

Energy-Giving Food Chart

Food category	Examples	Typical serving size	Average calories per serving
Grains	White rice	0.5 cup	121
	Cooked pasta (spaghetti)	2 oz	200
	White bread	2 slices	140
	Cooked oats	0.5 cup	150
Fruits	Bananas	1 piece, medium size	105
	Apples	1 piece, medium size	95
	Oranges	1 piece, medium size	62
	Strawberries	0.5 cup	23
Vegetables	Baked potatoes	1 piece, medium size	161
	Uncooked corn	0.25 cup	151
	Baked sweet potatoes	0.5 cup	90
Legumes	Baked beans	0.5 cup	119
	Boiled lentils	0.5 cup	115
	Boiled chickpeas	0.5 cup	134
Dairy	Whole milk	1 cup	149
	Plain yogurt	1 cup	149
	Shredded cheddar cheese	0.25 cup	112
Nuts and seeds	Ground almonds	0.25 cup	138
	English walnuts	0.25 cup	196
	Toasted sunflower seeds	0.25 cup	207
Sugary food	Honey	1 tbsp	64
	Maple syrup	0.25 cup	208

Tips for increasing energy through diet

1. **Balance your meals:** Combine complex carbohydrates with protein and healthy fats for sustained energy.
2. **Stay hydrated:** Adequate water intake is crucial for energy metabolism.
3. **Eat regularly:** Have small, frequent meals or snacks to maintain energy levels throughout the day.
4. **Limit sugary foods:** Opt for natural sugar sources and avoid excessive intake of refined sugars that can lead to energy crashes.

Additional notes

Hey! I know you want a bit more flexibility with your meal choices while staying within your 1800 cal limit. Here's the plan: mix and match from the chart to create balanced meals that fit your goals. Try to combine different food groups, like grains with protein (e.g., pasta and beans), and focus on whole, nutrient-dense options. Be mindful of portion sizes, especially when it comes to higher-calorie foods like nuts or sugary items. If you need some ideas or want to swap anything out, let me know!

ESHA Research. (n.d.). *Nutrition database API | USDA nutritional database*. <https://esha.com/products/nutrition-database-api/>

U.S. Department of Agriculture Agricultural Research Services. (n.d.). *FoodData Central*. <https://fdc.nal.usda.gov/fdc-app.html#/food-search?query=&type=Foundation>

WebMD. (2018). *Food calorie counter & calculator, based on the ESHA nutrient database*. <https://www.webmd.com/diet/healthtool-food-calorie-counter>