

Nutrient Content of Common Foods

It's useful to have a general idea of the nutrient content and calorie count of foods you're likely to eat. Here are some values to get you started.

DAIRY	PORTION SIZE	CALORIES
Cheese, blue	1 ounce	100
Cheese, cream, low-fat	1 tablespoon	35
Cheese, feta	1 tablespoon	25
Cheese, Parmesan, grated	1 tablespoon	22
Cream, half-and-half	1 tablespoon	20
Cream, sour, reduced-fat	1 tablespoon	20
Egg, hard-boiled	1 large	78
Margarine, 80% fat	1 teaspoon	33
Milk, nonfat	1 cup	83
Milk, nonfat, enriched to taste like 2%	1 cup	101
Milk, 1%	1 cup	102
Milk, 1%, enriched to taste like full-fat milk	1 cup	118
Yogurt, plain, nonfat	½ cup	54
Yogurt, plain, nonfat Greek, strained	½ cup	60
Yogurt, plain, 2% fat	½ cup	67
Yogurt, plain, 2% fat Greek, strained	½ cup	75
FRUIT*	PORTION SIZE	CALORIES
Apple, with skin	1 medium	95
Applesauce, canned, unsweetened	½ cup	52
Apricot	1 medium	17
Avocado	1 medium	322
Banana	1 medium	105
Blackberries	½ cup	31
Blueberries	½ cup	42
Carambola (star fruit), cubed	½ cup	28

* Figures apply to raw fruit unless otherwise noted.

FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
0.0	6.1	0.7	8.2	5.3
0.0	1.6	1.1	2.6	1.7
0.0	1.3	0.4	2.0	1.4
0.0	1.9	0.2	1.4	0.9
0.0	0.4	0.7	1.7	1.1
0.0	0.4	0.6	1.8	1.1
0.0	6.3	0.6	5.3	1.6
0.0	0.0	0.0	3.8	0.7
0.0	8.3	12.2	0.2	0.1
0.0	9.7	13.7	0.6	0.4
0.0	8.2	12.2	2.4	1.5
0.0	9.7	13.6	2.9	1.8
0.0	6.0	8.0	0.2	0.1
0.0	10.0	4.5	0.0	0.0
0.0	5.4	8.0	1.7	1.0
0.0	9.5	4.5	2.3	1.5
FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
4.4	0.5	25.1	0.3	0.0
1.5	0.2	13.8	0.1	0.0
0.7	0.5	3.9	0.1	0.0
13.5	4.0	17.1	29.5	4.3
3.1	1.3	27.0	0.4	0.1
3.8	1.0	6.9	0.4	0.0
1.8	0.6	10.7	0.2	0.0
2.5	1.0	6.2	0.3	0.0

Nutrient Content of Common Foods (continued)

FRUIT*	PORTION SIZE	CALORIES
Cherries, sweet	1/2 cup	43
Figs, dried	1/4 cup	93
Grapefruit, pink, red or white	1/2 medium	53
Grapes, red or green, seedless	1/2 cup	52
Mango	1 medium	135
Melon balls	1/2 cup	29
Nectarine	1 medium	62
Orange	1 medium	62
Papaya, cubed	1/2 cup	27
Peach	1 medium	58
Pear	1 medium	103
Pear, Asian	1 large	116
Pineapple, cubed fresh	1/2 cup	41
Plum	1 medium	30
Raisins, seedless	1 tablespoon	28
Raspberries	1/2 cup	32
Strawberries	1/2 cup	23
Watermelon balls	1/2 cup	23
VEGETABLES**	PORTION SIZE	CALORIES
Artichoke (globe or French) hearts, cooked	1/2 cup	45
Asparagus, boiled	8 spears	26
Beans, green, boiled	1 cup	38
Beets, boiled, sliced	1/2 cup	37
Broccoli, boiled	1 medium stalk	63
Brussels sprouts, boiled	6 sprouts	45
Cabbage, sliced, boiled	1 cup	34

* Figures apply to raw fruit unless otherwise noted.

** Figures apply to raw vegetables unless otherwise noted; no salt used in cooking.

FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
1.4	0.7	11.1	0.1	0.0
3.7	1.2	23.8	0.4	0.1
1.8	1.1	13.4	0.2	0.0
0.7	0.5	13.7	0.1	0.0
3.7	1.1	35.2	0.6	0.1
0.6	0.7	6.9	0.2	0.0
2.4	1.5	15.0	0.5	0.0
3.1	1.2	15.4	0.2	0.0
1.3	0.4	6.9	0.1	0.0
2.2	1.4	14.3	0.4	0.0
5.5	0.7	27.5	0.2	0.0
9.9	1.4	29.3	0.6	0.0
1.2	0.5	10.8	0.1	0.0
0.9	0.5	7.5	0.2	0.0
0.3	0.3	7.5	0.0	0.0
4.0	0.7	7.3	0.4	0.0
1.4	0.5	5.5	0.2	0.0
0.3	0.5	5.8	0.1	0.0
FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
7.2	2.4	10.0	0.3	0.0
2.4	2.9	4.9	0.3	0.1
4.0	2.0	8.7	0.2	0.1
1.7	1.4	8.5	0.2	0.0
5.9	4.3	12.9	0.7	0.1
3.3	3.2	9.0	0.6	0.1
2.9	1.9	8.3	0.1	0.0

Nutrient Content of Common Foods (continued)

VEGETABLES**	PORTION SIZE	CALORIES
Carrots, baby	1 cup	55
Cauliflower, boiled	1 cup	29
Celery, chopped	3 medium stalks	19
Corn, sweet, white, boiled	1 medium ear	111
Cucumber, peeled	1 cup slices	14
Hearts of palm, canned	1 cup	41
Kale, chopped, boiled	1 cup	36
Leek white parts, boiled	1 leek	38
Lettuce, cos or romaine, shredded	1 cup	8
Lettuce, green leaf, shredded	1 cup	5
Lettuce, iceberg, shredded	1 cup	10
Marinara pasta sauce	½ cup	111
Mung beans, mature seeds, sprouted, boiled	½ cup	16
Mushrooms, white, sliced	1 cup	15
Oil, vegetable	1 tablespoon	119
Okra, boiled	1 cup	35
Olives, ripe, canned	3 small	11
Onion, chopped	¼ cup	16
Peas, boiled	1 cup	83
Peppers, sweet, chopped	1 cup	30
Pickles, dill or kosher dill	1 medium	8
Potato with skin, baked	1 large	278
Potato without skin, boiled	1 large	258
Rutabaga, cubed, boiled	1 cup	66
Spinach	1 cup	7
Spinach, boiled	1 cup	65
Squash, summer, sliced, boiled	1 cup	36

** Figures apply to raw vegetables unless otherwise noted; no salt used in cooking.

FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
4.6	1.0	12.9	0.2	0.0
2.9	2.3	5.1	0.6	0.1
1.9	0.8	3.6	0.2	0.0
2.9	3.4	25.9	1.3	0.2
0.8	0.7	2.6	0.2	0.0
3.5	3.7	6.8	0.9	0.2
2.6	2.5	7.3	0.5	0.1
1.2	1.0	9.5	0.3	0.0
1.0	0.6	1.6	0.1	0.0
0.5	0.5	1.0	0.1	0.0
0.9	0.7	2.1	0.1	0.0
3.3	2.3	17.6	3.4	0.9
0.9	1.6	3.1	0.1	0.0
0.7	2.2	2.3	0.2	0.0
0.0	0.0	0.0	13.5	1.9
4.0	3.0	7.2	0.3	0.1
0.3	0.1	0.6	1.0	0.1
0.7	0.4	3.7	0.0	0.0
5.0	5.6	14.4	0.6	0.1
2.5	1.3	6.9	0.3	0.1
0.7	0.4	2.0	0.1	0.0
6.6	7.5	63.2	0.4	0.1
6.0	5.1	60.0	0.3	0.1
3.1	2.2	14.9	0.4	0.0
0.7	0.9	1.0	0.1	0.0
7.0	7.6	9.1	1.7	0.3
2.5	1.6	7.8	0.6	0.1

Nutrient Content of Common Foods (continued)

VEGETABLES**	PORTION SIZE	CALORIES
Squash, winter, frozen, baked, cubed	1 cup	80
Tomato	1 medium	22
Turnip greens, frozen, boiled	1 cup	48
CARBOHYDRATES AND GRAINS	PORTION SIZE	CALORIES
Bagel, plain	1 large	283
Beans, baked, canned, plain or vegetarian	½ cup	119
Beans, black, boiled	½ cup	114
Beans, kidney, red, boiled	½ cup	112
Beans, navy, boiled	½ cup	127
Beans, pinto, boiled	½ cup	122
Bread, whole-wheat, commercially prepared	1 slice	69
Cereal, oat, regular, quick and instant, cooked	½ cup	74
Cereal, Fiber One (General Mills)	⅓ cup	40
Cereal, All-Bran Extra Fiber (Kellogg's)	⅓ cup	34
Chickpeas (garbanzo beans), boiled	½ cup	134
Couscous, cooked	½ cup	88
Crackers, whole-wheat	4 medium	71
Granola bar, soft, uncoated, plain	1 bar	124
Hummus, commercial	¼ cup	104
Lentils, boiled	½ cup	113
Lima beans, baby, boiled	½ cup	94
Oat bran, raw	¼ cup	59
Peas, split, boiled	½ cup	116
Popcorn, air-popped	1 cup	31
Refried beans, canned	½ cup	118
Rice cake, brown rice, plain	1 cake	35

** Figures apply to raw vegetables unless otherwise noted; no salt used in cooking.

FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
5.7	1.8	17.9	1.3	0.3
1.5	1.1	4.8	0.3	0.0
5.6	5.5	8.3	0.7	0.2
FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
2.4	11.0	55.6	1.8	0.4
5.2	6.0	26.9	0.5	0.1
7.5	7.6	20.4	0.5	0.1
5.7	7.7	20.2	0.4	0.1
9.6	7.5	23.7	0.6	0.1
7.7	7.7	22.4	0.6	0.1
1.9	3.6	11.6	0.9	0.2
2.0	3.0	2.3	1.2	0.2
9.5	1.3	16.8	0.7	0.1
8.7	2.0	13.3	0.7	0.0
6.2	7.3	22.5	2.1	0.2
1.1	3.0	18.2	0.1	0.0
1.7	1.4	11.0	2.8	0.5
1.3	2.1	18.8	4.8	2.0
3.8	5.0	8.9	6.0	0.9
7.8	8.9	19.3	0.4	0.1
5.4	6.0	17.5	0.3	0.0
3.6	4.1	15.6	1.7	0.3
8.1	8.2	20.7	0.4	0.0
1.2	1.0	6.2	0.4	0.0
6.7	6.9	19.6	1.6	0.6
0.4	0.7	7.3	0.3	0.1

Nutrient Content of Common Foods (continued)

CARBOHYDRATES AND GRAINS	PORTION SIZE	CALORIES
Rice, brown, long-grain, cooked	1/2 cup	109
Rice, white, long-grain, cooked	1/2 cup	103
Tofu, light firm (nigari)	4 ounces	57
Wild rice, cooked	1/2 cup	83
NUTS	PORTION SIZE	CALORIES
Almonds, whole	2 tablespoons	103
Cashews, whole	2 tablespoons	94
Peanuts	2 tablespoons	108
Pecans, halved	2 tablespoons	86
Pine nuts, dried, whole	2 tablespoons	114
Sunflower seed kernels	2 tablespoons	102
Walnuts, English, halved	2 tablespoons	82
MEAT, POULTRY AND SEAFOOD	PORTION SIZE	CALORIES
Beef, tenderloin, broiled	4 ounces	244
Chicken, breast only, skinless	4 ounces	185
Chicken, dark meat only, skinless, roasted	4 ounces	215
Haddock, broiled	4 ounces	125
Ham, lean, sliced, boiled	2 ounces	60
Lamb, leg, roasted	4 ounces	241
Lobster, steamed	4 ounces	110
Pork, leanest tenderloin, broiled	4 ounces	130
Salmon, broiled	4 ounces	156
Shrimp, boiled	4 ounces	111
Swordfish, broiled	4 ounces	174
Tuna, light, water-packed	4 ounces	130
Turkey, breast, skinless, roasted	4 ounces	151
Veggie burger, frozen patty	1 medium	124

FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
1.8	2.5	22.4	0.9	0.2
0.3	2.1	22.3	0.2	0.0
0.0	10.0	1.4	2.1	0.0
1.5	3.3	17.5	0.3	0.0
FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
2.2	3.8	3.9	8.8	0.7
0.5	2.7	4.9	7.7	1.4
1.7	5.1	2.8	9.5	1.6
1.2	1.1	1.7	8.9	0.9
0.6	2.3	2.2	11.6	0.8
1.5	3.6	3.5	9.0	0.9
0.8	1.9	1.7	8.2	0.8
FIBER (grams)	PROTEIN (grams)	CARBOHYDRATES (grams)	FAT (grams)	SATURATED FAT (grams)
0.0	30.9	0.0	12.5	4.8
0.0	34.7	0.0	4.0	1.1
0.0	29.1	4.3	10.1	2.7
0.0	27.1	5.1	1.0	0.2
0.0	10.6	0.4	1.5	0.4
0.0	28.6	0.0	13.2	6.0
0.0	23.0	4.1	0.7	0.1
0.0	24.2	0.9	3.5	1.2
0.0	26.3	0.0	4.8	1.1
0.0	23.4	0.0	1.2	0.3
0.0	28.4	0.0	5.8	1.6
0.0	28.6	0.0	0.9	0.3
0.0	33.7	0.0	0.8	0.3
3.4	11.0	10.0	4.4	1.0