

# Calorie Content Food List

## Starches and Grains: 80 calories per serving

	Serving size
<b>Cereals, Grains and Pasta</b>	
• Cereal, cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
• Cereal, dry	varies, see box
• Rice, cooked (white, brown)	1/2 cup
• Pasta, cooked (all kinds)	1/2 cup
<b>Starchy Vegetables</b>	
• Beans, cooked or canned (all kinds)	1/2 cup
• Corn, cooked or canned	1/2 cup
• Corn meal (uncooked), matzo meal	2 Tbsp.
• Peas (green), cooked or canned	1/2 cup
• Plantain (green, mature), cooked	1/2 cup
• Potato, baked	1 small (3 oz.)
• Potato (boiled or steamed), dumplings, gnocchi	1/2 cup
• Spaghetti sauce or pasta sauce	1/2 cup
• Squash (acorn, butternut, Hubbard, or winter)	1 cup
• Yam or sweet potato	1/2 cup
<b>Breads</b>	
• Bread (whole wheat, rye, white)	1 oz. slice
• Bagel	1/2 small (1 oz.)
• Sandwich bun/roll (hamburger, hotdog, Kaiser)	1/2
• Roll (dinner, hard)	1 small
• English muffin	1/2
• Pita pocket bread (6 to 8-inches across)	1/2
• Tortilla (6-inches corn or flour)	1

## Fruit: Approximately 50-100 calories per serving

	Serving size
• Apple, raw (small)	1
• Applesauce (no sugar added)	1/2 cup
• Apricots, fresh/dried	4 whole/8 halves
• Banana (medium)	1/2
• Berries (raspberries, boysenberries, strawberries)	1 cup
• Berries (blackberries, blueberries)	3/4 cup
• Dates	3
• Cantaloupe or honeydew melon	1 cup
• Cherries, raw (large)	12
• Fruit cocktail	1/2 cup
• Grapefruit (medium)	1/2
• Grapes (small)	15
• Kiwi (large)	1
• Mandarin oranges	3/4 cup
• Mango, fresh (small)	1/2
• Orange (small)	1
• Papaya	1 cup
• Peach or pear (small)	1
• Pineapple, fresh	3/4 cup
• Plums, raw (small 2" diameter)	2
• Raisins	2 Tbsp.
• Watermelon	1 3/4 cup
<b>Fruit Juices</b>	
• Apple, orange, pineapple, grapefruit (100%)	1/2 cup
• Cranberry, grape, or prune	1/3 cup
• Mixed 100% fruit juice	1/2 cup

## Vegetables: Approximately 10-50 Calories per serving

	Serving Size
	1 cup raw or 1/2 cup cooked
• Asparagus*	
• Beans (green, waxed, snap, Italian)	
• Bean sprouts	
• Beets	
• Broccoli	
• Brussels sprouts	
• Cabbage*	
• Carrots	
• Cauliflower	
• Celery*	
• Cucumber*	
• Eggplant	
• Greens	
• Lettuce*	
• Mushrooms*	
• Okra	
• Onion	
• Pea pods or snow peas	
• Peppers*	
• Radishes	
• Sauerkraut	
• Spinach*	
• Squash (yellow, summer)	
• Tomato*	
• Tomato or vegetable juice	
• Water chestnuts	
• Zucchini	

\*lower calorie choices

**Meat/Meat Substitutes: 35 – 100 calories or more per serving**

**Each item equals 1 ounce of protein.**

	<b>Serving size</b>
<b>Very Lean - Lean (35-55 calories per serving)</b>	
• Cheese (with <3 grams fat per ounce)	1 ounce
• Chicken or turkey, skin removed	1 ounce
• Cottage cheese (fat-free or low-fat)	1/4 cup
• Egg substitutes, plain	1/4 cup
• Egg whites	2
• Fish, fresh or frozen	1 ounce
• Game (duck or pheasant, skinless, venison, buffalo, ostrich, goose)	1 ounce
• Lean beef: extra lean ground round*, roast* (chuck, rib, rump), round, sirloin, steak* (cubed, flank, porterhouse, T-bone), tenderloin* *‘Choice or Select’ cuts, trimmed of fat	1 ounce
• Lean pork (Canadian bacon, ham, loin chop, tenderloin)	1 ounce
• Shellfish (clams, crab, lobster, shrimp, squid, octopus, imitation shellfish)	1 ounce
• Tuna or salmon, canned in water (very lean) or oil (lean)	1/4 cup
<b>Medium-Fat (75 calories per serving)</b>	
• Beef (corned, ground, meatloaf, prime trimmed of fat, short ribs, tongue)	1 ounce
• Cheese (with 4-7 grams fat per ounce)	1 ounce
• Egg	1
• Fish, any fried fish product	1 ounce
• Lamb (ground, rib roast)	1 ounce
• Pork (cutlet or shoulder roast)	1 ounce
<b>High-Fat (100 calories per serving)</b>	
• Turkey bacon	3 slices
• Pork bacon	2 slices
• Cheese (regular)	1 ounce
• Hot dog (regular)	1
• Pork (ground, sausage, spare ribs)	1 ounce

	Serving size
<b>Plant-based</b>	
Calories, fat, & carbohydrates vary according to food item * = Higher calorie choice	
• Baked beans	1/2 cup
• Beans, cooked	1/2 cup
• Edamame	1/2 cup
• Hummus*	1/3 cup
• Peanut butter*	2 Tbsp.
• Peas, cooked: black-eyed and split peas	1/2 cup
• Refried beans, canned	1/2 cup
• Tempeh*	1/4 cup
• Tofu, light	1/2 cup
• Tofu*	1/2 cup

### Milk and Milk Products: 90-170 calories per serving

	Serving size
<b>Low-fat Milk Products (90-110 calories per serving)</b>	
• Skim, 1/2 %, or 1% milk	8 ounces
• Low-fat or fat-free soy milk	8 ounces
• Buttermilk, low-fat	8 ounces
• Yogurt (non-fat, plain or artificially sweetened)	3/4 cup
<b>Reduced-fat Milk Products (120-150 calories per serving)</b>	
• 2% milk	8 ounces
• Regular soy milk	8 ounces
• Yogurt (low-fat, plain or artificially sweetened)	8 ounces
<b>Whole Milk Products (150-170 calories per serving)</b>	
• Whole milk	8 ounces
• Goat's milk	8 ounces
• Yogurt (made from whole milk, regular or plain)	8 ounces

## Fats: 45 calories per serving

	Serving size
<b>Unsaturated Fats</b>	
• Avocado	2 Tbsp.
• Nuts (almonds or cashews)	6 nuts
• Nuts (peanuts)	10 nuts
• Nuts (pecans or walnuts)	4 halves
• Margarine, stick or tub	1 tsp
• Margarine, diet	1 Tbsp.
• Mayonnaise, regular	1 tsp
• Mayonnaise, reduced calorie	1 Tbsp.
• Pesto sauce	2 tsp
• Salad dressing	1 Tbsp.
• Salad dressing, reduced calorie	2 Tbsp.
• Oil (canola, corn, peanut, olive, safflower, soybean, sesame, sunflower)	1 tsp
• Olives, black	8 large
• Seeds (pumpkin, sunflower, sesame, whole flaxseed)	1 Tbsp.
<b>Saturated Fats</b>	
• Bacon	1 slice
• Butter	1 tsp
• Chicken fat, pork fat, or beef fat	1 tsp
• Cream (half & half or whipped)	2 Tbsp.
• Cream (light)	1½ Tbsp.
• Creamer (heavy)	1 Tbsp.
• Cream cheese (regular)	1 Tbsp.
• Cream cheese (light)	1½ Tbsp.
• Lard	1 tsp
• Non-dairy creamer, liquid	2 Tbsp.
• Non-dairy creamer, powdered	4 tsp
• Sour cream (regular)	2 Tbsp.
• Sour cream (light, reduced-fat)	3 Tbsp.

**Useful Serving Size Tips: By using familiar objects to judge a single serving size.**

Computer mouse = 1/2 cup



1/2 cup vegetable  
1/2 cup cooked pasta  
1/2 cup of beans



Tennis ball  
1 medium piece of fruit  
1 small baked potato



Baseball=1 cup  
1 cup of raw vegetables  
1 cup dry unsweetened cereal

1 cup of low-fat yogurt or milk



Hockey puck  
1 small bagel



CD  
1 small (4-4 1/2 inch) pancake



2 Pair of dice  
2 ounces of cheese



Deck of cards  
3 ounces of meat, poultry and fish

**Helpful Websites:**

**MyHealthEVet**

Enroll in MyHealthEVet and have access to online food and activity journals which you can share with your providers. <https://www.myhealth.va.gov/>

Track health → Journals → Food Journal OR Activity Journal