

## Calorie Counters Chart

Food	Portion	Calories
Apples	1 medium	125
Asparagus	4 spears	15
Avocado	1	305
Banana	1	105
Beef Roast, Lean	3 oz.	205
Beef Sirloin Steak	3 oz.	240
Blackberries	1 cup	75
Broccoli	1 cup	45
Cabbage	1 cup	30
Cantaloupe	1/2 melon	95
Carrots	1	30
Celery	1 stalk	5
Cherries	10	50
Chicken Breast, Roasted	3 oz.	140
Breast Chicken, Fried	4.6 oz.	369
Yellow Corn	1 ear	85
Crab Meat	1 cup	135
Cucumber	6 slices	5
Egg, Fried	1 egg	90
Egg, Hard Boiled	1 egg	75
Egg, Scrambled	1 egg	100
Flounder, Baked	3 oz.	120
Pink Grapefruit	1/2 fruit	40
Ground Beef, Broiled	3 oz.	230
Halibut, Broiled	3 oz.	140
Lamb Chop, Broiled	2.8 oz.	235
Lamb Leg, Roasted	3 oz.	205
Lettuce	1 cup	5
Mushrooms	1 cup	20
Nectarine	1	65
Okra, Cooked	8 pods	25
Orange	1	60
Peaches	1	35
Pear	1	100
Peanuts, Salted	1 cup	71
Pepper, Green or Red	1	15
Pineapple	1 cup	75
Pistachios	1 oz.	165

Pork Chop, Broiled	2.5 oz.	165
Pork Chop, Fried	3.1 oz.	335
Pork Ham, Roasted	3 oz.	250
Pork Rib, Roasted	3 oz.	270
Pork Bacon	3 slices	110
Pork Sausage	1 link	50
Potato, Baked	1	220
Raisins	1 cup	435
Salmon, Smoked	3 oz.	150
Spinach	1 cup	10
Strawberries	1 cup	45
Sweet Potato, Baked	1	115
Tangerine	1	35
Tomato	1	25
Turkey, Roasted	1 cup	240
Walnuts	1 cup	770
Watermelon	1 cup	50

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