

# 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.

## Calorie 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.

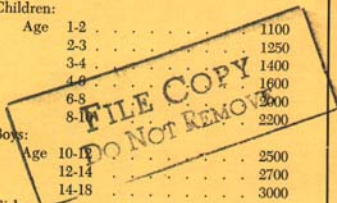
Cup measure refers to a standard 8 ounce measuring cup, glass measure to an 8 ounce glass.

## Usual Daily Caloric Needs of Various Persons

Men:*	Calories
Age 18-35 . . . . .	2800
35-55 . . . . .	2600
55-75 . . . . .	2400
Women:**	
Age 18-35 . . . . .	2000
35-55 . . . . .	1850
55-75 . . . . .	1700
Pregnant (latter half) . . . . .	+ 200
Lactating . . . . .	+ 1000
Children:	
Age 1-2 . . . . .	1100
2-3 . . . . .	1250
3-4 . . . . .	1400
4-6 . . . . .	1600
6-8 . . . . .	2000
8-10 . . . . .	2200
Boys:	
Age 10-12 . . . . .	2500
12-14 . . . . .	2700
14-18 . . . . .	3000
Girls:	
Age 10-12 . . . . .	2250
12-14 . . . . .	2300
14-16 . . . . .	2400
16-18 . . . . .	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)	$\frac{1}{2}$ cup	490
Half-and-half (milk and cream)	1 cup	325
Cream, light	1 tablespoon	20
Cream, heavy whipping	1 tablespoon	30
Yoghurt (made from partially skimmed milk)	1 cup	55
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		
Blue-mold (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 (fat 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	2 ounces (1 piece, 4 by 2 $\frac{1}{2}$ inches by $\frac{1}{2}$ inch)	185
Corned beef hash, canned	3 ounces (scent 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 8 ounces before baking	860
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)	310
Lean only	2 $\frac{1}{2}$ ounces (1 thick or 2 thin slices, 3 by 2 $\frac{1}{2}$ inches)	175
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
Sausage and variety and luncheon meats:		
Bologna sausage	2 ounces (2 very thin slices, 4 170 inches in diameter)	170
Liver sausage (liverwurst)	2 ounces (4 very thin slices, 3 175 inches in diameter)	175
Vienna sausage, canned	2 ounces (4 to 5 sausages, 2 inches in 270 diameter), (4 to 5 patties per pound, raw)	135
Pork sausage, bulk	2 ounces (1 patty, 2 inches in 270 diameter), (4 to 5 patties per pound, raw)	135
Liver, beef, fried (includes fat for frying)	2 ounces (1 thick piece, 3 by 130 2 $\frac{1}{2}$ inches)	130
Heart, beef, braised, trimmed of fat	3 ounces (1 thick piece, 4 by 160 2 $\frac{1}{2}$ inches)	160
Tongue, beef, braised	3 ounces (1 thick slice, 4 by 2 $\frac{1}{2}$ inches)	210
Frankfurter	1 frankfurter	155
Boiled ham (luncheon 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 185 broiler)	185
Fried	$\frac{1}{2}$ ounce, 2 $\frac{1}{2}$ ounces, 155 1 leg (thigh and drumstick), 3 225 ounces	225
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 2 135 inches by $\frac{1}{2}$ inch)	135
Clams, shelled:		
Raw, meat only	3 ounces (about 4 medium 65 clams)	65
Canned, clams and juice	3 ounces (1 scant half cup, 3 45 medium clams and juice)	45
Crab meat, canned or cooked	3 ounces, $\frac{1}{2}$ cup	85
Fish sticks, breaded, cooked, frozen (including frying 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 200 by $\frac{1}{2}$ inch)	200
Canned	3 ounces, solids and liquid 155 (about $\frac{1}{2}$ cup)	155

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

Number of  
colotes

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
<b>Eggs:</b>		
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
<b>Dry beans and peas:</b>		
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
<b>Nuts:</b>		
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
<b>Coconut:</b>		
Fresh, shredded meat	2 tablespoons	40
Dried, shredded, sweetened	2 tablespoons	45
Peanuts, roasted, shelled	2 tablespoons	105
Peanut butter	1 tablespoon	95
Pecans, shelled halves	2 tablespoons (about 12 to 14 halves)	95
<b>Walnuts, shelled:</b>		
Black or native, chopped	2 tablespoons	100
English or Persian, halves	2 tablespoons (about 7 to 12 halves)	80

## VEGETABLES AND FRUITS

<b>Vegetables:</b>		
Asparagus, cooked or canned	6 medium spears or ½ cup cut spears	20
<b>Beans:</b>		
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
<b>Cabbages:</b>		
Raw	½ cup, shredded	10
Wedge, 3½ by 4½ inches	1 wedge	25
Coleslaw (with mayonnaise-type salad dressing)	½ cup	60
Cooked	½ cup	20

## VEGETABLES AND FRUITS

Number of  
colotes

<b>Carrots:</b>		
Raw	1 carrot, 5½ inches by 1 inch in diameter, or 25 thin slices	20
Cooked	½ cup, diced	20
Cauliflower, cooked	½ cup flower buds	10
Celery, raw	2 large stalks, 8 inches long, 10 or 3 small stalks, 5 inches long	10
Chard, cooked	½ cup	15
Collards, cooked	½ cup	30
<b>Corn:</b>		
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 section	5
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
<b>Onions:</b>		
Young, green, raw	6 small, without tops	20
<b>Raw:</b>		
1 onion, 2½ inches in diameter		40
1 tablespoon, chopped		5
Cooked	½ cup	30
<b>Peas, green:</b>		
Cooked or canned	½ cup	60
<b>Peppers, green:</b>		
Raw or cooked	1 medium	10
<b>Potatoes:</b>		
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	185
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
<b>Radishes, raw</b>		
4 small		5
Sauerkraut, canned	½ cup	20
Spinach, cooked or canned	½ cup	20
<b>Squash:</b>		
Summer, cooked	½ cup	15
Winter, baked, mashed	½ cup	65
<b>Sweetpotatoes:</b>		
Baked in jacket	1 medium, 5 by 2 inches (6 1/5 ounces raw)	155
Canned, vacuum or solid pack	½ cup	120
<b>Tomatoes:</b>		
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
<b>Fruits:</b>		
Apples, raw	1 medium, 2½ inches in diameter (about ½ pound)	60
Applejuice, canned	½ cup	60
<b>Applesauce:</b>		
Sweetened	½ cup	115
Unsweetened	½ cup	60
<b>Apricots:</b>		
Raw	3 (about 12 to a pound, as purchased)	85

## 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, unsweet- ened.....	$\frac{1}{2}$ cup, fruit and juice..... 120
Frozen, sweetened.....	$\frac{1}{2}$ cup..... 125
Avocados:	
California varieties.....	$\frac{1}{2}$ of a 10-ounce avocado ( $3\frac{1}{2}$ lbs by 4 $\frac{1}{2}$ inches)..... 185
Florida varieties.....	$\frac{1}{2}$ of a 13-ounce avocado (4 lbs by 3 inches)..... 160
Bananas, raw.....	1 banana (6 by 1 $\frac{1}{2}$ inches, 85 about $\frac{1}{2}$ pound)..... 85
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
Eggs:	
Raw.....	3 small (1 $\frac{1}{2}$ inches in diameter, about $\frac{1}{2}$ pound)..... 90
Canned, heavy sirup.....	$\frac{1}{2}$ cup..... 110
Dried.....	1 large (2 inches by 1 in.)..... 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 diam- eter, No. 64's)..... 55
Pink or red.....	$\frac{1}{2}$ medium (4 $\frac{1}{2}$ inches in diam- eter, No. 64's)..... 60
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, dilut- ed, ready-to-serve:	
Unsweetened.....	$\frac{1}{2}$ cup..... 50
Sweetened.....	$\frac{1}{2}$ cup..... 60
Grapes, raw:	
American type (including Concord, Delaware, Ni- agara, and Scuppernon), skip skin.....	1 bunch (3 $\frac{1}{2}$ by 3 inches; about 45 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
Lemonade, frozen concen- trate, sweetened, diluted, ready-to-serve.....	1 tablespoon..... 5
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, dilut- ed, ready-to-serve.....	$\frac{1}{2}$ cup..... 55

## VEGETABLES AND FRUITS

Number of  
calories

Peaches:	
Raw.....	1 medium, 2 inches in diam- eter (about $\frac{1}{2}$ pound)..... 35
Canned:	$\frac{1}{2}$ cup, sliced..... 30
Water pack.....	$\frac{1}{2}$ cup..... 40
Heavy sirup pack.....	$\frac{1}{2}$ cup..... 100
Dried, cooked, unsweet- ened.....	$\frac{1}{2}$ cup (5 to 6 halves and 3 tablespoons sirup)..... 110
Frozen, sweetened.....	$\frac{1}{2}$ cup..... 105
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..... 90
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 diam- eter (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)..... 90

## 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 diam-140 eter.....
Crackers:	
Graham.....	4 small or 2 medium..... 55
Saltines.....	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 diam-140 eter.....
Bran.....	1 muffin, 2 $\frac{1}{2}$ inches in diam-130 eter.....
Corn.....	1 muffin, 2 $\frac{1}{2}$ inches in diam-150 eter.....
Pancakes (griddle cakes):	
Wheat (home recipe).....	1 cake, 4 inches in diameter.. 60
Buckwheat (with buck- wheat pancake mix).....	1 cake, 4 inches in diameter.. 55
Pizza (cheese).....	$\frac{5}{8}$ -inch sector, $\frac{1}{2}$ of a 14-inch 185 pie.....
Pretzels.....	5 small sticks..... 20
Rolls:	
Plain, pan.....	1 roll (16 ounces per dozen) .. 115
Hard, round.....	1 roll (22 ounces per dozen) .. 160
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, pils. (See Des- serts.)	

## BREAD AND CEREALS

Cereals and other grain products:		Number of calories
Bran flakes (40-percent bran).....	1 ounce (about $\frac{1}{2}$ cup).....	85
Corn, puffed, presweetened.....	1 ounce (about 1 cup).....	110
Corn, shredded.....	1 ounce (about $\frac{1}{2}$ cup).....	110
Corn flakes.....	1 ounce (about $1\frac{1}{2}$ cups).....	110
Corn grits, degermed, cooked.....	$\frac{1}{2}$ cup.....	90
Farina, cooked.....	$\frac{1}{2}$ cup.....	75
Farina, cooked.....	$\frac{1}{2}$ cup.....	115
Macaroni, cooked.....	$\frac{1}{2}$ cup.....	115
Macaroni and cheese.....	$\frac{1}{2}$ cup.....	235
Noodles, cooked.....	$\frac{1}{2}$ cup.....	150
Oat cereal (mixture mainly oat flour).....	1 ounce (about $1\frac{1}{2}$ cups).....	115
Oatmeal or rolled oats, cooked.....	$\frac{1}{2}$ cup.....	100
Rice, cooked.....	$\frac{1}{2}$ cup.....	140
Rice flakes.....	1 cup (about 1 ounce).....	115
Rice, puffed.....	1 cup (about $\frac{1}{2}$ ounce).....	55
Spaghetti, cooked.....	$\frac{1}{2}$ cup.....	115
Spaghetti with meat balls.....	$\frac{1}{2}$ cup.....	250
Spaghetti in tomato sauce, with cheese.....	$\frac{1}{2}$ cup.....	195
Wheat, puffed.....	1 ounce (about $2\frac{1}{2}$ cups).....	105
Wheat, puffed, presweetened.....	1 ounce (about $2\frac{1}{2}$ cups).....	105
Wheat, rolled, cooked.....	$\frac{1}{2}$ cup.....	130
Wheat, shredded, plain (long, round, or bite-size).....	1 ounce (1 large biscuit or 100 about $\frac{1}{2}$ cup bite-size).....	100
Wheat flakes.....	1 ounce (about $\frac{1}{2}$ cup).....	100
Wheat flours.....		
Whole wheat.....	$\frac{1}{2}$ cup, stirred.....	300
All-purpose (or family) flour.....	$\frac{1}{2}$ cup, sifted.....	300
Wheat germ.....	$\frac{1}{2}$ 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.....	30
High-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 $1\frac{1}{2}$ inches square).....	115
Gumdrops.....	1 ounce (about $2\frac{1}{2}$ large or 100 20 small).....	100
Hard candy.....	1 ounce (3 to 4 candy balls, 110 $\frac{1}{2}$ 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 ( $1\frac{1}{2}$ pieces, $2\frac{1}{2}$ by 120 $1\frac{1}{2}$ inches by $\frac{1}{2}$ 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.....	$\frac{1}{2}$ cup.....	170
Cakes:		
Angelcake.....	2-inch sector ( $\frac{1}{2}$ of 8-inch 110 round cake).....	110
Butter cakes:		
Plain, without icing.....	1 piece, 3 by 2 by $1\frac{1}{2}$ inches... 200 1 cupcake, $2\frac{1}{2}$ inches in diam- 145	200 145
Plain, with chocolate icing.....	2-inch sector ( $\frac{1}{4}$ of 10-inch 370 round layer cake).....	370
Chocolate, with chocolate icing.....	1 cupcake, $2\frac{1}{2}$ inches in diam- 185	185
Fruitcake, dark.....	2-inch sector ( $\frac{1}{4}$ of 10-inch 445 round layer cake).....	445
Gingerbread.....	1 piece, 2 by 2 by 2 inches... 175	175
Pound cake.....	1 slice, $2\frac{1}{2}$ by 3 inches by $\frac{1}{2}$ 140 1 inch.....	140
Sponge cake.....	2-inch sector ( $\frac{1}{2}$ of 8-inch 120 round cake).....	120
Cookies, plain and assorted... 120	1 cookie, 3 inches in diameter.....	120
Cornstarch pudding.....	$\frac{1}{2}$ cup.....	140
Custard, baked.....	$\frac{1}{2}$ cup.....	140
Figures, small.....	1 figbar.....	55
Fruit ice.....	$\frac{1}{2}$ cup.....	75
Gelatin dessert, plain, ready-to-serve.....	$\frac{1}{2}$ cup.....	70
Ice cream, plain.....	1 container ( $3\frac{1}{2}$ fluid ounces).....	130
Ice milk.....	$\frac{1}{2}$ cup (4 fluid ounces).....	140
Pies:		
Apple.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 345 pie).....	345
Cherry.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 355 pie).....	355
Custard.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 280 pie).....	280
Lemon meringue.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 305 pie).....	305
Mince.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 365 pie).....	365
Pumpkin.....	4-inch sector ( $\frac{1}{4}$ of 9-inch 275 pie).....	275
Prune whip.....	$\frac{1}{2}$ cup.....	105
Rennet dessert pudding, ready-to-serve.....	$\frac{1}{2}$ cup.....	130
Sherbet.....	$\frac{1}{2}$ 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 ( $1\frac{1}{2}$ ounces).....	125
90-proof.....	1 jigger ( $1\frac{1}{2}$ ounces).....	110
80-proof.....	1 jigger ( $1\frac{1}{2}$ ounces).....	105
80-proof.....	1 jigger ( $1\frac{1}{2}$ ounces).....	100
70-proof.....	1 jigger ( $1\frac{1}{2}$ ounces).....	85
Wines:		
Table wines (such as.....	1 wine glass (about 3 ounces).....	75
Dessert wines (such as.....	1 wine glass (about 3 ounces).....	125

## MISCELLANEOUS

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

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).