

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Breakfast/Grains					
Bran Flakes	¾ cup	96	.7	220	5.3
Cheerios	1 cup	100	2	190	3
Granola, oats & honey	½ cup	210	6	25	3
Fiber One					
Frosted Flakes	¾ cup	110	0	140	1
Oatmeal, cooked	½ cup	104	1.7	1	2.6
Oatmeal, instant	1 packet	97	1.6	80	2.8
Wheat toast	1 slice	65	1	132	1.2
White toast	1 slice	79	1.1	160	.7
Bagel, mini	1	72	.4	139	.6
Bagel, Einstein, plain	1	260	1	460	2
Biscuit, large	1	260	12	460	2
Cinnamon roll, Cinnabon	1	813	32	801	4
Cinnabon's minibon	1	339	13	337	2
English muffin	1	160	3	280	2
French toast	1 slice	164	3	283	1
Pancake, 4 inch diameter	1	74	1	239	.5
Muffin, cornbread from mix	1	160	6	250	.5
Muffin, Costco, double choc.	1	690	38	590	3
Doughnut, glazed	1	200	12	95	.5
Fruit					
Apple	1	95	.4	2	4.4
Apricot	1	17	.1	0	.7
Avocado	1 cup	384	35.4	18	15.6
Banana	1 med.	105	.4	1	3.1
Cantaloupe, small	1/8 piece	19	.1	9	.5
Cherries	1 cup	87	.3	0	2.9
Grapes, red or green	20	68	.2	1	.4
Kiwi	1	46	.4	2	2.3
Orange juice	½ cup	51	0	1	0
Orange	1 med.	62	.1	0	3.1

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Peach	1 med.	38	.3	0	1.5
Pear	1 small	81	.1	1	4.3
Pineapple	1 cup	83	.2	2	2.3
Raisins	1 mini box	42	0	2	.5
Strawberries	1 cup	49	.5	2	3
Watermelon	1 cup	46	.3	2	.6
Dairy					
Cheese, cheddar	1 oz.	113	9.3	174	0
Cheese, cheddar, low-fat	1 oz.	48	2	171	0
Cheese, cottage 2%	4 oz.	102	2.1	459	0
Cheese, processed	1 oz.	110	5	480	0
Cheese, Swiss	1 oz.	106	7.8	54	0
Milk, whole	1 cup	147	8.1	98	0
Milk, 2%	1 cup	122	4.9	100	0
Milk, chocolate 1%	1 cup	158	2.5	153	1.3
Milk, skim	1 cup	91	.7	130	0
Sour cream	1 Tbsp.	26	2.5	6	0
Sour cream, light	1 oz.	39	3	20	0
Yogurt, plain fat-free	1 cup	137	.5	189	0
Yogurt, plain low-fat	1 cup	154	3.9	172	0
Egg, hard cooked	1	57	4	52	0
Egg, scrambled	1 large	80	5	78	0
Butter or margarine	1 tsp	34	3.8	29	0
Meats					
Bacon	1 strip	46	3.6	196	0
Ham	1 oz.	46	2.4	365	.4
Sausage	1 link	81	6.8	180	0
Fast Food					
Egg McMuffin	1	300	12	820	2
Sausage Biscuit	1	430	27	1080	2
Hotcakes & sausage	1 serving	520	24	930	3

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Lunch					
Fast Food/Burgers					
Hamburger, small	1	250	9	520	2
Cheeseburger, small	1	300	12	750	2
Quarter pound with cheese	1	510	26	1190	3
BK Veggie Burger	1	400	16	1020	7
White Castle burger	1	140	6	360	1
Whopper Jr.	1	530	19	340	2
Whopper	1	670	40	530	3
Double Whopper	1	900	57	980	3
Chicken					
Arby's Roasted Chicken Club	1	500	23	1370	2
McDonald's McNuggets	1 piece	46	2.9	101	0
Wendy's Chicken Nuggets	1 piece	45	2.9	85	0
Frankfurters					
Frankfurter on a bun	1	315	18.5	990	.5
Coney chili dog	1	464	21	1046	2
Sonic chili cheese dog extra long	1	660	39	1860	4
Pizza					
Applebee's Veggie Patch Pizza Appetizer	1 serving	930	67	2270	5
Costco pepperoni	1 slice	620	24	1290	3
Domino's hand-toss pepperoni	1 slice	290	12.5	680	2
Frozen crust, pepperoni	1 slice	432	22.2	902	3.2
Little Caesar's pepperoni	1 slice	280	11	520	1
Pizza Hut Personal pan, cheese	1 serving	590	24	1290	3
Thin crust, cheese	1 slice	192	9.9	366	1.3
Three cheese bagel bites	4 pieces	200	6	550	2

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Sides					
Macaroni & cheese	5 oz.	180	9	880	2
Baked potato	1 med.	161	.2	422	3.8
McDonald's French fries	1 small	231	11.5	161	2.8
McDonald's French fries	1 large	500	11.5	350	6
BK French fries, salted	1 small	344	17.2	530	3.8
BK French fries, unsalted	1 med.	439	22	675	4.9
White Castle onion rings	1 saver	213	13.7	193	2
Salads					
Red Robin Apple Harvest Chicken Salad	1 serving	812	44	1769	8
KFC Cole slaw	½ cup	180	11	160	2
KFC Potato Salad	1 serving	200	10	540	3
Garden Fresh w/ dressing (Olive Garden)	1 salad	350	26	1930	3
McDonald's Southwest with chicken	1 salad	320	9	960	6
Tossed, small	¾ cup	17	.1	27	0
Tuna Salad	3 oz.	159	7.9	342	0
Salad Dressings & Condiments					
Balsamic vinaigrette	2 Tbsp.	50	5	280	0
Blue cheese dressing	1 Tbsp.	76	7.8	164	0
Caesar dressing	1	78	8.5	158	0
Catsup	1 Tbsp.	15	.1	167	.1
Croutons (Wendy's)	1 packet	80	3	190	0
French, fat-free (Wendy's)	1 packet	40	0	95	0
Honey mustard	1 serving	210	18	460	0
Italian dressing	1 Tbsp.	43	4.2	243	0
Mayonnaise	1 Tbsp.	57	4.9	105	0
Mayonnaise, light	1 Tbsp.	50	5	100	0
Mustard	1 Tsp.	3	.2	56	.2
Pickle, dill	1 spear	5	.1	385	.4

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Ranch dressing	1 Tbsp.	73	7.7	122	.1
Salsa	2 Tbsp.	9	.1	198	.5
Chipotle Salsa, corn	3.5 oz.	80	1.5	410	3
Thousand Island dressing	1 Tbsp.	59	5.6	138	.1
Sandwiches					
Grilled cheese, 3 oz cheese; 3 oz. bread	1	670	46	935	4
Hardee's hot ham & cheese	1	280	12	1090	1
Arby's roast beef, regular	1	350	13	960	2
Subway tuna, on wheat	1 6" sub	530	30	930	5
Soups					
Baked potato	1 bowl	773	48.4	3841	8
Broccoli cheddar	8 oz.	194	10.7	1028	4.7
Butternut squash	8 oz.	90	2	550	3
Chicken noodle	1 cup	130	4.7	1737	0
Chili with beans	1 cup	310	17	600	7
Chili without beans	1 cup	355	19	910	3.5
Cream of broccoli (Tim Horton's)	1 bowl	160	9	820	1
Egg drop (P.F. Chang's)	7oz.	60	3	640	0
French onion (Panera)	1 small	167	8.4	1540	.7
Hot & sour (Panda Express)	10.6 oz.	90	3.5	970	1
Miso soup w/ tofu	1 cup	93	4.3	805	1.4
New England clam chowder	1 cup	230	17	680	0
Split pea w/ ham	10 oz.	150	2.5	880	5
Tomato, with milk	1 cup	151	1.5	1383	3
Turkey chili	1 cup	220	7	930	5
Vegetable, canned	1 cup	122	3.6	1010	1.2
Wonton (P.F. Chang's)	7 oz.	92	3	482	0

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Meats & Poultry					
Chicken	3 oz.	142	3.1	64	0
Ground beef, 80% lean	4 oz.	278	18	94	0
Ground beef, 95% lean	4 oz.	185	6.7	80	0
Ground turkey	4 oz.	266	14.9	121	0
Kielbasa, turkey and beef	2 oz.	127	9.9	672	0
Pepperoni	1 oz.	140	13	490	0
Pork ribs	4 oz.	449	34.2	105	0
Pork chop	3 oz.	204	11.1	49	0
Prime rib (Omaha)	8 oz.	570	45	450	0
Roast beef	3 oz.	138	3.5	32	0
Salami	1 oz.	104	8.1	543	0
Top sirloin	4 oz.	240	16	60	0
Turkey	1 oz.	29	.5	288	.1
Breads & Grains					
Bread, Italian white	1 piece	200	2	390	1
Bread, pita white	1 pita	165	.7	322	1.3
Bread, pita wheat	1 pita	74	.7	149	2.1
Bread, sourdough	1 roll	210	2	350	2
Bread, white	1 slice	67	.8	170	.6
Bread, rye	1 slice	180	0	320	1
Bread, whole wheat	1 slice	100	1.5	105	4
Bread, 15-grain	1 slice	70	1.5	75	3
Couscous, dry	1 oz.	96	.2	4	1.2
Croissant	1 mini	114	5.9	208	.7
English muffin	1	120	1	200	1
Pasta, white	1 cup	182	1	1	2.1
Pasta, whole wheat	1 cup	174	.7	4	3.9
Quinoa	½ cup	127	2	10	2
Rice, brown	1 cup	216	1.8	10	3.5
Rice, white	1 cup	205	.5	2	.6
Tortilla, corn, 6" shell	1	140	1.5	5	2
Tortilla, flour, 6 "	1	90	2.5	200	2

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Fish & Seafood					
Calamari, deep fried	1 cup	300	13	0	0
Cod	4 oz.	119	1	88	0
Crab (packaged)	2 oz.	40	0	180	0
King crab legs (Omaha)	3.5 oz.	100	1.5	1060	0
Flounder	4 oz	132	1.7	119	0
Halibut	4 oz.	158	3.3	78	0
Lobster	1 tail	100	0	380	0
Lox, smoked	1 oz.	33	1.2	567	0
Orange roughy	4 oz.	119	1	78	0
Perch	1 fillet	54	.6	36	0
Salmon	4 oz.	168	5	97	0
Sardines, canned in oil	1	25	1.4	61	0
Shrimp	4 large	22	.2	49	0
Snapper	4 oz.	145	1.9	64	0
Swordfish (Omaha)	6 oz.	210	7	150	0
Tilapia	4 oz.	145	3.1	63	0
Trout, rainbow	2.5 oz	120	5.1	30	0
Tuna (canned)	4 oz.	131	.9	382	0
Soy-Based Foods & Vegetarian Entrees					
Bacon (meatless)	1 strip	16	1.5	73	.1
Boca burgers	1 patty	100	1	390	5
Cheesy Mexican rice	2.5 oz	290	6	620	2
Edamame	1 cup	254	11.5	25	7.6
Enchilada pie	1 oz.	215	7	595	3
Live! Soy Yogurt, vanilla	8 oz.	180	4	30	1
Lo mein noodles	½ bowl	550	20	1240	8
Miso soup w/tofu	1 cup	93	4.3	805	1.4
Popeye's red beans & rice	6 oz.	320	19	710	17
Soy, dry roasted	1 cup	776	37.2	3	13.9
Spinach pie	3.5 oz	290	21	0	0
Tofu (firm, raw)	¼ block	117	7	11	1.9

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Tofurky, deli slices	5 pieces	100	30	300	3
Tofurky, veggie dogs	1 oz.	50	1.3	246	1.9
Vegetarian sub #6 (Jimmy John's)	1	578	30.1	873	1.6
Yogurt, soy peach	6 oz.	160	3	20	2
Beans, Legumes & Nuts					
Almonds, raw	15	104	9.1	0	2.1
Chickpeas	½ cup	143	1.3	359	5.3
Kidney beans	1 cup	210	1.5	758	11
Lentils	1 Tbsp.	14	.1	0	1
Lima beans	1 Tbsp.	13	.1	0	.8
Navy beans	½ cup	127	.5	0	9.6
Peanuts w/ salt	1 oz.	166	14.1	231	2.3
Pistachios w/ salt	1 oz.	161	13	115	2.9
Soybeans	1 cup	254	11.5	25	7.6
Split peas	1 Tbsp.	14	0	0	1
Walnuts	7 whole	183	18.3	1	1.9
Vegetables					
Asparagus	4 spears	13	.1	8	1.2
Broccoli	3.1 oz.	30	.3	36	2.9
Cabbage	½ cup	17	.3	6	1.4
Carrots, baby	1 med.	4	.1	8	.2
Celery	1 strip	1	.1	3	.1
Cauliflower, raw	1 flower	3	0	4	.3
Corn, cob	1 ear	59	.4	3	1.3
Cucumber	1 cup	14	.2	2	.8
Mushrooms	1 small	2	0	1	.1
Peppers, raw	1 cup.	18	.2	3	1.6
Potatoes, yam	½ cup	79	.1	5	2.7
Spinach	1 cup	7	1	24	.7
Squash	½ cup	19	.2	13	1
Tomato Slices	4	14	.2	4	1

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Desserts					
Brownie	2" square	112	7	82	0
Cake, chocolate	1 piece	235	10.5	214	1.8
Cheesecake	1 slice	257	18	166	.3
Chocolate chip cookie	1	48	2.3	32	.3
Fudgsicle	1	100	2	75	1
Frozen yogurt	½ cup	140	3	60	0
Ice cream, soft serve	½ cup	191	11.2	52	.6
Ice cream, vanilla	½ cup	130	7	35	0
Jell-O	6 oz.	15	0	83	0
Pie, apple (1/6th of 8" pie)	1 piece	277	12.9	311	1.9
Popsicle	1	45	0	5	0
Rice pudding	5 oz.	231	10.6	121	.1
Sherbet, orange	1 bar	95	1.3	30	2.2
Sugar cookie (Subway)	1	220	12	140	.5
Snacks					
Cheese puffs	1 oz.	160	10	350	0
Cheez-Its crackers	27	150	8	230	1
Chocolate chip cookies	1 med.	48	2.3	32	.3
Granola bar, Nature Valley Oat & Honey	1 bar	90	3	80	1
Hershey milk chocolate	1 bar	210	13	35	1
Fruit roll-up, strawberry	1	50	1	55	0
Jell-O pudding cup	4 oz.	130	3.5	160	0
Pita chips (Stacy's)	14 chips	130	5	140	2
Popcorn, air popped	1 cup	31	.4	1	1.2
Popcorn, oil popped	1 cup	55	3.1	97	1.1
Potato chips	1 oz.	155	10.6	149	1.2
Pretzel, soft	1	488	3.4	557	5.5
Tortilla chips, corn	1 oz.	138	6.6	119	1.5
Wheat Thins	1.1 oz.	140	6	290	2