

COUNTING CALORIES

COOPERATIVE EXTENSION SERVICE • MICHIGAN STATE UNIVERSITY

Since many people find it necessary to figure the total number of calories in their daily diets, this brief leaflet giving caloric needs of various types of persons as well as the calories supplied by many common foods may prove convenient. "Calorie" is a term of measurement of the amount of energy supplied by food.

Caloric Value in Common Foods

If a loss or gain in weight is desired, the consistent intake of one-third less or one-third more calories than recommended above is usually advised. For example, to lose weight an inactive woman, requiring ordinarily about 2100 calories a day, would cut her daily calories to 1400. This would make it possible to include sufficient quantities of most of the protective foods.

Foods are listed in ten groups in the following order: Milk, cheese, and ice cream; meat, poultry, fish, eggs, dry beans and peas, nuts; vegetables and fruits; bread and cereals; fat, oils and related products; sugar, sweets, and related products; soups; desserts; beverages (except for milk beverages and fruit juices); and miscellaneous.

Food items do not include added fat, sugar, sauce, or dressing unless such addition is specified in the listing.

Cup measure refers to a standard 8 ounce measuring cup, glass measure to an 8 ounce glass.

Usual Daily Caloric Needs of Various Persons

		Calories
Men:*		
Age	18-35	2900
	35-55	2600
	55-75	2200
Women:**		
Age	18-35	2100
	35-55	1900
	55-75	1600
	Pregnant (latter half)	+ 200
	Lactating	+ 1000
Children:		
Age	1-3	1300
	3-6	1600
	6-9	2100
Boys:		
	9-12	2400
	12-15	3000
	15-18	3400
Girls:		
	9-12	2200
	12-15	2500
	15-18	2300

* Men weighing 154 lbs. and 69 inches tall.

** Women weighing 128 lbs. and 64 inches tall.

MILK, CHEESE, AND ICE CREAM

	Number of calories
Fluid milk:	
Whole.....	1 cup or glass..... 160
Skim (fresh or nonfat dry reconstituted).....	1 cup or glass..... 90
Buttermilk.....	1 cup or glass..... 90
Evaporated (undiluted).....	$\frac{1}{2}$ cup..... 170
Condensed, sweetened (undiluted).....	$\frac{1}{4}$ cup..... 490
Half-and-half (milk and cream).....	1 cup..... 325
1 tablespoon.....	20
Cream, light.....	1 tablespoon..... 30
Cream, heavy whipping.....	1 tablespoon..... 35
Yoghurt (made from partially skimmed milk).....	1 cup..... 120
Cheese:	
American, Cheddar-type.....	1 ounce..... 115
1-inch cube ($\frac{1}{2}$ ounce).....	70
$\frac{1}{2}$ cup, grated (2 ounces).....	225
1 ounce.....	105
Process American, Cheddar-type.....	1 ounce..... 105
Blue-veined (or Roquefort-type).....	1 ounce..... 105
Cottage, not creamed.....	2 tablespoons (1 ounce)..... 25
Cottage, creamed.....	2 tablespoons (1 ounce)..... 30
Cream.....	2 tablespoons (1 ounce)..... 105
Parmesan, dry, grated.....	2 tablespoons ($\frac{1}{2}$ ounce)..... 40
Swiss.....	1 ounce..... 105
Milk beverages:	
Cocoa (all milk).....	1 cup..... 235
Chocolate-flavored milk drink.....	1 cup..... 190
Malted milk.....	1 cup..... 280
Chocolate milkshake.....	One 12-ounce container..... 520
Ice cream, plain.....	1 container (3 $\frac{1}{2}$ fluid ounces)..... 130
Ice milk.....	$\frac{1}{2}$ cup (4 fluid ounces)..... 140
Ice cream soda, chocolate.....	1 large glass..... 455

MEAT, POULTRY, FISH, EGGS, DRY BEANS AND PEAS, NUTS

Meat, cooked, without bone:	
Beef:	
Pot roast or braised:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 4 by 2 $\frac{1}{2}$ inches)..... 245
Lean only.....	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 4 by 2 inches)..... 140
Oven roast:	
Cut having relatively large proportion of fat to lean:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 4 by 2 $\frac{1}{2}$ inches)..... 375
Lean only.....	2 ounces (1 thick or 2 thin slices, 4 by 1 $\frac{1}{2}$ inches)..... 140
Cut having relatively low proportion of fat to lean:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 4 by 2 $\frac{1}{2}$ inches)..... 165
Lean only.....	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 4 by 2 inches)..... 115
Steak, broiled:	
Lean and fat.....	3 ounces (1 piece, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 330
Lean only.....	2 ounces (1 piece, 4 by 1 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 115
Hamburger patty:	
Regular ground beef.....	3-ounce patty (about 4 patties per pound of raw meat)..... 245
Lean ground round.....	3-ounce patty (about 4 patties per pound of raw meat)..... 185
Corned beef, canned.....	3 ounces (1 piece, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 185
Corned beef hash, canned.....	3 ounces (scant half cup)..... 155
Dried beef, chipped.....	2 ounces (about $\frac{1}{2}$ cup)..... 115
Meat loaf.....	2 ounces (1 piece, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 115
Beef and vegetable stew.....	$\frac{1}{2}$ cup..... 105
Beef potpie, baked.....	1 pie, 4 $\frac{1}{2}$ inch diameter, about 560 8 ounces before baking..... 255
Chile con carne, canned:	
Without beans.....	$\frac{1}{2}$ cup..... 255
With beans.....	$\frac{1}{2}$ cup..... 170

MEAT, POULTRY, FISH, EGGS, DRY BEANS AND PEAS, NUTS

	Number of calories
Veal:	
Cutlet, broiled, meat only.....	3 ounces (1 piece, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 185
Lamb:	
Chop (about 2 $\frac{1}{2}$ chops to a pound, as purchased):	
Lean and fat.....	4 ounces..... 400
Lean only.....	2 $\frac{1}{2}$ ounces..... 140
Roast, leg:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 3 $\frac{1}{2}$ by 3 inches)..... 235
Lean only.....	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 3 $\frac{1}{2}$ by 2 $\frac{1}{2}$ inches)..... 130
Pork:	
Fresh:	
Chop (about 3 chops to a pound, as purchased):	
Lean and fat.....	2 $\frac{1}{2}$ ounces..... 260
Lean only.....	2 ounces..... 155
Roast, loin:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 4 by 2 $\frac{1}{2}$ inches)..... 175
Lean only.....	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 3 by 2 $\frac{1}{2}$ inches)..... 130
Cured: Ham:	
Lean and fat.....	3 ounces (1 thick or 2 thin slices, 4 by 2 inches)..... 245
Lean only.....	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 3 $\frac{1}{2}$ by 2 inches)..... 120
Bacon, broiled or fried.....	2 very thin slices..... 100
Sausages and variety of luncheon meats:	
Bologna sausage.....	2 ounces (2 very thin slices, 4 inches in diameter)..... 170
Liver sausage (liverwurst).....	2 ounces (4 very thin slices, 3 inches in diameter)..... 175
Vienna sausage, canned.....	2 ounces (4 to 5 sausages)..... 135
Pork sausage, bulk.....	2 ounces (1 patty, 2 inches in diameter), (4 to 5 patties per pound, raw)..... 270
Liver, beef, fried (includes fat for frying).....	2 ounces (1 thick piece, 3 by 2 $\frac{1}{2}$ inches)..... 130
Heart, beef, braised, trimmed of fat.....	3 ounces (1 thick piece, 4 by 1 $\frac{1}{2}$ inches)..... 160
Tongue, beef, braised.....	3 ounces (1 thick slice, 4 by 2 $\frac{1}{2}$ inches)..... 210
Frankfurter.....	1 frankfurter..... 155
Boiled ham (uncheon meat).....	2 ounces (2 very thin slices, 3 $\frac{1}{2}$ by 3 $\frac{1}{2}$ inches)..... 135
Spiced ham, canned.....	2 ounces (2 thin slices, 3 by 2 $\frac{1}{2}$ inches)..... 165
Poultry, cooked, without bone:	
Chicken:	
Broiled.....	3 ounces (about $\frac{1}{2}$ of a small broiler)..... 185
Fried.....	$\frac{1}{2}$ breast, 2 $\frac{1}{2}$ ounces..... 155
1 leg (thigh and drumstick), 3 ounces.....	155
Canned.....	3 $\frac{1}{2}$ ounces ($\frac{1}{2}$ cup)..... 200
Poultry pie (with potatoes, peas, and gravy).....	1 small pie, 4 $\frac{1}{2}$ inches in diameter (about 8 ounces before cooking)..... 535
Fish and shellfish:	
Bluefish, baked.....	3 ounces (1 piece, 3 $\frac{1}{2}$ by 2 inches by $\frac{1}{2}$ inch)..... 135
Clams, shelled:	
Raw, meat only.....	3 ounces (about 4 medium clams)..... 65
Canned, clams and juice.....	3 ounces (1 scant half cup, 3 medium clams and juice)..... 85
Crab meat, canned or cooked.....	3 ounces, $\frac{1}{2}$ cup..... 45
Fish sticks, breaded, cooked, frozen (including breeding and fat for frying).....	4 ounces (5 fish sticks)..... 200
Haddock, fried (including fat for frying).....	3 ounces (1 fillet, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)..... 140
Mackerel:	
Broiled.....	3 ounces (1 piece, 4 by 3 inches by $\frac{1}{2}$ inch)..... 200
Canned.....	3 ounces, solids and liquid (about $\frac{1}{2}$ cup)..... 155

MEAT, POULTRY, FISH, EGGS, DRY BEANS AND PEAS, NUTS

Number
of
calories

Ocean perch, fried (including egg, breadcrumbs, and fat for frying).....	3 ounces (1 piece, 4 by 2½ inches by ½ inch).....	195
Oysters, shucked: Raw, meat only.....	½ cup (6 to 10 medium-size oysters, selects).....	80
Salmon: Broiled or baked.....	4 ounces (1 steak, 4½ by 2½ inches by ½ inch).....	205
Canned (pink).....	3 ounces, solids and liquid, about ½ cup.....	120
Sardines, canned in oil.....	3 ounces, drained solids (5 to 7 medium sardines).....	175
Shrimp, canned, meat only.....	3 ounces (about 17 medium shrimp).....	100
Tuna fish, canned in oil, meat only.....	3 ounces (about ½ cup).....	170
Eggs: Fried (including fat for frying).....	1 large egg.....	100
Hard or soft-cooked, "boiled".....	1 large egg.....	80
Scrambled or omelet (including milk and fat for cooking).....	1 large egg.....	110
Poached.....	1 large egg.....	80
Dry beans and peas: Red kidney beans, canned or cooked.....	½ cup, solids and liquid.....	115
Lima, cooked.....	½ cup, solids and liquid.....	130
Baked beans, with tomato or molasses: With pork.....	½ cup.....	160
Without pork.....	½ cup.....	155
Nuts: Almonds, shelled.....	2 tablespoons (about 13 to 15 almonds).....	105
Brazil nuts, shelled, broken pieces.....	2 tablespoons.....	115
Cashew nuts, roasted.....	2 tablespoons (about 4 to 5 nuts).....	95
Coconut: Fresh, shredded meat.....	2 tablespoons.....	40
Dried, shredded, sweetened.....	2 tablespoons.....	45
Peanuts, roasted, shelled.....	2 tablespoons.....	105
Peanut butter.....	1 tablespoon.....	95
Peas, shelled halves.....	2 tablespoons (about 12 to 14 halves).....	95
Walnuts, shelled: Black or native, chopped.....	2 tablespoons.....	100
English or Persian, halves.....	2 tablespoons (about 7 to 12 halves).....	80

VEGETABLES AND FRUITS

Vegetables: Asparagus, cooked or canned.....	6 medium spears or ½ cup cut spears.....	20
Beans: Lima, green, cooked or canned.....	½ cup.....	80
Snap, green, wax or yellow, cooked or canned.....	½ cup.....	15
Beets, cooked or canned.....	½ cup, diced.....	30
Beet greens, cooked.....	½ cup.....	15
Broccoli, cooked.....	½ cup flower stalks.....	20
Brussels sprouts, cooked.....	½ cup.....	20
Cabbage: Raw.....	½ cup, shredded.....	10
1 wedge, 3½ by 4½ inches.....	25	
Coleslaw (with mayonnaise-type salad dressing).....	½ cup.....	60
Cooked.....	½ cup.....	20

VEGETABLES AND FRUITS

Number
of
calories

Carrots: Raw.....	1 carrot, 5½ inches by 1 inch 20 in diameter, or 25 thin slices.....	20
Cooked.....	½ cup, grated.....	20
Cauliflower, cooked.....	½ cup, diced.....	20
Celery, raw.....	2 large stalks, 8 inches long, or 3 small stalks, 5 inches long.....	10
Chard, cooked.....	½ cup.....	15
Collards, cooked.....	½ cup.....	30
Corn: On cob, cooked.....	1 ear, 5 inches long.....	70
Kernels, cooked or canned.....	½ cup.....	85
Cress, garden, cooked.....	½ cup.....	20
Cucumbers, raw, pared.....	6 slices, ½ inch thick, center 5 section.....	15
Kale, cooked.....	½ cup.....	15
Kohlrabi, cooked.....	½ cup.....	20
Lettuce, raw.....	2 large or 4 small leaves.....	10
Mushrooms, canned.....	½ cup.....	20
Mustard greens, cooked.....	½ cup.....	20
Okra, cooked.....	4 pods, 3 inches long, ½ inch in diameter.....	10
Onions: Young, green, raw.....	6 small, without tops.....	20
Mature: Raw.....	1 onion, 2½ inches in diameter.....	40
1 tablespoon, chopped.....	5	
Cooked.....	½ cup.....	20
Parsnips, cooked.....	½ cup.....	50
Peas, green: Cooked or canned.....	½ cup.....	60
Peppers, green: Raw or cooked.....	1 medium.....	10
Potatoes: Baked.....	1 medium, 2½ inches in diameter (5 ounces raw).....	90
Boiled.....	½ cup, diced.....	50
Chips (including fat for frying).....	10 medium, 2 inches in diameter.....	115
French-fried (including fat for frying): Ready-to-eat.....	10 pieces, 2 inches by ½ inch by ½ inch.....	155
Frozen, heated, ready-to-serve.....	10 pieces, 2 inches by ½ inch by ½ inch.....	125
Hash-browned.....	½ cup.....	225
Mashed: Milk added.....	½ cup.....	60
Milk and fat added.....	½ cup.....	90
Pan-fried, beginning with raw potatoes.....	½ cup.....	230
Radishes, raw.....	4 small.....	5
Sauerkraut, canned.....	½ cup.....	20
Spinach, cooked or canned.....	½ cup.....	20
Squash: Summer, cooked.....	½ cup.....	15
Winter, baked, mashed.....	½ cup.....	65
Sweetpotatoes: Baked in jacket.....	1 medium, 5 by 2 inches (6 155 ounces raw).....	120
Canned, vacuum or solid pack.....	½ cup.....	120
Tomatoes: Raw.....	1 medium, 2 by 2½ inches (about ½ pound).....	35
Cooked or canned.....	½ cup.....	25
Tomato juice, canned.....	½ cup.....	20
Turnips, cooked.....	½ cup.....	20
Turnip greens, cooked.....	½ cup.....	15
Fruits: Apples, raw.....	1 medium, 2½ inches in diameter (about ½ pound).....	60
Apple juice, canned.....	½ cup.....	60
Applesauce: Sweetened.....	½ cup.....	115
Unsweetened.....	½ cup.....	50
Apricots: Raw.....	3 (about 12 to a pound, as 55 purchased).....	55

VEGETABLES AND FRUITS

	Number of calories
Canned:	
Water pack.....	$\frac{1}{2}$ cup, halves and liquid..... 45
Heavy sirup pack.....	$\frac{1}{2}$ cup, halves and sirup..... 110
Dried, cooked, unsweetened.....	$\frac{1}{2}$ cup, fruit and juice..... 120
Frozen, sweetened.....	$\frac{1}{2}$ cup..... 125
Avocados:	
California varieties.....	$\frac{1}{2}$ of a 10-ounce avocado (3 $\frac{1}{2}$ 185 by 4 $\frac{1}{2}$ inches).....
Florida varieties.....	$\frac{1}{2}$ of a 13-ounce avocado (4 160 by 3 inches).....
Bananas, raw.....	1 banana (6 by 1 $\frac{1}{2}$ inches, 85 about $\frac{1}{2}$ pound).....
Berries:	
Blackberries, raw.....	$\frac{1}{2}$ cup..... 40
Blueberries, raw.....	$\frac{1}{2}$ cup..... 40
Raspberries:	
Fresh, red, raw.....	$\frac{1}{2}$ cup..... 35
Frozen, red, sweetened.....	$\frac{1}{2}$ cup..... 120
Fresh, black, raw.....	$\frac{1}{2}$ cup..... 50
Strawberries:	
Fresh, raw.....	$\frac{1}{2}$ cup..... 30
Frozen, sweetened.....	$\frac{1}{2}$ cup, sliced..... 140
Cantaloup, raw.....	$\frac{1}{2}$ melon, 5 inches in diameter. 60
Cherries:	
Raw:	
Sour.....	$\frac{1}{2}$ cup..... 30
Sweet.....	$\frac{1}{2}$ cup..... 40
Cranberry sauce, canned, sweetened.....	1 tablespoon..... 25
Cranberry juice cocktail, canned.....	$\frac{1}{2}$ cup..... 80
Dates, "fresh" and dried, pitted, cut.....	$\frac{1}{2}$ cup..... 245
Figs:	
Raw.....	3 small (1 $\frac{1}{2}$ inches in diameter, 90 about $\frac{1}{2}$ pound).....
Canned, heavy sirup.....	$\frac{1}{2}$ cup..... 110
Dried.....	1 large (2 inches by 1 inch)..... 60
Fruit cocktail, canned in heavy sirup.....	$\frac{1}{2}$ cup..... 100
Grapefruit:	
Raw:	
White.....	$\frac{1}{2}$ medium (4 $\frac{1}{2}$ inches in diameter, No. 64 $\frac{1}{2}$)..... 55
Pink or red.....	$\frac{1}{2}$ cup sections..... 40
$\frac{1}{2}$ medium (4 $\frac{1}{2}$ inches in diameter, No. 64 $\frac{1}{2}$).....	40
Canned:	
Water pack.....	$\frac{1}{2}$ cup..... 35
Sirup pack.....	$\frac{1}{2}$ cup..... 90
Grapefruit juice:	
Raw.....	$\frac{1}{2}$ cup..... 50
Canned:	
Unsweetened.....	$\frac{1}{2}$ cup..... 50
Sweetened.....	$\frac{1}{2}$ cup..... 65
Frozen concentrate, diluted, ready-to-serve.....	$\frac{1}{2}$ cup..... 50
Unsweetened.....	$\frac{1}{2}$ cup..... 50
Sweetened.....	$\frac{1}{2}$ cup..... 60
Grapes, raw:	
American type (including Concord, Delaware, Niagara, and Scuppernon), slip skin.....	1 bunch (3 $\frac{1}{2}$ by 3 inches; about 3 $\frac{1}{2}$ ounces)..... 30
European type (including Malaga, Muscat, Thompson seedless, and Flame Tokay), adherent skin.....	$\frac{1}{2}$ cup..... 50
Grapejuice, bottled.....	$\frac{1}{2}$ cup..... 80
Honeydew melon, raw.....	1 wedge, 2 by 7 inches..... 50
Lemon juice, raw or canned.....	$\frac{1}{2}$ cup..... 30
1 tablespoon.....	5
Lemonade, frozen concentrate, sweetened, diluted, ready-to-serve.....	$\frac{1}{2}$ cup..... 55
Oranges, raw.....	1 orange, 3 inches in diameter. 75
Orange juice:	
Raw.....	$\frac{1}{2}$ cup..... 55
Canned, unsweetened.....	$\frac{1}{2}$ cup..... 60
Frozen concentrate, diluted, ready-to-serve.....	$\frac{1}{2}$ cup..... 55

VEGETABLES AND FRUITS

	Number of calories
Peaches:	
Raw.....	1 medium, 2 inches in diameter (about $\frac{1}{2}$ pound). $\frac{1}{2}$ cup, sliced..... 30
Canned:	
Water pack.....	$\frac{1}{2}$ cup..... 40
Heavy sirup pack.....	$\frac{1}{2}$ cup (5 to 6 halves and 3 tablespoons sirup)..... 110
Dried, cooked, unsweetened.....	$\frac{1}{2}$ cup..... 105
Frozen, sweetened.....	$\frac{1}{2}$ cup..... 100
Pears:	
Raw.....	1 pear, 3 by 2 $\frac{1}{2}$ inches in diameter..... 100
Canned in heavy sirup.....	$\frac{1}{2}$ cup..... 100
Pineapple:	
Raw.....	$\frac{1}{2}$ cup, diced..... 40
Canned in heavy sirup:	
Crushed.....	$\frac{1}{2}$ cup..... 100
Sliced.....	2 small or 1 large slice and 2 tablespoons juice..... 70
Pineapple juice, canned.....	$\frac{1}{2}$ cup..... 70
Plums:	
Raw.....	1 plum, 2 inches in diameter (about 2 ounces)..... 25
Canned, sirup pack.....	$\frac{1}{2}$ cup..... 100
Prunes, dried, cooked:	
Unsweetened.....	$\frac{1}{2}$ cup (8 to 9 prunes and 2 tablespoons liquid)..... 150
Sweetened.....	$\frac{1}{2}$ cup (8 to 9 prunes and 2 tablespoons liquid)..... 255
Prune juice, canned.....	$\frac{1}{2}$ cup..... 100
Raisins, dried.....	$\frac{1}{2}$ cup..... 230
Rhubarb, cooked, sweetened.....	$\frac{1}{2}$ cup..... 190
Tangerine, raw.....	1 medium, 2 $\frac{1}{2}$ inches in diameter (about $\frac{1}{2}$ pound)..... 40
Tangerine juice, canned.....	$\frac{1}{2}$ cup..... 50
Watermelon, raw.....	1 wedge, 4 by 8 inches long (115 about 2 pounds, including rind).....

BREAD AND CEREALS

Bread:	
Cracked wheat.....	1 slice, $\frac{1}{2}$ inch thick..... 60
Raisin.....	1 slice, $\frac{1}{2}$ inch thick..... 60
Rye.....	1 slice, $\frac{1}{2}$ inch thick..... 55
White.....	1 slice, $\frac{1}{2}$ inch thick..... 60
Whole wheat.....	1 slice, $\frac{1}{2}$ inch thick..... 55
Other baked goods:	
Baking powder biscuit.....	1 biscuit, 2 $\frac{1}{2}$ inches in diameter..... 140
Crackers:	
Graham.....	4 small or 2 medium..... 55
Salines.....	2 crackers, 2 inches square..... 35
Soda.....	2 crackers, 2 $\frac{1}{2}$ inches square..... 50
Oyster.....	10 crackers..... 45
Doughnuts (cake type).....	1 doughnut..... 125
Muffins:	
Plain.....	1 muffin, 2 $\frac{1}{2}$ inches in diameter..... 140
Bran.....	1 muffin, 2 $\frac{1}{2}$ inches in diameter..... 130
Corn.....	1 muffin, 2 $\frac{1}{2}$ inches in diameter..... 150
Pancakes (griddle cakes):	
Wheat (home recipe).....	1 cake, 4 inches in diameter..... 60
Buckwheat (with buckwheat pancake mix).....	1 cake, 4 inches in diameter..... 55
Pizza (cheese).....	5 $\frac{1}{2}$ -inch sector, $\frac{1}{2}$ of a 14-inch 185
Pretzels.....	5 small sticks..... 20
Rolls:	
Plain, pan.....	1 roll (16 ounces per dozen)..... 115
Hard, round.....	1 roll (22 ounces per dozen)..... 100
Sweet, pan.....	1 roll (18 ounces per dozen)..... 135
Rye wafers.....	2 wafers, 1 $\frac{1}{2}$ by 3 $\frac{1}{2}$ inches..... 45
Waffles.....	1 waffle, 4 $\frac{1}{2}$ by 5 $\frac{1}{2}$ inches by 210 $\frac{1}{2}$ inch.
Cakes, cookies, pies. (See Deserts.)	

BREAD AND CEREALS

Cereals and other grain products:	Number of calories
Bran flakes (40-percent bran)	1 ounce (about ½ cup)..... 85
Corn, puffed, pre-sweetened.....	1 ounce (about 1 cup)..... 110
Corn, shredded.....	1 ounce (about ½ cup)..... 110
Corn flakes.....	1 ounce (about 1 ½ cups)..... 110
Corn grits, degermed, cooked.....	½ cup..... 90
Farina, cooked.....	½ cup..... 75
Macaroni, cooked.....	½ cup..... 115
Macaroni and cheese.....	½ cup..... 235
Noodles, cooked.....	½ cup..... 150
Oat cereal (mixture mainly oat flour).....	1 ounce (about 1 ½ cups)..... 115
Oatmeal or rolled oats, cooked.....	½ cup..... 100
Rice, cooked.....	½ cup..... 140
Rice flakes.....	1 cup (about 1 ounce)..... 115
Rice, puffed.....	1 cup (about ½ ounce)..... 85
Spaghetti, cooked.....	½ cup..... 115
Spaghetti with meat balls.....	½ cup..... 250
Spaghetti in tomato sauce, with cheese.....	½ cup..... 195
Wheat, puffed.....	1 ounce (about 2 ½ cups)..... 105
Wheat, puffed, pre-sweetened.....	1 ounce (about 2 ½ cups)..... 105
Wheat, rolled, cooked.....	½ cup..... 130
Wheat, shredded, plain (long, round, or bite-size).....	1 ounce (1 large biscuit or 100 about ½ cup bite-size)..... 100
Wheat flakes.....	1 ounce (about ½ cup)..... 100
Wheat flour:	
Whole wheat.....	½ cup, stirred..... 300
All-purpose (or family) flour.....	½ cup, sifted..... 300
Wheat germ.....	½ cup, stirred..... 185

FATS, OILS, AND RELATED PRODUCTS

Butter or margarine.....	1 tablespoon..... 100
1 pat or square (64 per pound).....	50
Cooking fats:	
Vegetable.....	1 tablespoon..... 110
Lard.....	1 tablespoon..... 125
Salad or cooking oils.....	1 tablespoon..... 125
Salad dressings:	
French.....	1 tablespoon..... 60
Blue cheese, French.....	1 tablespoon..... 80
Home-cooked, boiled.....	1 tablespoon..... 50
Low-calorie.....	1 tablespoon..... 15
Mayonnaise.....	1 tablespoon..... 110
Salad dressing, commercial, plain (mayonnaise-type).....	1 tablespoon..... 65
Thousand Island.....	1 tablespoon..... 75

SUGARS, SWEETS, AND RELATED PRODUCTS

Candy:	
Caramels.....	1 ounce (3 medium caramels)..... 115
Chocolate creams.....	1 ounce (2 to 3 pieces, 35 to a pound)..... 125
Chocolate, milk, sweetened.....	1-ounce bar..... 150
Chocolate, milk, sweetened, with almonds.....	1-ounce bar..... 150
Chocolate mints.....	1 ounce (1 to 2 mints, 20 to a 115 pound)..... 115
Fudge, milk chocolate, plain.....	1 ounce (1 piece, 1 to 1 ½ 115 inches square)..... 115
Gumdrops.....	1 ounce (about 2 ½ large or 100 20 small)..... 110
Hard candy.....	1 ounce (3 to 4 candy balls, 110 ½ inch in diameter)..... 110
Jellybeans.....	1 ounce (10 beans)..... 105
Marshmallows.....	1 ounce (3 to 4 marshmallows, 90 60 to a pound)..... 90
Peanut brittle.....	1 ounce (1 ½ pieces, 2 ½ 120 1 ½ inches by ¾ inch)..... 120
Sirup, honey, molasses:	
Chocolate sirup.....	1 tablespoon..... 50
Honey, strained or extracted.....	1 tablespoon..... 65
Molasses, cane, light.....	1 tablespoon..... 50
Sirup, table blends.....	1 tablespoon..... 60
Jelly.....	1 tablespoon..... 55
Jam, marmalade, preserves.....	1 tablespoon..... 55
Sugar: White, granulated, or brown.....	1 teaspoon..... 15

SOUPS

	Number of calories
Bean with pork.....	1 cup..... 170
Beef noodle.....	1 cup..... 70
Bouillon, broth, and consommé.....	1 cup..... 30
Chicken noodle.....	1 cup..... 65
Clam chowder.....	1 cup..... 85
Cream of asparagus.....	1 cup..... 155
Cream of mushroom.....	1 cup..... 135
Minestrone.....	1 cup..... 105
Oyster stew.....	1 cup (3 to 4 oysters)..... 200
Tomato.....	1 cup..... 90
Vegetable with beef broth.....	1 cup..... 80

DESSERTS

Apple betty.....	½ cup..... 170
Cakes:	
Angelcake.....	2-inch sector (½ of 8-inch 110 round cake)..... 110
Butter cakes:	
Plain, without icing.....	1 piece, 3 by 2 by 1 ½ inches..... 200
1 cupcake, 2 ½ inches in diam- 145 145	1 cupcake, 2 ½ inches in diam- 145
Plain, with chocolate icing.....	2-inch sector (½ of 10-inch 370 round layer cake)..... 370
1 cupcake, 2 ½ inches in diam- 185 185	1 cupcake, 2 ½ inches in diam- 185
Chocolate, with chocolate 2-inch sector (½ of 10-inch 445 round layer cake)..... 445	
Fruitcake, dark.....	1 piece, 2 by 2 inches by ½ 115 115
Gingerbread.....	1 piece, 2 by 2 by 2 inches..... 175
1 slice, 2 ½ by 3 inches by 1 140 140	1 slice, 2 ½ by 3 inches by 1 140
Sponge cake.....	2-inch sector (½ of 8-inch 120 round cake)..... 120
Cookies, plain and assorted.....	1 cookie, 3 inches in diameter..... 120
Cornstarch pudding.....	½ cup..... 140
Custard, baked.....	½ cup..... 140
Figs, small.....	1 figbar..... 55
Fruit ice.....	½ cup..... 70
Gelatin dessert, plain, ready-to-serve.....	½ cup..... 70
Ice cream, plain.....	1 container (3 ½ fluid ounces)..... 130
Ice milk.....	½ cup (4 fluid ounces)..... 140
Pies:	
Apple.....	4-inch sector (¼ of 9-inch 345 pie)..... 345
Cherry.....	4-inch sector (¼ of 9-inch 355 pie)..... 355
Custard.....	4-inch sector (¼ of 9-inch 280 pie)..... 280
Lemon meringue.....	4-inch sector (¼ of 9-inch 305 pie)..... 305
Mince.....	4-inch sector (¼ of 9-inch 365 pie)..... 365
Pumpkin.....	4-inch sector (¼ of 9-inch 275 pie)..... 275
Prune whip.....	½ cup..... 105
Rennet dessert pudding, ready-to-serve.....	½ cup..... 130
Sherbet.....	½ cup..... 130

BEVERAGES (not including milk beverages and fruit juices)

Carbonated beverages:	
Ginger ale.....	8-ounce glass..... 70
Cola-type.....	8-ounce glass..... 95
"Low-calorie" type beverage (with artificial sweetener).....	8-ounce glass..... 10
Alcoholic beverages:	
Beer, 3.6 percent alcohol by weight.....	8-ounce glass..... 100
Whisky, gin, rum:	
100-proof.....	1 jigger (1 ½ ounces)..... 125
90-proof.....	1 jigger (1 ½ ounces)..... 110
86-proof.....	1 jigger (1 ½ ounces)..... 105
80-proof.....	1 jigger (1 ½ ounces)..... 100
70-proof.....	1 jigger (1 ½ ounces)..... 85
Wines:	
Table wines (such as 1 wine glass (about 3 ounces) 75	1 wine glass (about 3 ounces) 75
Dessert wines (such as 1 wine glass (about 3 ounces) 125	1 wine glass (about 3 ounces) 125

MISCELLANEOUS

	<i>Number of cubes</i>
Bouillon cube.....	1 cube, $\frac{1}{2}$ inch..... 5
Olives:	
Green.....	4 medium or 3 extra large or 15 2 giant.....
Ripe.....	3 small or 2 large..... 15
Pickles, cucumber:	
Dill.....	1 large, $1\frac{1}{2}$ inches in diameter 15 by 4 inches long.....
Sweet.....	1 pickle, $\frac{1}{2}$ inch in diameter by 30 2 $\frac{1}{2}$ inches long.....

Popcorn, popped (with oil and salt added).....	1 cup..... 65
Relishes and sauces:	
Chili sauce.....	1 tablespoon..... 20
Tomato catsup.....	1 tablespoon..... 15
Gravy.....	2 tablespoons..... 35
White sauce, medium (1 cup milk, 2 tablespoons fat, and 2 tablespoons flour).....	$\frac{1}{2}$ cup..... 215
Cheese sauce (medium white sauce with 2 tablespoons cheese per cup).....	$\frac{1}{2}$ cup..... 245

Table of calorie values adapted from 'Food and Your Weight'
HG Bulletin No. 74 (1964).