| **Popular Breakfast Items** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| **Eggs (1 egg serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-whole-cooked?portionid=11940&portionamount=1.000)Cooked Egg](https://www.fatsecret.com/calories-nutrition/generic/egg-whole-cooked?portionid=11940&portionamount=1.000) | 6.11 | 0.63 | 6.14 | 84 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-white-only-cooked?portionid=9512&portionamount=1.000)Cooked Egg Whites](https://www.fatsecret.com/calories-nutrition/generic/egg-white-only-cooked?portionid=9512&portionamount=1.000) | 0.06 | 0.24 | 3.58 | 17 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/egg-omelet?portionid=29455&portionamount=1.000)Egg Omelet](https://www.fatsecret.com/calories-nutrition/usda/egg-omelet?portionid=29455&portionamount=1.000) | 7.33 | 0.42 | 6.48 | 93 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/fried-egg?portionid=29450&portionamount=1.000)Fried Egg](https://www.fatsecret.com/calories-nutrition/usda/fried-egg?portionid=29450&portionamount=1.000) | 7.04 | 0.40 | 6.27 | 92 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-whole-boiled?portionid=11942&portionamount=1.000)Hard Boiled Egg](https://www.fatsecret.com/calories-nutrition/generic/egg-whole-boiled?portionid=11942&portionamount=1.000) | 5.28 | 0.56 | 6.26 | 77 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/poached-egg?portionid=29456&portionamount=1.000)Poached Egg](https://www.fatsecret.com/calories-nutrition/usda/poached-egg?portionid=29456&portionamount=1.000) | 4.95 | 0.38 | 6.26 | 74 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/scrambled-egg?portionid=40472&portionamount=1.000)Scrambled Egg](https://www.fatsecret.com/calories-nutrition/usda/scrambled-egg?portionid=40472&portionamount=1.000) | 7.60 | 0.98 | 6.50 | 100 |
| **Breakfast Biscuits (1 biscuit serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/bacon-on-biscuit?portionid=9886&portionamount=1.000)Bacon on Biscuit](https://www.fatsecret.com/calories-nutrition/generic/bacon-on-biscuit?portionid=9886&portionamount=1.000) | 17.88 | 40.40 | 8.85 | 357 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/biscuit-cheese?portionid=14711&portionamount=1.000)Cheese Biscuit](https://www.fatsecret.com/calories-nutrition/generic/biscuit-cheese?portionid=14711&portionamount=1.000) | 5.66 | 12.55 | 2.78 | 112 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-and-bacon-on-biscuit?portionid=11834&portionamount=1.000)Egg and Bacon Biscuit](https://www.fatsecret.com/calories-nutrition/generic/egg-and-bacon-on-biscuit?portionid=11834&portionamount=1.000) | 25.70 | 23.63 | 14.05 | 378 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-and-cheese-on-biscuit?portionid=8823&portionamount=1.000)Egg and Cheese Biscuit](https://www.fatsecret.com/calories-nutrition/generic/egg-and-cheese-on-biscuit?portionid=8823&portionamount=1.000) | 25.77 | 35.46 | 13.09 | 426 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-and-ham-on-biscuit?portionid=11081&portionamount=1.000)Egg and Ham Biscuit](https://www.fatsecret.com/calories-nutrition/generic/egg-and-ham-on-biscuit?portionid=11081&portionamount=1.000) | 19.43 | 25.27 | 14.68 | 331 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-and-sausage-on-biscuit?portionid=11129&portionamount=1.000)Egg and Sausage Biscuit](https://www.fatsecret.com/calories-nutrition/generic/egg-and-sausage-on-biscuit?portionid=11129&portionamount=1.000) | 34.83 | 37.03 | 17.24 | 523 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-ham-on-biscuit?portionid=9924&portionamount=1.000)Egg, Cheese and Ham Biscuit](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-ham-on-biscuit?portionid=9924&portionamount=1.000) | 24.57 | 42.69 | 18.57 | 459 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/ham-on-biscuit?portionid=11069&portionamount=1.000)Ham Biscuit](https://www.fatsecret.com/calories-nutrition/generic/ham-on-biscuit?portionid=11069&portionamount=1.000) | 17.28 | 41.08 | 12.56 | 363 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/sausage-on-biscuit?portionid=11050&portionamount=1.000)Sausage Biscuit](https://www.fatsecret.com/calories-nutrition/generic/sausage-on-biscuit?portionid=11050&portionamount=1.000) | 30.24 | 38.10 | 11.53 | 461 |
| **Breakfast Sandwiches (1 sandwich serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/bacon-and-egg-sandwich?portionid=9981&portionamount=1.000)Bacon and Egg Sandwich](https://www.fatsecret.com/calories-nutrition/generic/bacon-and-egg-sandwich?portionid=9981&portionamount=1.000) | 20.76 | 27.67 | 21.04 | 388 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-bacon-and-egg?portionid=18983&portionamount=1.000)Bacon and Egg Croissant Sandwich](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-bacon-and-egg?portionid=18983&portionamount=1.000) | 24.14 | 29.82 | 14.63 | 398 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-bacon-egg-and-cheese?portionid=19541&portionamount=1.000)Bacon, Egg and Cheese Croissant Sandwich](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-bacon-egg-and-cheese?portionid=19541&portionamount=1.000) | 24.39 | 25.13 | 15.59 | 385 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/egg-and-cheese-sandwich?portionid=40549&portionamount=1.000)Egg and Cheese Sandwich](https://www.fatsecret.com/calories-nutrition/usda/egg-and-cheese-sandwich?portionid=40549&portionamount=1.000) | 19.42 | 25.93 | 15.61 | 340 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-ham-egg-and-cheese?portionid=22535&portionamount=1.000)Ham, Egg and Cheese Croissant Sandwich](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-ham-egg-and-cheese?portionid=22535&portionamount=1.000) | 23.64 | 25.06 | 21.38 | 402 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-sausage-egg-and-cheese?portionid=16891&portionamount=1.000)Sausage, Egg and Cheese Croissant Sandwich](https://www.fatsecret.com/calories-nutrition/generic/croissant-sandwich-with-sausage-egg-and-cheese?portionid=16891&portionamount=1.000) | 38.92 | 26.32 | 19.84 | 539 |
| **Breakfast Muffins (1 muffin serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-bacon-on-english-muffin?portionid=11154&portionamount=1.000)Egg, Cheese and Bacon English Muffin](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-bacon-on-english-muffin?portionid=11154&portionamount=1.000) | 19.36 | 30.12 | 20.83 | 382 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-ham-on-english-muffin?portionid=11332&portionamount=1.000)Egg, Cheese and Ham English Muffin](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-ham-on-english-muffin?portionid=11332&portionamount=1.000) | 13.38 | 25.77 | 20.05 | 307 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-sausage-on-english-muffin?portionid=11945&portionamount=1.000)Egg, Cheese and Sausage English Muffin](https://www.fatsecret.com/calories-nutrition/generic/egg-cheese-and-sausage-on-english-muffin?portionid=11945&portionamount=1.000) | 29.78 | 29.24 | 19.80 | 466 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/english-muffin-with-egg-cheese-and-canadian-bacon?portionid=40475&portionamount=1.000)Egg, Cheese and Canadian Bacon English Muffin](https://www.fatsecret.com/calories-nutrition/usda/english-muffin-with-egg-cheese-and-canadian-bacon?portionid=40475&portionamount=1.000) | 12.59 | 26.74 | 16.69 | 289 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/english-muffin-with-butter?portionid=40473&portionamount=1.000)English Muffin with Butter](https://www.fatsecret.com/calories-nutrition/usda/english-muffin-with-butter?portionid=40473&portionamount=1.000) | 5.76 | 30.36 | 4.87 | 189 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/ham-and-cheese-on-english-muffin?portionid=11048&portionamount=1.000)Ham and Cheese English Muffin](https://www.fatsecret.com/calories-nutrition/generic/ham-and-cheese-on-english-muffin?portionid=11048&portionamount=1.000) | 11.78 | 17.33 | 17.79 | 249 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/sausage-and-cheese-on-english-muffin?portionid=8845&portionamount=1.000)Sausage and Cheese English Muffin](https://www.fatsecret.com/calories-nutrition/generic/sausage-and-cheese-on-english-muffin?portionid=8845&portionamount=1.000) | 24.05 | 28.91 | 15.21 | 390 |

| **https://d1nept1345ks2.cloudfront.net/static/images/box/recipesicon.gif**  **Other Common Breakfast Items** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/plain-pancakes?portionid=39146&portionamount=1.000)1 4" Plain Pancake](https://www.fatsecret.com/calories-nutrition/usda/plain-pancakes?portionid=39146&portionamount=1.000) | 3.69 | 10.75 | 2.43 | 86 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/cereal?portionid=17224&portionamount=1.000)1 cup Cereal](https://www.fatsecret.com/calories-nutrition/generic/cereal?portionid=17224&portionamount=1.000) | 1.12 | 27.40 | 2.39 | 124 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/oatmeal-cooked-regular?portionid=15329&portionamount=1.000)1 cup Oatmeal](https://www.fatsecret.com/calories-nutrition/generic/oatmeal-cooked-regular?portionid=15329&portionamount=1.000) | 2.39 | 25.37 | 6.06 | 145 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/bread-toasted?portionid=12160&portionamount=1.000)1 slice Toasted Bread](https://www.fatsecret.com/calories-nutrition/generic/bread-toasted?portionid=12160&portionamount=1.000) | 0.96 | 13.06 | 2.16 | 70 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/french-toast-with-butter?portionid=40477&portionamount=1.000)1 slice French Toast with Butter](https://www.fatsecret.com/calories-nutrition/usda/french-toast-with-butter?portionid=40477&portionamount=1.000) | 9.38 | 18.02 | 5.17 | 178 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/burrito-breakfast?portionid=625676&portionamount=1.000)1 Breakfast Burrito](https://www.fatsecret.com/calories-nutrition/generic/burrito-breakfast?portionid=625676&portionamount=1.000) | 18.57 | 17.96 | 16.19 | 305 |

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**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

**Calories Burned from Common Exercises:**

|  |  |  |  |
| --- | --- | --- | --- |
| Activity (1 hour) | 125 lb person | 155 lb person | 185 lb person |
| Golf (using cart) | 198 | 246 | 294 |
| Walking (3.5 mph) | 215 | 267 | 319 |
| Kayaking | 283 | 352 | 420 |
| Softball/Baseball | 289 | 359 | 428 |
| Swimming (free-style, moderate) | 397 | 492 | 587 |
| Tennis (general) | 397 | 492 | 587 |
| Running (9 minute mile) | 624 | 773 | 923 |
| Bicycling (12-14 mph, moderate) | 454 | 562 | 671 |
| Football (general) | 399 | 494 | 588 |
| Basketball (general) | 340 | 422 | 503 |
| Soccer (general) | 397 | 492 | 587 |

**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 |

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| **Popular Types of Cheese Pizza** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| **Regular Crust (1 piece serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese?portionid=17049&portionamount=1.000)Cheese Pizza](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese?portionid=17049&portionamount=1.000) | 10.10 | 26.08 | 10.60 | 237 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables?portionid=18065&portionamount=1.000)Cheese Pizza with Vegetables](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables?portionid=18065&portionamount=1.000) | 8.95 | 30.93 | 9.33 | 242 |
| **Thin Crust (1 piece serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-thin-crust?portionid=18766&portionamount=1.000)Thin Crust Cheese Pizza](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-thin-crust?portionid=18766&portionamount=1.000) | 9.27 | 21.79 | 9.25 | 208 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables-thin-crust?portionid=17559&portionamount=1.000)Thin Crust Cheese Pizza with Vegetables](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables-thin-crust?portionid=17559&portionamount=1.000) | 8.11 | 23.99 | 8.59 | 202 |
| **Thick Crust (1 piece serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-thick-crust?portionid=16643&portionamount=1.000)Thick Crust Cheese Pizza](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-thick-crust?portionid=16643&portionamount=1.000) | 10.02 | 30.07 | 11.47 | 256 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-fruit-thick-crust?portionid=18839&portionamount=1.000)Thick Crust Cheese Pizza with Fruit](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-fruit-thick-crust?portionid=18839&portionamount=1.000) | 10.18 | 42.83 | 10.70 | 307 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables-thick-crust?portionid=16103&portionamount=1.000)Thick Crust Cheese Pizza with Vegetables](https://www.fatsecret.com/calories-nutrition/generic/pizza-cheese-with-vegetables-thick-crust?portionid=16103&portionamount=1.000) | 9.87 | 39.06 | 10.14 | 287 |

| **https://d1nept1345ks2.cloudfront.net/static/images/box/recipesicon.gif**  **Other Common Suggestions** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/cheese-pizza-(frozen-cooked)?portionid=40597&portionamount=1.000)1 Frozen Cheese Pizza](https://www.fatsecret.com/calories-nutrition/usda/cheese-pizza-(frozen-cooked)?portionid=40597&portionamount=1.000) | 24.44 | 57.75 | 20.62 | 533 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/topping-from-cheese-pizza?portionid=1599&portionamount=1.000)1 Topping from slice Cheese Pizza](https://www.fatsecret.com/calories-nutrition/generic/topping-from-cheese-pizza?portionid=1599&portionamount=1.000) | 2.99 | 1.90 | 3.49 | 48 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/pizza-no-cheese-thin-crust?portionid=18612&portionamount=1.000)1 piece Thin Crust No Cheese Pizza](https://www.fatsecret.com/calories-nutrition/generic/pizza-no-cheese-thin-crust?portionid=18612&portionamount=1.000) | 3.71 | 22.03 | 3.08 | 134 |

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| **Popular Types of Chips** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| **Potato Chips (1 oz or 1 bag serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(salted)?portionid=40167&portionamount=1.000)Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(salted)?portionid=40167&portionamount=1.000) | 10.62 | 14.10 | 1.86 | 155 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(unsalted)?portionid=40235&portionamount=1.000)Unsalted Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(unsalted)?portionid=40235&portionamount=1.000) | 9.81 | 15.00 | 1.98 | 152 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(reduced-fat)?portionid=40184&portionamount=1.000)Reduced Fat Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(reduced-fat)?portionid=40184&portionamount=1.000) | 5.90 | 18.97 | 2.01 | 134 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(light-from-dried-potatoes)?portionid=39687&portionamount=1.000)Light Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(light-from-dried-potatoes)?portionid=39687&portionamount=1.000) | 7.29 | 18.40 | 1.59 | 142 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(fat-free-made-with-olestra)?portionid=40186&portionamount=1.000)Fat Free Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/potato-chips-(fat-free-made-with-olestra)?portionid=40186&portionamount=1.000) | 0.20 | 16.78 | 1.88 | 75 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/barbecue-flavor-potato-chips?portionid=39683&portionamount=1.000)Barbecue Flavor Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/barbecue-flavor-potato-chips?portionid=39683&portionamount=1.000) | 9.19 | 14.97 | 2.18 | 139 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/sour-cream-and-onion-flavor-potato-chips?portionid=39685&portionamount=1.000)Sour Cream and Onion Flavor Potato Chips](https://www.fatsecret.com/calories-nutrition/usda/sour-cream-and-onion-flavor-potato-chips?portionid=39685&portionamount=1.000) | 9.61 | 14.60 | 2.30 | 151 |
| **Tortilla Chips (1 oz or 1 bag serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/tortilla-chips-(white-corn)?portionid=39704&portionamount=1.000)White Corn Tortilla Chips](https://www.fatsecret.com/calories-nutrition/usda/tortilla-chips-(white-corn)?portionid=39704&portionamount=1.000) | 6.62 | 18.52 | 2.21 | 138 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/tortilla-chips-(low-fat-baked)?portionid=45827&portionamount=1.000)Low Fat Baked Tortilla Chips](https://www.fatsecret.com/calories-nutrition/usda/tortilla-chips-(low-fat-baked)?portionid=45827&portionamount=1.000) | 1.62 | 22.68 | 3.12 | 118 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/taco-flavor-tortilla-chips?portionid=39716&portionamount=1.000)Taco Flavor Tortilla Chips](https://www.fatsecret.com/calories-nutrition/usda/taco-flavor-tortilla-chips?portionid=39716&portionamount=1.000) | 6.86 | 17.89 | 2.24 | 136 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/nacho-flavor-tortilla-chips?portionid=39706&portionamount=1.000)Nacho Flavor Tortilla Chips](https://www.fatsecret.com/calories-nutrition/usda/nacho-flavor-tortilla-chips?portionid=39706&portionamount=1.000) | 7.34 | 17.19 | 2.27 | 144 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/nacho-flavor-tortilla-chips-(reduced-fat)?portionid=40187&portionamount=1.000)Reduced Fat Nacho Flavor Tortilla Chips](https://www.fatsecret.com/calories-nutrition/usda/nacho-flavor-tortilla-chips-(reduced-fat)?portionid=40187&portionamount=1.000) | 4.31 | 20.30 | 2.47 | 126 |
| **Corn Chips (1 oz or 1 bag serving)** | | | | |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/plain-corn-chips?portionid=39634&portionamount=1.000)Plain Corn Chips](https://www.fatsecret.com/calories-nutrition/usda/plain-corn-chips?portionid=39634&portionamount=1.000) | 8.05 | 17.86 | 1.71 | 147 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/corn-chips-(unsalted)?portionid=46858&portionamount=1.000)Unsalted Corn Chips](https://www.fatsecret.com/calories-nutrition/usda/corn-chips-(unsalted)?portionid=46858&portionamount=1.000) | 9.47 | 16.27 | 1.87 | 158 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/barbecue-flavor-corn-chips?portionid=39636&portionamount=1.000)Barbecue Flavor Corn Chips](https://www.fatsecret.com/calories-nutrition/usda/barbecue-flavor-corn-chips?portionid=39636&portionamount=1.000) | 9.27 | 15.93 | 1.98 | 148 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/usda/onion-flavor-corn-chips?portionid=39640&portionamount=1.000)Onion Flavor Corn Chips](https://www.fatsecret.com/calories-nutrition/usda/onion-flavor-corn-chips?portionid=39640&portionamount=1.000) | 6.41 | 18.46 | 2.18 | 142 |

| **https://d1nept1345ks2.cloudfront.net/static/images/box/recipesicon.gif**  **Other Common Suggestions** | **Fat(g)** | **Carbs(g)** | **Prot(g)** | **Calories** |
| --- | --- | --- | --- | --- |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips?portionid=17549&portionamount=1.000)1 single serving bag Tortilla Corn Chips](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips?portionid=17549&portionamount=1.000) | 6.54 | 18.29 | 2.18 | 137 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-corn-chips-corn-cheese-chips-unsalted?portionid=19201&portionamount=1.000)1 single serving bag Unsalted Cheese Corn Chips](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-corn-chips-corn-cheese-chips-unsalted?portionid=19201&portionamount=1.000) | 9.35 | 16.07 | 1.85 | 156 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips-fat-free-made-with-olean?portionid=15371&portionamount=1.000)1 single serving bag Fat Free Tortilla Corn Chips](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips-fat-free-made-with-olean?portionid=15371&portionamount=1.000) | 0.83 | 13.25 | 1.70 | 67 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips-lowfat-baked-without-fat?portionid=18269&portionamount=1.000)1 cup Lowfat Tortilla Corn Chips](https://www.fatsecret.com/calories-nutrition/generic/salty-snacks-corn-or-cornmeal-base-tortilla-chips-lowfat-baked-without-fat?portionid=18269&portionamount=1.000) | 1.82 | 25.60 | 3.52 | 133 |
| [[https://d1nept1345ks2.cloudfront.net/static/images/icons/myfs_box_blue.gif](https://www.fatsecret.com/calories-nutrition/generic/white-potato-french-fries-from-frozen-deep-fried?portionid=21169&portionamount=1.000)1 medium order French Fries](https://www.fatsecret.com/calories-nutrition/generic/white-potato-french-fries-from-frozen-deep-fried?portionid=21169&portionamount=1.000) | 22.82 | 50.29 | 5.04 | 427 |

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https://www.fatsecret.com/calories-nutrition/group/snacks