

## Common Ingredients Calorie Chart

<b>Ingredient/Category</b>	<b>Description</b>	<b>Calories</b>
Asparagus	5 Medium Spears	15
Bacon	2 Pieces Pre-Cooked	50
Bagel	Small, Frozen	150
Bagel	Whole Wheat, Half	135
Banana	1 Medium	100
Beef	1lb Flank Steak, trimmed of fat	640
Beef	1lb Sirloin Tip Roast, defatted	580
Beef	1lb Lean, Ground	620
Beef	Sirloin Steak	600
Beef Broth	1 Can	25
Bell Pepper	1 Medium	35
Blueberries	4oz	65
Bread	Whole Wheat, 1 Slice	70
Bread	1 Crescent Roll, Reduced Fat	90
Breadcrumbs	1/3 Cup	110
Broccoli	1 Cup	30
Brussels Sprouts	1 Cup	40
Butter	1 Tbsp I Can't Believe It's Not Butter Light	50
Butter	1 Tbsp I Can't Believe It's Not Butter Fat Free	5
Cantaloupe	8oz	80
Carrot	1 Medium	25
Carrot	1 Medium, Baby	4
Celery	1 Stalk	6
Cheese	Cheddar, Fat Free	30
Cheese	Feta, Low-Fat, Crumbled, 1/2oz	70
Cheese	Parmesan, Reduced-Fat, 2 tsp	20
Cheese	Parmesan, Reduced-Fat, 1/4 Cup	120
Cheese	Mozarella, Part-Skim, 1oz	80
Cheese	Ricotta, Fat-Free, 15oz	345
Cheese	Cream Cheese, 2 Tbsp Fat Free	13
Cheese	Cream Cheese, 1oz Fat Free	26
Cheese	Swiss, 1oz Slice	70
Chicken	1 4oz Breast, trimmed of fat	125
Chili Sauce	1 Tbsp	20
Corn	1/2 Cup, Canned	80
Cream of Wheat	1 Packet Instant	130
Crushed Tomatoes	28oz Can	255
Diced Tomatoes	28oz Can	165
Dressing	Balsamic Vinaigrette, 2 Tbsp	5
Dressing	Light Dressing, 2 Tbsp	50
Egg	1 Whole	80
Egg Beaters	1/4 Cup	30
Egg White	1 Egg White	17
Eggplant	1 Medium	130
English Muffin	Whole Wheat	130
Fish	Salmon, 1lb	525
Fish	Orange Roughy, 1lb	345
Fish	Catfish, 1lb	615
Fish	Halibut, 1lb	500
Flour	1 Tbsp	60
Garlic	1 Clove	4
Grapefruit Sections	1/2 Cup	50
Grapes	5oz	100
Green Beans	1 Cup	25
Green Onions	1 Cup, chopped	32
Ham	1oz 99% Fat Free Slice	30
Hoisin Sauce	1 Tbsp	35

## Common Ingredients Calorie Chart

Honey	1 Tbsp	65
Horseradish Sauce	1 Tbsp	7
Jelly	1 Tbsp Sugar Free	10
Ketchup	1 Tbsp	15
Kiwi	1 Medium	45
Lettuce	2 Cups	15
Mashed Potatoes	1/2 Cup, Using Skim Milk	90
Mayonaise	1 Tbsp Fat Free	15
Milk	1 Cup Skim	90
Molasses	1 Tbsp	60
Mushroom	1lb Button Mushrooms	100
Mustard	1 tsp	3
Noodles	Egg Noodles, 2oz	210
Noodles	Whole Wheat Noodles, 2oz	200
Oatmeal	1 Packet Instant	170
Olive Oil	1 Tbsp	120
Onion	1 Medium	50
Peanut Butter	2 Tbsp Reduced Fat	180
Peas	1/2 Cup	60
Pepperoni	12 Pieces	120
Pita	1 Large, Whole Wheat	140
Pork	1lb Tenderloin Roast, defatted	545
Pork	1lb Loin Chops	530
Prosciutto	1 Slice, 1/2 oz	25
Raisin Bran	1 Cup	155
Raspberries	3oz	45
Red Potato	1lb	400
Rice	1 Cup, cooked	170
Rice Cakes	7 Mini Cakes	60
Roast Beef	1oz 99% Fat Free Slice	30
Scallops	1lb Raw	400
Sesame Oil	1 Tbsp	120
Shrimp	1lb Raw	480
Soup	Cream of Mushroom, 1 can	260
Soup	Cream of Chicken, 1 can	270
Soy Sauce	1 Tbsp	8
Soy Sauce	1 Cup	135
Spinach	12oz bunch	80
Strawberries	5oz	45
Sweet Potato	1 Medium	110
Teriyaki Sauce	1 Tbsp	15
Teriyaki Sauce	1 Cup	240
Tomato	1 Medium	25
Tomato	5 Cherry Tomatoes	15
Tomato Paste	6oz Can	125
Tomato Sauce	15oz Can	135
Tortilla	1 Large, Whole Wheat	120
Tuna	5.8oz Can	190
Vinegar	1 Tbsp	3
Worcestershire Sauce	1 Tbsp	5
Zucchini	1 Medium	30