

Calories in Common Foods

Food	Serving Size	Calories
Fruit		
Apple	1 (4 oz.)	59
Banana	1 (6 oz.)	151
Grapes	1 cup	100
Orange	1 (4 oz.)	53
Pear	1 (5 oz.)	82
Peach	1 (6 oz.)	67
Pineapple	1 cup	82
Strawberry	1 cup	53
Watermelon	1 cup	50
Vegetables		
Asparagus	1 cup	27
Broccoli	1 cup	45
Carrots	1 cup	50
Cucumber	4 oz.	17
Eggplant	1 cup	35
Lettuce	1 cup	5
Tomato	1 cup	22
Proteins		
Beef, regular, cooked	2 oz.	142
Chicken, cooked	2 oz.	136
Tofu	4 oz.	86
Egg	1 large	78
Fish, Catfish, cooked	2 oz.	136
Pork, cooked	2 oz.	137
Shrimp, cooked	2 oz.	56
Common Meals/Snacks		
Bread, white	1 slice (1 oz.)	75
Butter	1 tablespoon	102

Caesar salad	3 cups	551
Cheeseburger	1 sandwich	285
Hamburger	1 sandwich	250
Dark Chocolate	1 oz.	155
Corn	1 cup	132
Pizza	1 slice (14")	285
Potato	6 oz.	130
Rice	1 cup cooked	206
Sandwich	1 (6" Subway Turkey Sandwich)	200
Beverages/Dairy		
Beer	1 can	154
Coca-Cola Classic	1 can	150
Diet Coke	1 can	0
Milk (1%)	1 cup	102
Milk (2%)	1 cup	122
Milk (Whole)	1 cup	146
Orange Juice	1 cup	111
Apple cider	1 cup	117
Yogurt (low-fat)	1 cup	154
Yogurt (non-fat)	1 cup	110

* 1 cup = ~250 milliliters, 1 table spoon = 14.2 gram

Energy from Common Food Components

Food Components	kJ per gram	Calorie (kcal) per gram	kJ per ounce	Calorie (kcal) per ounce
Fat	37	8.8	1,049	249
Proteins	17	4.1	482	116
Carbohydrates	17	4.1	482	116
Fiber	8	1.9	227	54
Ethanol (drinking alcohol)	29	6.9	822	196
Organic acids	13	3.1	369	88
Polyols (sugar alcohols, sweeteners)	10	2.4	283	68