

# Nutrition

## Complex Carbohydrates 100 Calories

Food	Measurement
Beans (dried & cooked)	1/2 cup
Corn on the cob (small)	(5") 1
Corn (popped and no oil)	3 cups
Lentils (cooked)	1/3 cup
Peas (fresh)	3/4 cup
Potato (sweet) ..(1 medium, 5" long, 2" diameter)	4 oz
Potato (white)	3/4 cup
Squash (winter)	3/4 cup
Beans (lima)	1/2 cup
Corn (kernels)	1/2 cup
Potato (white mashed)	1/2 cup
Yams (baked)	1/2 cup
English muffin (Thomas 100 calories)	1 whole muffin
Bagel (Lenders)	1/2 bagel
Bread (diet or light 35/40 calories)	2 slices
Bread (whole or wheat)	1 slice
Arnold sandwich rounds	1 round
Melba toast (whole wheat)	6 slices
Roll (whole wheat or rye)	(1 oz) 1 roll
Flat-out flat breads (light or mini 90/70 calories)	1 slice
Ole tortilla wraps	1 wrap
Rye-crisp (unseasoned)	3 crackers
Cracked wheat (bulgur)	1/2 cup
Macaroni (whole wheat, cooked)	1/2 cup
Noodles-rice (cooked)	1/2 cup
Oatmeal (uncooked)	1/4 cup
Pasta (whole wheat, cooked)	1/2 cup
Grape nuts	1/4 cup
Grits (cooked)	1/2 cup
Pasta (enriched white)	1/2 cup
Shredded wheat	1/2 cup

## Protein 100 Calories

Food	Measurements
Chicken (cooked, white meat)	2.1 oz
Chicken (cooked, dark meat)	1.6 oz
Turkey (cooked, white meat)	2.6 oz
Turkey (cooked, dark meat)	2.2 oz
Turkey (cooked, ground, regular 85% lean)	1.5 oz

## Protein (cont.) 100 Calories

Food	Measurements
Turkey (deli meat, breast)	3.4 oz
Pork: ham (deli meat, extra lean)	3.2 oz
Ham (cured, boneless, extra lean)	2.1 oz
Bacon (cooked, 2 medium slices)	0.6 oz
Ground beef (95% extra lean, broiled)	2 oz
Ground beef (90% lean, broiled)	1.6 oz
Ground beef (80% lean, broiled)	1.3 oz
Steak (lean sirloin, broiled)	1.9 oz
Salmon (cooked, atlantic)	1.7 oz
Tilapia (cooked)	2.7 oz
Halibut (cooked)	2.5 oz
Tuna (cooked, yellow fin)	2.5 oz
Shrimp (cooked)	3.5 oz
Scallops (steamed)	3.1 oz

## Dairy 50 Calories

Food	Measurements
Milk (skim)	4.4 oz
Buttermilk (1 %)	4.1 oz
Yogurt (plain, fat free)	2.5 oz
Cottage cheese (fat free)	2.5 oz
Kraft cheese singles (fat free)	1 slice
Cheese (fat free)	1.2 oz

## Vegetables 50 Calories

Food	Measurements
Asparagus	16 medium spears
Beans (green or yellow)	1.5 cups
Beets	1 cup
Bok choy	1/2 head
Broccoli (chopped)	1/5 cup
Brussels sprouts	1.5 cups
Cabbage (chopped)	2 cups
Carrots (chopped)	1 cup
Cauliflower (pieces)	2 cups
Celery	5 large stalks
Cilantro	13 cups
Chives	6 oz

## Vegetables (cont.) 50 Calories

Food	Measurements
Collard greens	4 cups
Cucumber	(8") 1 cucumber
Egg plant	7 oz
Garlic	1/4 cup
Dill pickles	(4" long) 2 large
Kale (chopped)	1.5 cup
Lima beans	1.5 tablespoons
Mushrooms (pieces)	3 cups
Okra	1.5 cup
Onions (sliced)	1 cup
Parsley	2 cups
Pea pods (whole)	2 cups
Peppers (green or red, chopped)	1.5 cup
Radishes (slices)	2.5 cups
Romaine lettuce	(6 cups shredded) 10 oz
Spinach	(7 cups raw) 7 oz
Tomato	(2 medium whole) 10 oz
Tomato juice	8 fl oz
Tomato paste	4 tablespoons
Tomato sauce	1/2 cup
V8 juice	8 fl oz

## Fruit 50 Calories

Food	Measurements
Apple (slices)	1 cup
Apple juice	3.4 oz
Applesauce (unsweetened)	1/2 cup
Apricots (dried)	4 halves
Banana	1/2 medium
Boysenberries	3/4 cup
Blackberries (50)	3/4 cup
Raspberries (50)	3/4 cup
Blueberries (50)	3/4 cup
Cantaloupe (diced)	1 cup
Cherries	10 cherries
Cranberries (unsweetened)	1 cup
Cranberry juice	1/3 cup
Dates	2 dates
Figs (fresh)	1 large

## Fruit (cont.) 50 Calories

Food	Measurements
Figs (dried)	1 small
Fruit cocktail	1/3 cup
Grapefruit	1 medium
Grapefruit juice	1/2 cup
Grapes (15)	1/2 cup
Grape juice	1/3 cup
Guava	1/2 cup
Honeydew melon	1/8 of a small melon
Kiwi	1 medium
Kumquats	2.5 oz
Lemon juice	3/4 cup
Lime juice	3/4 cup
Loquats	5 large
Mandarin oranges	(1 medium) 3.1 oz
Mango	1/2 cup
Nectarine	(1 small) 4.6 oz
Orange	(1 small) 3.4 oz
Orange juice	1/2 cup
Papaya (cubes)	1 cup
Peach	1 medium
Pear	1/2 cup
Pineapple (fresh)	1/2 cup
Pineapple juice	1/3 cup
Plums	(2 medium) 3/4 cup
Pomegranate	1 small
Prunes (fresh)	2 medium
Prune juice	1/4 cup
Raisins	(1 miniature box) 0.5 oz
Strawberries	1 cup
Tangerine	1 medium
Watermelon	1 cup

