

# COUNTING CALORIES

How to Count Calories and Lose Weight Fast



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# Losing Weight While Counting Calories

Counting calories while on a diet will help you to achieve your ultimate weight loss goals. There are many different types of healthy foods and drinks to consume while on your journey to lose weight. Make sure you are keeping a positive mind while counting calories during your healthy diet.

Before starting a low-calorie diet, make sure to calculate exactly how much weight you would like to lose. Setting goals before starting a diet to lose weight will really help you to reach your ultimate weight loss.

Another thing to do prior to starting a low-calorie diet; go through the kitchen and get rid of any junk food you may have. This will help you not to snack on unwanted calories. Next, make a grocery list every week and only buy those items on the list. It will help if you can put together meals prior to going to the grocery store, so you know exactly what ingredients you need for each meal.

While counting calories to lose weight, you must stay active. Make sure you are working out at least once a day. Whether it be in the morning or evening, make sure you are trying your hardest to lose as much weight as you can. Working out for at least thirty-forty five minutes a day will help you lose as much weight as possible. If you have more time to work out, the better results you will have.

For women, your daily intake should be between 1,200-1,600 calories per day. The amount of calories you should be taking in per day depends on your age, height, and how active you are. There are several calorie calculators all over the internet. These calculators will allow you to type in your age, gender, height, weight, and how physically active you are and they will show you exactly how many calories you should be consuming each day.

For men, your calorie intake will be a little higher than it is for women. You should be eating 10 calories per each pound of your body weight every day.

For men, you should be eating between 2,000-2,400 calories per day. Make sure you also look for a calorie calculator on the internet to determine exactly how many calories you should be consuming each day.

Keep in mind, just because you are eating healthy doesn't mean you will lose ten pounds right away. You must exercise to achieve your ultimate weight loss goals.

Keeping a weight loss journal will be very beneficial to you while you are on a counting calories diet. Be sure to write down everything you are eating and how many calories are in each serving of food you are consuming, every meal. Weigh yourself once a week and write down in your journal how much the scale says. Each week, go ahead and compare your weight to the previous weeks. Make sure to write down the different types of workouts you are doing each day and how long you are exercising for.

Obviously we need calories to help us burn fat throughout the day, but we don't want to over indulge on unnecessary calories. If you eat more than you should, then your body will start storing the excess calories as fat, meaning you will gain weight. This is why you must portion out the foods that you eat and take control of your weight by counting the calories from each food you are consuming. This will help your body to be able to maintain your weight and not store unwanted fat.

If you consume a lot of carbohydrates, your body will not be able to break it down and it will ultimately turn it into sugar. This is why it is important to not eat too many carbohydrates. With that in mind, our bodies do need some carbs to function properly. A little bit of carbs a day will be good for your blood sugar and keep your brain steady.

Counting calories and keeping track of everything you are consuming in your journal, will help push you to lose as much weight as you can. I know it doesn't sound like a fun thing to do everyday, but once you start keeping track of what you are eating and your weight, then this will really show you what you need to add to your diet, or take away from.

In this book, you will find lists of different types food and their calorie counts. Make sure you portion out everything you eat. For protein, be sure to not eat more than three ounces each meal. This size will be comparable to the palm of your hand. Get your body used to not over eating. Once you get past the first three days while on a low-calorie diet, it will be very easy to keep eating healthy and not over indulge.

# Calorie Counts of Vegetables

Here we have a list of the most common vegetables and the calorie counts for each. All of the vegetables listed below are in alphabetical order and are going to have the calorie counts in one pound.

Make sure you portion your vegetables out to the appropriate size before eating.

## **Vegetables with their Calorie counts in one pound:**

- Alfalfa sprouts- 132
- Artichokes- 60
- Asparagus- 91
- Beets- 195
- Bell peppers- 112
- Black beans- 1,200
- Bok choy- 59
- Broccoli- 154
- Brussels sprouts- 195
- Cabbage- 109
- Carrots- 186
- Cauliflower- 113
- Celery- 64
- Cucumber- 68
- Edamame- 310
- Eggplant- 109
- Garbanzo beans- 511
- Garlic- 672
- Ginger- 368

- Green beans- 144
- Iceberg lettuce- 64
- Jalapenos- 128
- Kale- 224
- Kidney beans- 384
- Leeks- 144
- Lentils- 1,600
- Lima beans- 512
- Mushrooms- 96
- Okra- 144
- Onions- 192
- Olives- 528
- Pinto beans- 288
- Potatoes- 320
- Pumpkin- 98
- Radish- 80
- Rhubarb- 96
- Romaine lettuce- 80
- Shallots- 328
- Snow peas- 192
- Spinach- 112
- Squash- 64
- Sugar snap peas- 192
- Sweet potatoes- 416
- Tomatoes- 80
- Turnips- 128
- Zucchini- 80

After seeing all of the vegetables listed above with each of their calorie counts in one pound, you can tell that not every vegetable is as healthy as we



may think. Some of these vegetables calorie intakes are extremely high, so while on this low calorie diet, be aware of how much of each vegetable you are consuming and adding to recipes.

Stick with the vegetables, which are lower in calories. Try and stay away from the vegetables which are greater in carbohydrates/calories. For example; potatoes, carrots, corn, pees, and beans. Only eat these vegetables in moderation.

# Calorie Counts of Fruit

## **Fruit:**

Below there is a list of different types of fruits in alphabetical order with each of their calorie counts configured into one cup.

- Apples- 65
- Apricots- 381
- Avocado- 234
- Bananas- 200
- Blueberries- 85
- Blackberries- 62
- Cantaloupe- 54
- Cherries- 77
- Cranberries- 46
- Dates- 414
- Figs-490
- Grapes- 62
- Grapefruit- 39
- Honeydew melons- 61
- Huckleberries- 83
- Kiwi- 108
- Lemons- 61
- Limes- 62
- Lychees- 125
- Mangoes- 99
- Nectarines- 61

- Oranges- 85
- Papaya- 62
- Passion fruit- 229
- Peaches- 61
- Pears- 92
- Pineapple- 82
- Plums- 76
- Pomegranate- 144
- Raspberries- 65
- Star fruit- 33
- Strawberries- 76
- Tangerines- 104
- Watermelon- 46

# Calorie Counts of Cheese and Other Proteins

## **Cheese:**

All of the different types of calorie counts for the cheeses listed below are counted in one tablespoon.

- American cheese- 44
- Asiago- 20
- Bleu cheese- 36
- Brie- 30
- Cheddar- 37
- Colby- 26
- Cottage cheese- 8
- Cream cheese- 34
- Feta- 24
- Fontina- 26
- Goat cheese- 20
- Gorgonzola- 50
- Gouda- 48
- Monterey jack- 49
- Mozzarella- 39
- Muenster- 51
- Parmesan- 22
- Pepper jack- 53
- Provolone- 49
- Ricotta- 26

- Swiss- 53

## **Meat:**

All of the different types of meat, with their calorie counts are all calculated in one pound.

- Duck (including meat and skin)- 916
- Chicken (including meat and skin)- 499
- Lamb shank- 581
- Pork loin- 544
- Roast beef-738
- Sirloin - 912
- Turkey- 771
- Veal- 482

## **Seafood:**

All of the seafood listed below have the calorie counts configured into one pound.

- Clams- 50
- Crab legs- 381
- Fish (tilapia)- 435
- Lobster- 114
- Mussels- 390
- Oysters- 365
- Scallops- 399
- Shrimp- 481

# Calorie Counts of Oils, Sauces, and Condiments

## **Cooking Oils:**

Below we have a list of different types of cooking oils with their calorie counts-calculated into one tablespoon.

- Butter- 102
- Canola- 124
- Coconut- 116
- Olive- 119
- Peanut- 119
- Sesame- 120
- Vegetable- 121

Olive and coconut oil are going to be the best oils to use while cooking meals. Olive oil is high in calories, but it is considered to being a good source of fat, so make sure you use it in moderation when cooking. Coconut oil is also known as a healthy fat. Coconut oil is great to coat the bottom of a frying pan when cooking eggs. If you add one teaspoon of coconut oil to a smoothie, it helps to make it creamy and it is healthy for you!

## **Sauces and Condiments:**

Below we have a list of different types of sauces and condiments with each calorie count in one tablespoon.

- Barbecue- 29
- Cocktail- 20
- Jelly- 51
- Ketchup- 19
- Mayonnaise- 94
- Mustard (yellow)- 12
- Peanut butter- 94
- Salsa- 4
- Sour cream- 23
- Soy sauce- 9
- Sriracha- 15
- Steak Sauce (A1)- 15
- Tabasco- 4
- Tartar- 74
- Tomato sauce- 42
- Teriyaki- 15
- Vinegar- 3
- Whipped cream- 8
- Worcestershire- 13



# Calorie Counts of Beverages

## **Fresh Fruit and Vegetable Juices:**

Below there is a list of different types of fresh fruit and vegetable juices, each with the calorie counts in one cup.

- Fresh apple juice- 113
- Carrot juice- 94
- Coconut water- 46
- Cranberry juice- 117
- Grape juice- 154
- Grapefruit juice- 96
- Orange juice- 111
- Pineapple juice- 82
- Pomegranate juice- 136
- Tomato juice- 42

If you have a juicer, then this would be a great snack to drink in the middle of the day. There are many different types of fruits and vegetables to mix together to make a delicious and healthy juice!

## **Milk:**

Here we have a list of different types of milk with each calorie count in one cup.

- 1% fat milk- 102
- 2% fat milk- 122
- Almond milk- 40
- Coconut milk- 552
- Half and half- 315
- Soy milk- 131
- Skim milk- 91
- Whole milk- 103

As you can see, milk doesn't have a very low calorie count. If you enjoy cream in your coffee in the mornings, substitute it for almond milk. Almond milk is healthier and the calories are much lower than half and half or regular milk.

## **Alcohol:**

There are many different types of alcoholic beverages and they all have many different flavors and brands. To really know which brand you like and how many calories are in one glass, you must read the labels to get the exact number of calories.

While on a low-calorie diet, do not consume too much alcohol. If you want to reach your ultimate weight loss goals, you must try your hardest to stay away from consuming alcoholic beverages.

Here we have a list of different types of alcohol with their calorie counts:

### **Beer**

There are many different types of beer out there. Most beer ranges from 150-300 calories per bottle/can.

### **Red wine**

There are many different types of red wines in the world, but the calorie counts average between 100-135 calories per glass of red wine.

### **White wine**

Same as red wine, there are many different types of white wine. On an average, one glass of white wine is comparable to 115-150 calories per glass.

### **Gin**

One shot of gin ranges between 75-115 calories, depending on which brand you are drinking.

### **Vodka**

One shot of vodka is in between 60-120 calories, depending on which brand you choose.

### **Whiskey**

There are about 100-125 calories in one shot of whiskey, depending on which brand of whiskey you drink.

## **Rum**

One shot of rum ranges between 65-100 calories, depending on what type of rum you choose.

If you do enjoy an alcoholic beverage here and there, drink a mix of vodka and club soda. There are zero calories in club soda and you can add slices of fresh lemon, lime, or orange to your drink to make it more tasteful.

# Miscellaneous Food and Beverages

## **Nuts**

Nuts are very high in calories. I'm definitely not saying nuts are bad for you, but be sure to watch how many nuts you are consuming, as they may take up a lot of your calorie intake for the day. A handful of nuts could contain 200-400 calories, depending on which type of nut it is. Make sure to look up how many calories are in each nut before consuming them.

## **Eggs**

Eggs are going to be your best friend through this weight loss journey. Eggs are low in calories and will give you the largest boost of energy that your body needs to get through the day. One large egg is equal to 70 calories.

## **Bread**

Unfortunately, while you are on a low-calorie diet, you must stay away from consuming any type of bread. This will add unwanted carbohydrates to your diet and bread is harder for our bodies to break down. Ultimately, bread will turn into stored fat in your body. One slice of white bread equals 79 calories, and these are not the good type calories you want.

## **Rice**

While on a low-calorie diet, you may want to stay away from grains, such as rice. One cup of white rice contains 200 calories. In brown rice, one cup contains 217 calories. And these are not the type of calories you want. Brown rice is high in fiber and contains vitamin B, so if you must eat rice, brown rice is the way to go, because it has a better nutritional value.

For dressings and different types of bottled beverages, make sure to check the back of each label for the calorie counts. For snacks such as; yogurt, popcorn, fruit bars, or anything else packaged in the store, be sure to check the nutritional label first before consuming.

Sodas and other types of bottled drinks are not what you want to drink while on a low-calorie diet. There are many different types of soft drinks and they all range from 100-180 calories per bottle/can.

In coffee and iced/hot tea there are two calories in one cup. Make sure when you drink these two that you do not add any sugar to them. If you want to drink either of these two beverages and would like them sweetened, go ahead and add no more than one teaspoon of honey into them.

When going out to a restaurant while on a low-calorie diet, be sure to order something you know that you can have. Order a salad with plain grilled chicken, fish, shrimp, or steak and for dressing - ask for oil and vinegar. If you are out to eat and don't have your weight loss journal with you, go ahead and type it into your phone and when you get home, copy what you ate to your journal.

# Conclusion

As you can see after reading this book - not every vegetable, fruit, protein or bottled drinks are good for us. There are many different types of food in this world that may sound healthy, but after reading the nutritional labels, you can really tell what is good for you and what is not.

Don't forget to exercise as much as you can. It is very important to be active while eating a healthy diet, so you can reach your ultimate weight loss. For exercise - jog or run for thirty minutes, watch a workout Youtube video, get a trainer and go to the gym, etc... There are many different types of workouts you can do.

While on a low-calorie diet, never skip any meals. You will need the energy everyday to burn as many calories as you can. If you start skipping meals, then your body will go into a starvation mode and you will become very lethargic and will eventually break down and want to eat everything in your pantry.

Make sure you are eating meals at the same time everyday. For example; eat breakfast at 8 am, lunch at 12 pm, have a small snack at 3 pm, and eat dinner at 6 pm. Whatever you do, do not eat dinner no later than two hours before going to sleep at night. Your body will not be able to burn off as many calories as it should if you go straight to sleep after eating. Try not to eat a late night snack after dinner. If you enjoy sweets after dinner, go ahead and eat some frozen grapes instead of ice cream or eat a handful of blueberries and raspberries.

Good luck with your weight loss journey. Remember to keep a positive mind and don't forget what you are trying so hard to lose weight for. Put reminders around your house to help you. For example; put pictures of yourself around the house from when you were in shape to remind yourself of what you want after this low-calorie diet.

When estimating how many calories you just ate, you can always come back to this list and figure out exactly how many calories you consumed. Make sure to write it all down in your weight loss journal.



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[Counting Calories: How to Count Calories and Lose Weight Fast](#)

## Additional Resources:

[Counting Calories: A List of Low Calorie Meals with the Calorie Counts for Breakfast, Lunch, and Dinner](#)

### **Ways to count calories for breakfast and lunch from the book:**

#### **Breakfast**

*Half of an avocado contains 117 calories. Make an egg (70 calories) sunny side up. after cooking place the egg in the pit of the avocado and eat it with a spoon. Add salt and pepper to your liking.*

**Total calories: 187**

*Make an omelette with three egg whites (51 calories), one ounce of feta cheese (75 calories), and two cups of fresh baby spinach (14 calories).*

**Total calories: 140**

#### **Lunch**

*Make a sandwich out of a large cucumber (47 calories) by cutting it in half and partially peeling it. Spread a tablespoon of cream cheese (48 calories), add two slices of deli turkey meat(44 calories), and one tablespoon of chopped red onions (4 calories).*

**Total calories: 143**

*Make a wrap with a half a cup of hummus (180 calories), a whole wheat tortilla (80 calories), and a half of a cucumber (24 calories). Add more vegetables if you would like.*

**Total calories: 284**

[Low Carb Diet: Counting Calories While on a Low Carb Diet](#)

## **Ways to count carbs and calories from the book:**

*2 egg whites*

*1 egg*

*One ounce of diced ham*

*One cup of chopped broccoli*

*Mix all of the ingredients above together in a bowl. Set a frying pan on medium heat and coat the pan with nonstick olive oil cooking spray. Once the pan is hot enough, put all of the ingredients together and cook until they are all fully cooked.*

**Total Carbs: 6.9 grams**

**Total Calories: 230**

*½ a cup of fresh spinach*

*One cup of shredded romaine lettuce*

*½ a cup of medium sized cooked shrimp*

*Three slices of avocado*

*One tablespoon of light cilantro dressing*

*Cook the shrimp on the stove with a quarter squeeze of lime juice, salt, pepper, and one teaspoon of chopped cilantro. Mix the spinach, arugula, and avocado in a salad bowl with the cilantro dressing. When the shrimp*

*is fully cooked, mix it into the salad.*

**Total Carbs: 7.3 grams**

**Total Calories: 277**

## **[Low Carb Food List: What to Eat While on a Low Carb Diet](#)**

**Ways to count carbs from the book:**

*Vegetables are full of nutrients, which our bodies need to stay healthy and energized. Make sure to eat vegetables every single day and with every meal, while on a low-carb diet.*

**Here we have a list of low-carb vegetables with each carbohydrate count in one cup:**

**Green vegetables**

*Broccoli - 3.4g*

*Asparagus - 2.5g*

*Bok choy - 0.4g*

*Collard greens - 4.0g*

*Kale - 4.8g*

**Here are lists of different types of nuts and Seeds.  
Each carbohydrate count is made up of one cup:**

## **Nuts**

***Hazelnuts - 22g***

***Almonds - 20g***

***Walnuts - 11g***

***Cashews - 37g***

***Macadamia - 19g***