



**ALiFIT**

EAT SMART. STAY FIT.



# FOOD & DRINK CALORIE CHART

EVERY FOOD. EVERY DRINK. EVERY CALORIE.



FRUITS



VEGETABLES



PROTEINS



GRAINS & CARBS



DAIRY



DRINKS & BEVERAGES



SNACKS & FAST FOOD

★ COMPLETE REFERENCE GUIDE ★



1000+  
FOODS & DRINKS  
INCLUDED



CALORIES  
PER SERVING  
CLEAR & ACCURATE



MAKE BETTER  
CHOICES  
REACH YOUR GOALS



EAT SMART  
LIVE HEALTHY  
EVERY DAY

# FOOD & DRINK CALORIE CHART

CALORIES (KCAL) PER TYPICAL SERVING






FRUITS		SERVING
	Apple (1 medium)	95
	Banana (1 medium)	105
	Orange (1 medium)	60
	Grapes (1 cup)	104
	Strawberries (1 cup)	50
	Blueberries (1 cup)	84
	Watermelon (1 cup)	46
	Pineapple (1 cup)	82
	Mango (1 medium)	150
	Avocado (1/2)	160


VEGETABLES		SERVING
	Spinach (1 cup)	7
	Lettuce (1 cup)	10
	Broccoli (1 cup)	55
	Carrots (1 cup)	50
	Cucumbers (1 cup)	16
	Tomatoes (1 medium)	22
	Bell Peppers (1 cup)	30
	Green Beans (1 cup)	31
	Potatoes (1 medium)	160
	Sweet Potato (1 medium)	180

PROTEINS (MEAT, POULTRY & SEAFOOD)		SERVING (100g)
	Chicken Breast (skinless)	165
	Chicken Thigh (skinless)	209
	Turkey Breast	135
	Beef (lean)	250
	Pork (loin)	242
	Lamb	294
	Salmon	200
	Tuna (canned in water)	116
	Shrimp	99
	Egg (1 large)	70

PLANT-BASED PROTEINS		SERVING
	Tofu (100g)	76
	Tempeh (100g)	193
	Lentils (1 cup cooked)	230
	Chickpeas (1 cup cooked)	269
	Black Beans (1 cup cooked)	227
	Kidney Beans (1 cup cooked)	225
	Edamame (1 cup)	188
	Peanut Butter (2 tbsp)	190
	Almonds (1 oz / ~23 nuts)	164
	Walnuts (1 oz / ~14 halves)	185

GRAINS, CEREALS & STARCHES		SERVING
	White Rice (1 cup cooked)	200
	Brown Rice (1 cup cooked)	215
	Quinoa (1 cup cooked)	222
	Oatmeal (1 cup cooked)	154
	Bread, White (1 slice)	80
	Bread, Whole Wheat (1 slice)	100
	Pasta (1 cup cooked)	220
	Spaghetti (1 cup cooked)	220
	Couscous (1 cup cooked)	176
	Tortilla (1 medium)	140

DAIRY & DAIRY ALTERNATIVES		SERVING
	Milk, Whole (1 cup)	150
	Milk, 2% (1 cup)	120
	Milk, Skim (1 cup)	80
	Yogurt, Plain (1 cup)	100
	Yogurt, Flavored (1 cup)	150
	Cheese, Cheddar (1 oz)	110
	Cottage Cheese (1/2 cup)	110
	Mozzarella Cheese (1 oz)	85
	Ice Cream (1/2 cup)	137
	Almond Milk (1 cup)	30

FATS, OILS & NUTS		SERVING
	Olive Oil (1 tbsp)	120
	Coconut Oil (1 tbsp)	120
	Butter (1 tbsp)	102
	Almonds (1 oz / ~23 nuts)	164
	Cashews (1 oz / ~18 nuts)	157
	Walnuts (1 oz / ~14 halves)	185
	Pistachios (1 oz / ~49 nuts)	159
	Hazelnuts (1 oz / ~21 nuts)	176
	Chia Seeds (1 tbsp)	60
	Flaxseeds (1 tbsp)	55

FAST FOOD & TAKEOUT		SERVING
	Hamburger	354
	Cheeseburger	480
	French Fries (Medium)	365
	Pizza Slice (Cheese)	285
	Pizza Slice (Pepperoni)	320
	Fried Chicken (1 piece)	330
	Chicken Nuggets (6 pcs)	270
	Hot Dog	290
	Burrito (Beef)	620
	Tacos (1 piece)	210

SNACKS		SERVING
	Potato Chips (1 oz)	150
	Popcorn (3 cups, air-popped)	93
	Pretzels (1 oz)	110
	Granola Bar	190
	Mixed Nuts (1 oz)	170
	Trail Mix (1 oz)	150
	Rice Cakes (1 cake)	35
	Crackers (5 pcs)	80
	Hummus (2 tbsp)	70
	Olives (10 large)	60

SWEETS & DESSERTS		SERVING
	Chocolate Bar (1.55 oz)	230
	Chocolate Chip Cookie	150
	Brownie (1 piece)	250
	Donut	290
	Muffin	350
	Cheesecake (1 slice)	400
	Cake (1 slice)	350
	Pancakes (2 medium)	300
	Waffle (1 medium)	350
	Ice Cream (1/2 cup)	137

BEVERAGES (NON-ALCOHOLIC)		SERVING
	Water	0
	Soda (12 oz can)	150
	Diet Soda (12 oz can)	0
	Orange Juice (1 cup)	110
	Apple Juice (1 cup)	120
	Grapefruit Juice (1 cup)	100
	Milk, Whole (1 cup)	150
	Chocolate Milk (1 cup)	210
	Smoothie (fruit, 16 oz)	250
	Energy Drink (8 oz)	110
	Iced Tea (sweetened, 12 oz)	90
	Lemonade (12 oz)	120

BEVERAGES (ALCOHOLIC)		SERVING
	Beer (12 oz)	150
	Light Beer (12 oz)	100
	Red Wine (5 oz)	125
	White Wine (5 oz)	120
	Whiskey (1.5 oz)	105
	Vodka (1.5 oz)	96

CONDIMENTS & SAUCES		SERVING
	Ketchup (1 tbsp)	15
	Mustard (1 tbsp)	5
	Mayonnaise (1 tbsp)	90
	BBQ Sauce (1 tbsp)	40
	Soy Sauce (1 tbsp)	10
	Salad Dressing (1 tbsp)	80



CALORIES MAY VARY BASED ON BRAND, PREPARATION METHOD & PORTION SIZE.  
THIS CHART PROVIDES APPROXIMATE VALUES FOR COMMON SERVING SIZES.

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