

Calorie Counting Food Chart

Calorie Counting Sheet

Food	Measurement	Calories
Meat/Poultry		
Chicken breast	100g	165
Chicken thighs	100g	177
Chicken wings	100g	203
Turkey (roasted)	100g	159
Turkey breast	100g	147
Beef (ground cooked 95%)	100g	174
Beef steak (sirloin)	100g	244
Pork chops (lean cooked)	100g	170
Pork tenderloin (roasted)	100g	143
Chicken breast dark meat	100g	98
Turkey dark meat(roasted)	100g	88
Deli ham	100g	125
Bacon (cooked)	100g	541
Fish		
Tuna canned	100g	180
Tuna steak (cooked)	100g	125
Cod (cooked)	100g	84
Salmon (cooked)	100g	188
Trout (cooked)	100g	150
Pollock (cooked)	100g	118
Tilapia (cooked)	100g	128
Shrimp (cooked)	100g	119
Smoked salmon	100g	191
Nuts/seeds		
Almonds	100g	579
Peanuts	100g	567
Cashews	100g	553
Macadamia nuts	100g	718
Peanut butter	100g	588
Almond butter	100g	617
Pumpkin seeds	100g	533
Walnuts	100g	654
Hazelnuts	100g	628
Chia seeds	100g	486
Sunflower seeds	100g	584
Dairy		
Yogurt (plain)	100g	61
Greek yogurt (low fat)	100g	73
Soft yogurt (low fat)	100g	67
Butter	100g	67
Ice cream	100g	72
Milk	100g	150
Cheese	100ml	43
Swiss cheese	100g	356
Cheddar	100g	299
Blue cheese	100g	403
Queso	100g	452
Provolone	100g	321
Monterey Jack	100g	359
Beans/Legumes		
Black beans	100g	132
Lentils (cooked)	100g	116
Pinto beans (cooked)	100g	143
Kidney beans (canned)	100g	84
Soy beans (boiled)	100g	133
Cannellini beans	100g	97

Food	Measurement	Calories
Vegetables		
Potatoes (boiled)	100g	87
French fries	100g	161
Sweet Potatoes (boiled)	100g	76
Carrots (cooked)	100g	35
Pumpkin (cooked)	100g	20
Butternut Squash	100g	45
Celery	100g	14
Courgette	100g	17
Broccoli (cooked)	100g	35
Cauliflower (cooked)	100g	23
Spinach (cooked)	100g	23
Green beans (canned)	100g	15
Bok choy	100g	13
Avocado	100g	160
Tomatoes	100g	18
Red Bell Peppers	100g	26
Fruits		
Cherry	100g	63
Apple	100g	52
Pear	100g	57
Orange	100g	47
Grapefruit	100g	32
Strawberries	100g	32
Blueberries	100g	57
Raspberries	100g	52
Kiwi	100g	61
Mango	100g	60
Cantaloupe	100g	34
Watermelon	100g	30
Bananas	100g	89
Pineapple	100g	50
Grains		
White Rice (cooked)	100g	130
Brown rice(cooked)	100g	112
White bread	100g	266
Whole wheat bread	100g	252
Quinoa (cooked)	100g	222
Bulgur (cooked)	100g	150
Oats (cooked)	100g	150
Spaghetti (cooked)	100g	200
Whole wheat spag (cooked)	100g	200
Bagels	100g	260
Rye bread	100g	260
Pastries		
Croissant	100g	300
Muffin (plain)	100g	300
Muffin (chocolate)	100g	407
Chocolate cake	100g	352
Cheese cake (new york)	100g	280
Cupcake frosted	1 piece (80g)	270
Donut (glazed)	1 piece (30g)	140
Cereals		
Cereal Corn Flakes	1 cup 25 g	89
Kellogg's Honey Loops	1 cup(30g)	119
Raisin Puffs	1 cup(30g)	160
Cornflakes	1 cup 30g	140



Index Or Guide For Counting Calories

RS Peters



Index Or Guide For Counting Calories:

The book delves into Index Or Guide For Counting Calories. Index Or Guide For Counting Calories is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Index Or Guide For Counting Calories, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Index Or Guide For Counting Calories
 - Chapter 2: Essential Elements of Index Or Guide For Counting Calories
 - Chapter 3: Index Or Guide For Counting Calories in Everyday Life
 - Chapter 4: Index Or Guide For Counting Calories in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Index Or Guide For Counting Calories. This chapter will explore what Index Or Guide For Counting Calories is, why Index Or Guide For Counting Calories is vital, and how to effectively learn about Index Or Guide For Counting Calories.
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4. In chapter 3, the author will examine the practical applications of Index Or Guide For Counting Calories in daily life. This chapter will showcase real-world examples of how Index Or Guide For Counting Calories can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Index Or Guide For Counting Calories in specific contexts. The fourth chapter will explore how Index Or Guide For Counting Calories is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Index Or Guide For Counting Calories. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Index Or Guide For Counting Calories.

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