

# CALORIE COUNTER

Food Item	Amount/Size	Calories
<u>Fruit:</u>		
Apple	Small 2-1/2"	55
	Medium 2-3/4"	72
	Large 3-1/4"	110
Grapefruit	1/2 Small 3-12"	32
	1/2 Medium 4"	41
	1/2 Large 4-1/2"	53
Orange	Small 2-3/8"	45
	Medium 2-5/8"	62
	Large 3-1/16"	86
Strawberries	1 Cup	49
<u>Protein *</u>		
<u>Poultry</u>		
Chicken (boneless, skinless breast)	100 g/3.5 oz	96.25
<u>Beef</u>		
Ground Beef 8%	100 g/3.5 oz	140
Ground Beef 4%	100 g/3.5 oz	122.5
Buffalo	100 g/3.5 oz	129.5
Steak, Round	100 g/3.5 oz	140
Steak, Flank	100 g/3.5 oz	153
Steak, Tenderloin	100 g/3.5 oz	204.3
Steak, Ribeye	100 g/3.5 oz	269.5
Steak, Sirloin	100 g/3.5 oz	133
Steak, London Broil	100 g/3.5 oz	147
Steak, Flat Iron (Top Blade)	100 g/3.5 oz	171.5
Veal	100 g/3.5 oz	140

<u>Fish and Seafood</u>		
Halibut	100 g/3.5 oz	108.5
Shrimp	100 g/3.5 oz	105
Crab (meat only)	100 g/3.5 oz	98
Lobster	100 g/3.5 oz	93.33
Tilapia	100 g/3.5 oz	128.4
Sea Bass	100 g/3.5 oz	96.25
Flounder	100 g/3.5 oz	116.67
Sole	100 g/3.5 oz	91
<u>Vegetables (Raw)</u>		
Spinach	1 Cup	7
Chard	1 Cup	7
Chicory	1 Cup	41
Beet Greens	1 Cup	8
Radish	1 Cup	19
Tomato	Small 2-2/5"	16
	Medium 2-3/5"	22
	Large 3"	33
Asparagus	1 Cup	27
	1 small spear 5" long or less	3
	1 medium spear 5-1/4"-7"	4
	1 large spear 7-1/4"-8-1/2"	5
Cabbage -Green	1 Cup	22
Cabbage -Red	1 Cup	28
Cabbage -Chinese	1 Cup	24
Cabbage -Napa	1 Cup	20
Celery	1 Cup -Diced	19
	1 Small Stalk 5" long or less	3
	1 Medium Stalk 7-1/2"-8"	6
	1 Large Stalk 11"-12"	10

Cucumber -with peel	1 Cup Slices	18
	1 Slice	1
Cucumber -Peeled	1 Cup Chopped	16
Cucumber	1 Small 6-3/8" long	19
	1 Medium 7" long	24
	1 Large 8-1/4" long	34
Fennel (greens and root)	1 Cup	33.33
Onion	1 Cup Chopped	64
	1 Medium -Yellow	45
	1 Medium -Red	45
Green Onion	1 Cup Chopped -Bulb and Top	32
Hearts of Romaine Mix	2 1/2 cup	15
Lettuce, Ice Berg	1 Cup Shredded or Chopped	8
Lettuce, Spring Mix	3 Cups	15
<u>Other</u>		
Melba	1 Piece 3-3/4"x1-3/4"	20
	1 Round	12
Grissini	1 Breadstick	20
Apple Cider Vinegar	1 TBSP	0
Lemon	1 Wedge or Slice	2
Lemon Juice	1 Cup	61
	1 TBSP	3.8
Coffee	1 Coffee Cup -6 oz	2
	1 Mug -8 oz	2
Milk, Whole	1 TBSP	9
Milk, 2%	1 TBSP	7.6
Half and Half	1 TBSP	20
* All meat is calculated as raw		
(Calories taken from <a href="http://www.fitday.com">www.fitday.com</a> and <a href="http://www.calorie-counter.com">www.calorie-counter.com</a> )		