

CALORIES

Breads/Grains

Bagel (white, 4" diam): 289
Bread (one slice, wheat or white): 66
Corn (canned, sweet yellow whole kernel, drained, 1 cup): 180
Cornflakes (cereal no milk, 1 cup): 110
Croissant (5" long): 324
Hamburger (3" diam): 91
Hotdog bun (6" long): 123
Oatmeal (plain, cooked in water, 1 cup): 147
Rice (white, long grain, cooked, 1 cup): 205
Poptart®: 204
Waffle (frozen, 4" square): 82
Graham cracker (plain, honey/cinnamon): 59

Cheese/Dairy

Blue, Brie, Gouda, Swiss (1 oz): 101
Butter (salted, 1 Tbsp): 102
Cheddar cheese (1 slice): 113
Cottage cheese (low-fat, ½ cup): 82
Cream cheese (2 Tbsp): 101
Egg (large, scrambled): 102
Feta (1oz): 75
Milk (2 percent milk fat, 8 oz): 122
Parmesan (2 Tbsp): 46
Yogurt (nonfat, plain, 1 cup): 137
Yogurt (whole milk, flavored, 1 cup): 292

Condiments

Ketchup (1 Tbsp): 15
Mustard, yellow (2 tsp): 6
Ranch salad dressing (2 Tbsp): 146
Salsa (4 oz): 35
Soy sauce (1 Tbsp): 10
Syrup, pancake (1 Tbsp): 55

Dessert

Brownie (2 ½" square w/out nuts): 310
Candy bar (e.g.: Snickers®): 222-275
Cheesecake (9" diam, regular cream cheese, 1/8 pie): 585
Chocolate chip cookie (from packaged dough): 59
Cupcake (with icing): 155
Donut (glazed, 4" diam): 399
Ice cream (vanilla, 4 oz): 145
Jelly doughnut: 289
Pound cake (4 ½" X 2 ½" X ½"): 176
Scone (2" diameter): 131
Sherbet (1/2 cup): 133

Yellow cake with chocolate frosting (1 piece): 243

Drinks

Beer (regular, 12 oz): 153
Coffee (regular, brewed from grounds, black): 2
Egg nog (1 cup): 342
Orange juice (frozen concentrate, made with water, 8 oz): 112
Red wine (cabernet sauvignon, 5 oz): 123
Seltzer water (1 cup): 0
Soft drink (all flavors, 12 oz can): 152
Tea (hot or iced, 1 cup): 2
Tomato/Vegetable juice (e.g. V-8®, ¾ cup): 35
White wine (sauvignon blanc, 5 oz): 121
Wine (red/white table, 3 oz): 62

Fast Food

Breakfast biscuit with bacon, egg, cheese: 456
Bean burrito: 420
Beef burrito: 484
Chicken nuggets (6 pcs): 306
Grilled chicken sandwich: 294
French fries (small): 202
Taco Bell® taco (beef, regular, 1 taco): 184

Fruits/Vegetables

Apple (medium): 72
Banana, (medium): 105
Beets (1/2 cup): 37
Broccoli (1/2 cup): 26
Brussels sprouts (1/2 cup): 33
Carrots (raw, 1 cup): 52
Celery (1/2 cup): 13
Cherries (1/2 cup): 52
Cucumber (1/2 cup): 7
Eggplant (1/2 cup): 13
Grapefruit (4" ½ fruit): 47
Green beans (canned, drained, 1 cup): 40
Potato, medium (baked, including skin): 161
Raisins (1.5 oz): 130
Spinach (raw, 1 cup): 12
Spinach (stir-fried, ½ cup): 47
Squash (1/2 cup): 22
Watermelon (5" x 5" x 1" slice): 39
Yams (1/2 cup): 131
Zucchini (raw, ½ cup): 9

Meals/Snacks

CALORIES

Beef stew, gravy-based, with vegetables: homemade,
with round steak, trimmed, no fat added (1
cup): 161

Biscuit pancake (2" diam): 125

Breakfast Burrito (chorizo, egg, cheese): 737

Canadian bacon (1 slice): 39

Chicken stew with vegetables (1 cup): 224

Chicken, sweet sour (skin removed, 1 cup): 540

Chili with meat and beans (canned, 1 cup): 287

Club sandwich: 481

Corn dog: 341

Crackers (goldfish, 30): 82

Crackers (butter rounds, 8): 122

Deviled eggs (reg. mayo, ½ egg): 57

Egg salad (regular mayo, ½ cup): 280

Eggs benedict: 723

Empanada (25% fat ground beef): 321

Enchilada (beef, chicken, cheese): 160-220

Fettuccini Alfredo (reg. cream, 1 cup): 373

French fries (oven baked, ½ cup): 56

French toast (homemade 1 slice): 127

Granola bar (chewy, with raisins, 1.5-oz): 193

Gravy (homemade, whole milk, ¼ cup): 89

Green bean casserole (with cheese, ½ cup): 190

Grilled cheese sandwich: 300

Pizza (pepperoni, regular crust, one slice): 298

Potato chips (plain, salted, 1 oz): 155

Pretzels (hard, plain, salted, 1 oz): 108

Soup (bean with bacon/ham/pork, 1 cup): 172

Soup (canned, broth-based, chicken with
rice/minestrone/vegetable beef, 1 cup): 83

Soup (whole milk based, clam chowder/ potatoe, 1
cup): 170

Spaghetti (cooked, enriched, 1 cup): 221

Spaghetti sauce (marinara, ready to serve, 4 oz): 92

Sushi (fish, vegetables, 1 cup): 243

Sweet potatoes (1/2 cup): 131

Taco (chicken, corn tortilla 4 ¾" diam, 1 taco): 118

Taco (25% fat beef and cheese, corn tortilla 4 ¾"
diam, 1 taco): 188

Tamale (25% ground beef, corn, cheese, 6" long):
100

Tofu (no fat added, ½ cup): 94

Tofu (stir fried, ½ cup): 122

Tortilla (corn, " diam): 56

Tortilla (flour, 10" diam): 214

Tortilla chips (1 cup): 122

Meat/Seafood

Bacon (pork): 36

Chicken breast (boneless, skinless, roasted, 3 oz): 142

Chorizos (1 link): 220

Crab (Dungeness/Alaskan, 3oz): 87

Fish (sea bass, catfish, cod, flounder, halibut, mahi,
sole, snapper: 3 oz): 100

Fish (fresh tuna, mackerel, salmon, smelt, striped
bass, trout: 3 oz) 145

Ground beef (lean, 3 oz): 244

Ground beef patty (extra lean, 4 oz, pan-broiled): 193

Ground lamb (3 oz): 235

Ground pork (3 oz): 246

Ground turkey (no skin, 3 oz): 140

Hot dog (beef and pork): 137

Pork chop (center rib, boneless, broiled, 3 oz): 221

Sausage (beef or pork, 1 oz): 92

Sausage (turkey, 1 oz): 55

Shrimp (cooked under moist heat, 3 oz): 84

Spam ® (1 oz): 95

Steaks, beef (flank, sirloin, untrimmed, 3 oz): 211

Tuna (light, canned in water, drained, 3 oz): 100

Veal (untrimmed, 3 oz): 172

Miscellaneous

Beans and peas, dried (navy, lima, red, pinto, kidney
or black beans, split peas, lentils, black eye

Frozen Yogurt (nonfat, ½ cup): 100

Peas, pigeon peas) no fat added: 129

Mayonnaise (1Tbsp): 99

Mixed nuts (dry roasted, with peanuts, salted, 1 oz):
168

Peanut butter (creamy, 2 Tbsp): 180

Guacamole (1/4 cup): 93

Salad dressing (oil and vinegar, 1 Tbsp): 69

Salad dressing (Italian, ranch, 1 Tbsp): 82

Shortening (Crisco, 1 tsp): 38

Sugar (1 Tbsp): 48

Toppings (butterscotch/caramel/chocolate, 1 Tbsp): 52

Whipped cream(31% fat,sweetened,1 Tbsp): 22

Source:

http://ndep.nih.gov/media/GP_FatCal.pdf

Calories Burned During Physical Activities

The following table gives the number of calories you burn doing 10 minutes of each physical activity listed. The number of calories varies depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175-250 lbs and women ranging from 140-200 lbs. If you weigh more than this you will burn more calories per minute.

Physical Activity	Calories Burned in 10 minutes	
	Man	Woman
Light Activities	50	40
Cleaning house		
Office work		
Playing baseball		
Playing golf with a motor-cart		
Moderate Activities	80	60
Walking briskly (3.5 mph)		
Gardening		
Leisurely bicycling (5.5 mph)		
Playing basketball		
Washing windows		
Wheeling self in wheelchair		
Shoveling snow		
Walking stairs		
Water aerobics		
Dancing fast		
Strenuous Activities	120	100
Jogging (9 min/mile)		
Playing football		
Swimming		
Very Strenuous Activities	150	120
Running (7 min/mile)		
Racquetball		
Cross-country skiing		

