Extension Folder 448—Revised 1980

calorie content of common foods

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Most of the following calorie values are taken from the 1977 edition of *The Nutritive Value of Food*, Home and Garden Bulletin No. 72, available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 ($1.05). Over 700 items are listed including the nutrient composition as well as the calorie content.

You may want to use this folder in a notebook where you keep your food plans and weight records. So you can find them quickly, underline the items that you refer to frequently. Write in additional items that you want to include in your meal plans. Nutrition labels and other references have accurate calorie values of the products that you use, so add them to this sheet. Make it a list that is personally helpful.

Measure your food using a standard measuring cup and spoons and a small scale. Note the weights on packages of meat and fruit when you buy them to help you estimate the edible portion.

	Amount	Calories
MILK AND DAIRY PRODUCTS		
Milk—		
Milk, 3.3%	8 oz./cup	150
2%	8 oz./cup	120
dried nonfat instant reconstituted	8 oz./cup	80
skim	8 oz./cup	85
Evaporated, skim	8 oz./cup	200
Buttermilk, skim	8 oz./cup	90
Chocolate Milk, 2%	8 oz./cup	180
Cream, Heavy	1 Tbsp.	80
Light	1 Tbsp.	30
Half & Half	1 Tbsp.	20
Cheese—		
Blue	1 oz.	100
Cheddar	1 oz.	115
Mozzarella	1 oz.	100
Parmesan	1 Tbsp.	25
Provolone	1 oz.	100
Ricotta	1 cup	340
Romano	1 oz.	110
Swiss	1 oz.	105
Pasteurized Process Cheese—		
American	1 oz.	105
Swiss	1 oz.	95
American Cheese Spread	1 oz.	80
Cottage Cheese—		
Creamed (4% fat)	1 cup	235
Low fat 2%	1 cup	205
Uncreamed Cottage Cheese—	1 cup	125
Cream Cheese—	2 Tbsp.	100
Butter—	1 Tbsp.	100
Margarine—	1 Tbsp.	100
Ice Cream—		
Regular, 11% fat	½ cup	135
Sherbert, 2% fat	½ cup	135
Soft Serve	½ cup	110

	Amount	Calories
Yogurt—		
Fruit Flavored	8 oz.	230
Plain low fat with added milk solids	8 oz.	145
Whole Milk without added milk solids	8 oz.	140

NUTS		
Almonds, slivered	1 cup	690
Brazil, 6-8 kernels	1 oz.	185
Cashews	1 cup	785
Peanuts, without shell	1 cup	840
Pecans, chopped	1 cup	810
Walnuts, chopped	1 cup	785
Sunflower Seeds, dry hulled	1 cup	810
Peanut Butter	1 Tbsp.	95
Coconut, grated	1 cup	275

FRUITS (Fresh or unsweetened unless stated otherwise)		
Apple, 3/lb.	1	80
Applesauce, unsweetened	½ cup	50
Apricots, 12/lb.	3	55
Avocados	1	370
Bananas, 2½/lb.	1	100
Cherries	10	50
Dates	10	220
Grapes	10	35
Papaya	1 cup, cubed	55
Peaches, 4/lb.	1	40
Pears, 3/lb.	1	80
Pineapple	1 cup	80
Plum	1	30
Prunes	3 large	60
Raisins	1 cup	420
Raisins	½ oz. packet	40
Rhubarb, cooked, sweetened	½ cup	190
Citrus Fruits—		
Grapefruit, raw	½	50
Orange, 2½/lb.	1	65
Tangerine, 4/lb.	1	40
Fruit Juices—		
Apple Cider	1 cup	120
Apricot Nector	1 cup	145
Cranberry Juice, sweetened	1 cup	165
Grapefruit Juice	1 cup	95
Grape Juice	1 cup	165
Lemon Juice	1 cup	60
Lemonade, sweetened	1 cup	105
Lime Juice	1 cup	65
Orange Juice	1 cup	110
Orange & Grapefruit Juice,	1 cup	120
Prune Juice	1 cup	195
Tangerine Juice, sweetened	1 cup	125
Berries (raw no sugar)—		
Blackberries	1 cup	85
Blueberries	1 cup	90
Raspberries	1 cup	70
Strawberries	1 cup	55
Frozen Berries Sweetened—		
Raspberries	½ cup	120
Strawberries	½ cup	130
Melons—		
Cantaloupe	½ melon	80
Honeydew	1/10 melon	50
Watermelon	4" x 8" wedge	110

VEGETABLES		
Asparagus	1 cup	30
Baked Beans	1 cup	210
Beans, green or wax	1 cup	30
Bean Sprouts, raw	1 cup	35
Beets, diced or sliced	1 cup	65
Broccoli, cut ½ inch	1 cup	40
Brussel Sprouts	1 cup	55
Cabbage, raw	1 cup, shredded	15
cooked	1 cup	30
Carrots, cooked	1 cup	50
raw	1	30
Cauliflower	1 cup	30
Celery, larger stalk	1	5
Corn, canned or frozen	1 cup	140
Corn on the cob, one ear	5 inches	70
Cucumbers	1 oz.	5
Endive	1 cup, pieces	10
Frozen Mixed Vegetables	1 cup	115
Greens: cooked		
Beets	1 cup	25
Chard	1 cup	65
Collard	1 cup	65
Dandelion	1 cup	10
Kale	1 cup	45
Spinach	1 cup	40
Turnip Greens	1 cup	30
Lettuce	1 cup, pieces	5
Mushrooms, raw	1 cup	20
Okra	10 pods	30
Onions, sliced	1 cup	65
Parsley	1 Tbsp.	trace
Parsnips	1 cup	100
Peas, green	½ cup	60

	Amount	Calories
Peppers, green or red	1 pod	15
Potato, white baked, boiled	5 oz.	145
Potato, white mashed	1 cup	135
Potato, French Fried	10 strips	135
Pumpkin, canned	1 cup	80
Radishes	4	5
Sauerkraut, canned	1 cup	40
Squash, summer, cooked	1 cup	30
Squash, winter, cooked	1 cup	130
Sweet Potato	4 oz.	170
Tomatoes, 4/lb.	1	25
Tomato juice	1 cup	45
Turnips, mashed	1 cup	35
Vegetable juice	6 oz.	35

BREADS AND CEREALS

Bread and Pasta—		
Bagel	1	165
Banana Nut Bread	½" slice	150
Biscuit, Roll	one 2"	105
Bread	1 slice, 1 oz.	65
Bun, hamburger or hotdog	1	120
Chinese Noodles	1 cup	200
Corn Muffin	1 small	125
Dried bread crumbs	1 cup	390
Doughnuts, plain cake	2½" diameter	100
English Muffin	1 plain	130
Muffin, plain	1	120
Pancake	4" diameter	60
Pizza, cheese, 1/8 of 12" pie	2 oz.	145
Roll	1 brown & serve	85
Spaghetti, Noodles, Macaroni, Rice, etc., cooked	1 cup	190
	1 cup	190
Waffle	7" diameter	205
Cereal—		
Bran Flakes	1 cup	105
Ready-to-eat unsweetened cereals	1 cup	100
Puffed cereal, unfrosted	1 cup	60
Cooked cereal	1 cup	130
Shredded Wheat	1 oz.	100
Wheat Germ	1 Tbsp.	25
Crackers—		
Graham	2	55
Pretzels, 3-ring	1	60
Pretzels, Very Thin	10	10
Saltines	4	50
Rye Wafers	2	45
Popcorn, popped with oil—	1 cup	40
Flour—	1 cup	420
	1 Tbsp.	26

	Amount	Calories
MEAT		
(Lean or trimmed edible cooked portions)		
Beef—		
Beef-braised, lean & fat	3 oz.	245
Ground Beef, 78% lean	3 oz.	235
Roast, lean, round	3 oz.	165
Steak, loin, broiled, lean only	2 oz.	115
Corned Beef, canned	3 oz.	185
Beef & Vegetable Stew	1 cup	220
Chili Con Carne, beans	1 cup	340
Liver	3 oz.	195
Meat Loaf	3 oz.	300
Dried Beans, Peas, Lentils—		
Cooked	1 cup	210
Eggs—	1 large	80
Scrambled with milk	1 large	95
Fish—		
Fish Sticks	1 oz.	50
Haddock, broiled	3 oz.	140
Salmon, pink	3½ oz.	140
Sardines	3 oz.	175
Shrimp, canned	3 oz.	100
Tuna, canned in oil	3 oz.	170
Lamb—		
Rib Chop, lean only	2 oz.	120
Leg, roasted, lean only	3 oz.	130
Shoulder, roasted, lean only	2.3 oz.	130
Peanut Butter—	1 Tbsp.	95
Pork—		
Ham, lean & fat	3 oz.	245
Ham, lean only	3 oz.	180
Chop, loin	2 oz.	150
Roast, lean only	3 oz.	175
Shoulder Cut, lean & fat	3 oz.	320
Poultry and Poultry Products—		
Chicken, ½ broiled, edible	5 oz.	240
Turkey, roasted & skin removed		
Dark meat	3 oz.	175
Light meat	3 oz.	150
Ham	3 oz.	120
Sausages—		
Bologna	1 slice, 1 oz.	85
Braunschweiger	1 oz.	90
Deviled Ham	1 Tbsp.	45
Frankfurter, 8/lb.	1	170
Salami, dry type	1 oz.	135

FATS, OIL, RELATED PRODUCTS

Oil—		
Corn	1 Tbsp.	120
Olive	1 Tbsp.	120
Peanut	1 Tbsp.	120
Safflower	1 Tbsp.	120
Soybean	1 Tbsp.	120

	Amount	Calories
Salad Dressing—		
Commercial:		
Blue Cheese	1 Tbsp.	75
Low Calorie	1 Tbsp.	10
French	1 Tbsp.	65
Low Calorie	1 Tbsp.	30
Italian	1 Tbsp.	85
Low Calorie	1 Tbsp.	10
Thousand Island	1 Tbsp.	80
Low Calorie	1 Tbsp.	25
Mayonnaise, regular	1 Tbsp.	65

DESSERTS

Cake—		
Angel Food Cake	1/12 of tube cake	135
Devils Food Cake, with chocolate icing	1/16 of 2-layer cake	235
Coffee Cake	1/6 cake, 2½ oz.	230
Ginger Bread	1/9 of 8" cake	175
Fruit Cake, dark	½ oz.	55
Pound, loaf	1/7 of a loaf	195
Brownies, with nuts	1¾" x 1¾"	95
Cookies—		
Chocolate Chip, commercial	1	50
Oatmeal with Raisins	1	60
Vanilla Wafers	1	18
Gingersnap, 2" diameter	1	22
Pies—		
Apple	1/7 of 9" pie	345
Banana Cream	1/7 of 9" pie	285
Blueberry	1/7 of 9" pie	325
Boston Cream	1/12 of cake	210
Cherry	1/7 of 9" pie	350
Lemon Meringue	1/7 of 9" pie	305
Pecan	1/7 of 9" pie	495
Pumpkin	1/7 of 9" pie	275
Pudding—		
Custard	½ cup	150
Chocolate	½ cup	190
Vanilla	½ cup	140

SUGAR AND SWEETS

Sugar, granulated	1 Tbsp.	45
Honey	1 Tbsp.	65
Jam & Preserves	1 Tbsp.	55
Jellies	1 Tbsp.	50

	Amount	Calories
Syrup—		
Chocolate Flavor Syrup, thin	2 Tbsp.	90
Fudge Type Syrup	2 Tbsp.	125
Molasses, Light	1 Tbsp.	50
Black	1 Tbsp.	48
Table Blends Corn Syrup, Light & Dark	1 Tbsp.	60
Candy—		
Caramels	1 oz.	115
Carmel Corn	2 cups	210
Chocolate, plain milk	1 oz.	145
Chocolate coated peanuts	1 oz.	160
Fudge, chocolate, plain	1 oz.	100
Gumdrops	1 oz.	110
Marshmallows	1 oz.	90
Mints, after dinner	2/3 oz.	90

BEVERAGES

Beer	12 oz.	150
Cocoa, 2% milk	8 oz.	210
Regular carbonated beverage	12 oz.	145
Gin, Rum, Whiskey	1½ oz.	95
Lemonade	1 cup	100
Wine, dessert	3½ oz.	140
table wine	3½ oz.	85

MISCELLANEOUS

Barbecue Sauce	1 cup	230
Gelatin Dessert, prepared with commercial powders	1 cup	140
Mustard	1 tsp.	5
Olives	3 medium	15
Pickles, dill	1	5
sweet gherkin	1 small	20
Soups, tomato with water	1 cup	90
cream of mushroom	1 cup	135
vegetable beef	1 cup	80
Vinegar	1 Tbsp.	trace
White Sauce, medium	1 cup	405
Tomato Sauce	2 Tbsp.	40
Soy Sauce	1 Tbsp.	12
Catsup	1 Tbsp.	15
Gravy	1 Tbsp.	40
Tartar Sauce	2 Tbsp.	150
Worchestershire Sauce	2 Tbsp.	25

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