 medium	64	0
Pancake	1 medium	169	5
Peach, raw, peeled	1 medium	58	0
Peaches, canned, juice pack	1 half	34	0
Pear, raw	1 medium	100	1
Pears, canned, juice packed	1 half	38	0
Peas, canned, drained	1/2 cup	75	0
Peas, frozen, cooked, drained	1/2 cup	55	0
Pickle, dill	1 large	15	0
Pickle, sweet	1 large	51	0
Pineapple, canned, juice pack	1/2 cup	75	0
Pineapple, raw	1/2 cup diced	41	0
Popcorn, popped, plain, large kernel	1 cup	12	0
Pork, roast, trimmed	3 ounces	179	8
Potato, baked in skin	1 medium	145	0
Potato, mashed, milk added	1/2 cup	69	1
Pretzel, thin, twists	1 ounce	113	1
Prune juice, canned or bottled	1/2 cup	99	0
Prunes, dried, without pits	5 prunes	137	0
Raisins, unbleached, seedless	1 ounce	82	0
Raspberries, fresh	1 cup	60	1
Rice, brown	1/2 cup	116	1
Rice, white enriched	1/2 cup	113	0
Rice, wild	1/2 cup	92	0
Roll, hard, white	1 medium	155	2
Salmon, broiled with butter or margarine	3 ounces	156	6
Salsa	1 tablespoon	5	0
Sardines, canned, drained	1 ounce	58	3
Sauerkraut, canned	1/2 cup	21	0
Shrimp, boiled	3 ounces	99	1
Soup, chicken noodle	1 cup	75	2
Soup, clam chowder, Manhattan	1 cup	78	2

Soup, minestrone	1 cup	80	3
Soup, split pea	1 cup	145	3
Soup, tomato, with milk	1 cup	160	6
Soup, tomato, with water	1 cup	88	3
Soup, vegetable beef	1 cup	78	2
Spaghetti, plain, cooked	1 cup	155	1
Spinach, canned, drained	1/2 cup	125	1
Spinach, frozen, cooked, drained	1/2 cup	24	0
Spinach, raw, chopped	1 cup	14	0
Squash, summer, cooked	1/2 cup	13	0
Squash, winter, baked, mashed	1/2 cup	70	0
Strawberries, raw	1 cup	55	1
Sugar, brown	1 tablespoon	17	0
Sugar, white	1 tablespoon	15	0
Sweet potato, baked	1 medium	161	1
Tangerine	1 medium	39	0
Tea, brewed	1/4 cup	0	0
Tomato juice, canned	1 cup	42	0
Tomato, canned	1/2 cup	26	0
Tomato, raw	1 medium	20	0
Tuna, canned, water packed	3 1/2 ounces	126	1
Turkey, roast, light and dark meat	3 ounces	162	5
Turnip, cooked, drained	1/2 cup cubed	18	0
Vegetables, mixed, cooked	1 cup	116	0
Yogurt with fruit	1 cup	231	2
Yogurt, plain, low fat	8 ounces	113	4