

Food Calorie Chart

Patient Information
Name:
Age:
Gender:
Weight:
Height:
Activity Level:
Daily Calorie Goal:

Food Group	Food Item	Serving Size	Calories	My Food Intake	Servings Eaten	Total Calories
Fruits	Apple	1 medium	95			
	Banana	1 medium	105			
	Grapes	1 cup	104			
	Orange	1 medium	62			
	Strawberry	1 cup	49			
	Blueberries	1 cup	84			
	Mango	1 medium	201			
	Pineapple	1 cup, chunks	82			
	Peach	1 medium	59			
	Avocado	1 medium	240			
Vegetables	Broccoli	1 cup, chopped	55			
	Carrots	1 cup, chopped	52			
	Spinach	1 cup, raw	7			
	Tomato	1 medium	22			
	Bell Pepper	1 medium	25			

	Cucumber	1 medium	45			
	Zucchini	1 medium	33			
	Onion	1 medium	44			
	Asparagus	1 cup	70			
	Kale	1 cup, chopped	33			
Proteins	Chicken Breast	3.5 oz, cooked	165			
	Eggs	1 large	78			
	Tofu	3.5 oz, raw	144			
	Salmon	3.5 oz, cooked	206			
	Lentils	1 cup, cooked	230			
	Turkey	3.5 oz, cooked	135			
	Shrimp	3.5 oz, cooked	101			
	Beef	3.5 oz, cooked	250			
	Pork	3.5 oz, cooked	242			
	Tuna	3.5 oz, cooked	157			
Grains	Brown Rice	1 cup, cooked	216			
	Quinoa	1 cup, cooked	222			
	Whole Wheat Bread	1 slice	69			
	Oats	1 cup, cooked	154			
	Pasta, whole wheat	1 cup, cooked	174			
	Corn	1 cup, cooked	143			

	Barley	1 cup, cooked	193			
	Buckwheat	1 cup, cooked	155			
	Millet	1 cup, cooked	207			
	Rye Bread	1 slice	83			
Dairy & Alternatives	Milk, whole	1 cup	149			
	Cheese, cheddar	1 oz	113			
	Yogurt, plain	1 cup	149			
	Soy Milk	1 cup	131			
	Almond Milk	1 cup	60			
	Coconut Milk	1 cup	552			
	Tofu	3.5 oz, raw	144			
	Ice Cream, vanilla	1/2 cup	137			
	Butter	1 tbsp	102			
	Greek Yogurt, plain	1 cup	130			
Fats & Oils	Olive Oil	1 tbsp	119			
	Coconut Oil	1 tbsp	117			
	Canola Oil	1 tbsp	124			
	Avocado Oil	1 tbsp	124			
	Butter	1 tbsp	102			
	Peanut Butter	1 tbsp	94			
	Sesame Oil	1 tbsp	120			
	Flaxseed Oil	1 tbsp	120			

	Sunflower Oil	1 tbsp	120			
	Lard	1 tbsp	115			