

# ACTIVITY

# SERVING SIZES AND CALORIES

Use the values below to figure out how many Calories are in each of the items on your menu. For foods not listed, search the USDA National Nutrient Database online at [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/).

Item (amount)	Cal	Item (amount)	Cal	Item (amount)	Cal
Apple, fresh (1 medium)	91	Egg (1 medium)	77	Pizza, pepperoni (1/8 of 12-in. pie)	180
Apple juice (1 cup)	117	Egg roll, fried (1 roll, 3.5 oz)	176	Pocket sandwich, chicken (1 pocket)	300
Applesauce, sweetened (1/2 cup)	97	Enchilada, cheese (1 enchilada, 5.7 oz)	356	Popcorn, air popped (1 cup)	31
Asparagus, fresh (1/2 cup)	20	Fish, catfish, fried (3 oz portion)	194	Popcorn, microwave butter (3 cups)	234
Avocado, mashed (1/2 cup)	184	Fish, flounder, baked (3 oz portion)	99	Pork, chop (3 oz portion)	213
Bacon, cooked (1 slice)	35	Grapes, fresh (1 cup)	58	Pork, ham (1 cup chopped)	369
Bagel, plain (4 in.)	227	Grapefruit (1 medium)	80	Potato, baked, plain (1 large)	280
Banana, fresh (1 medium)	120	Gravy (1/4 cup)	164	Potato, french fried (20 pieces)	235
Beans, baked (1/2 cup)	157	Green beans, cooked (1/2 cup)	22	Potato, mashed (1/2 cup)	160
Beans, refried (1/2 cup)	183	Hot dog (1 hot dog)	145	Potato, tater tot style (9 pieces)	160
Beef, ground, broiled (3 oz portion)	238	Ice cream, regular (1/2 cup)	130	Potato, sweet (1 small)	118
Beef, pot roast, roasted (3 oz portion)	284	Ice cream, rich (1/2 cup)	290	Pretzel snack mix (1/2 cup)	140
Beef, steak, broiled (3 oz steak)	185	Jelly or jam (1 tablespoon)	40	Pudding cup, any flavor (1/2 cup)	180
Bread, hamburger bun (1 medium)	180	Ketchup (1 tablespoon)	16	Raisins (1/4 cup)	112
Bread, hot dog bun (1 medium)	116	Lettuce, iceberg, fresh (1 cup)	10	Ravioli, beef (1 cup)	260
Bread, pita, wheat or white (1/2 pocket)	71	Macaroni and cheese (1 cup)	320	Ravioli, cheese (1 cup)	220
Bread, sandwich, wheat or white (1 slice)	70	Margarine (3 teaspoons or 1 tablespoon)	102	Rice cake (1 cake)	40
Broccoli, fresh (1 cup)	25	Mayonnaise (1 tablespoon)	100	Rice, brown or white, cooked (1/2 cup)	120
Brownie (1 piece)	160	Milk, 2% (1 cup)	120	Rice, fried (3/4 cup)	190
Burrito, bean and cheese (6 oz burrito)	350	Milk, whole (1 cup)	150	Salad dressing, ranch (2 tablespoons)	150
Butter (3 teaspoons or 1 tablespoon)	202	Milk drink, chocolate (1 cup)	238	Salad dressing, fat-free (2 tablespoons)	50
Cake, chocolate, frosted (1 cupcake-size)	188	Milk drink, hot chocolate/cocoa (1 cup)	147	Salsa, con queso (2 tablespoons)	90
Candy, chocolate bar (2 fun size)	190	Milk drink, milkshake (1 cup)	288	Salsa, picante (2 tablespoons)	10
Candy, hard (1 piece)	24	Muffin, any flavor (1 medium)	250	Snacks, cheese puffs, baked (3/4 cup)	140
Candy, jelly beans (10 small)	40	Mushrooms, cooked (1 cup)	77	Snacks, Cheetos-style (26 pieces)	150
Carrots, cooked (1/2 cup)	35	Nachos with cheese (8 chips)	345	Soft drink, cola (12-oz can)	150
Cauliflower, cooked (1/2 cup)	14	Noodles, egg, cooked (1 cup)	219	Soft drink, diet cola (12-oz can)	0
Celery, fresh (1 stalk)	10	Noodles, chow mein, cooked (1 cup)	237	Soup, cream style (1 cup)	130
Cereal, sweetened, dry (1 cup)	220	Noodles, rice, cooked (1 cup)	191	Soup, noodle style (1 cup)	70
Cereal, unsweetened, dry (1 cup)	110	Oatmeal, plain, cooked (1/2 cup)	73	Soup, vegetable (1 cup)	90
Cheese, American (1 slice)	95	Oil, cooking (1 tablespoon)	120	Soup, vegetable with meat (1 cup)	134
Cheese, Swiss (1 slice)	105	Olives, green (4 medium)	15	Sour cream (2 tablespoons)	60
Chicken, thigh, fried (1 piece)	162	Onion, fresh (1/2 cup, chopped)	21	Spaghetti sauce, vegetable (1/2 cup)	100
Chicken, thigh, roasted (1 piece)	153	Onion rings, fried (9 rings)	275	Spaghetti sauce, meat flavored (1/2 cup)	140
Chicken, breast, fried (1 piece)	218	Orange, fresh (1 medium)	60	Spinach, cooked (1/2 cup)	25
Chicken, breast, roasted (1 piece)	193	Orange juice (1 cup)	105	Squash, cooked and mashed (1/2 cup)	25
Chicken, nuggets (6 pieces)	290	Pancake, plain (1 4-in. pancake)	83	Strawberries, fresh (1/2 cup)	50
Chicken, deli sandwich (2 slices)	45	Pasta, cooked (1 cup)	200	Sugar, white (1 tablespoon)	45
Chili, with or without beans (1 cup)	300	Pastry, toaster-type, no icing (1 pastry)	200	Sunflower seeds (1/4 cup)	186
Cookie, chocolate chip (1 cookie)	78	Peach, fresh (1 medium)	38	Sushi, California or tuna roll (1 piece)	25
Cookie, chocolate sandwich (3 cookies)	170	Peaches, canned (1/2 cup)	100	Syrup, pancake (1/4 cup)	210
Cookie, oatmeal (2 cookies)	110	Pear, fresh (1 medium)	98	Syrup, pancake, lite (1/4 cup)	100
Cookie, vanilla wafer (8 cookies)	140	Peanuts (1/4 cup)	219	Tofu (1-in. slice or 3 oz)	50
Corn, cooked (1/2 cup)	67	Peanut butter (2 tablespoons)	188	Tortilla, corn or flour (1 tortilla)	140
Chips, any style (1 oz or about 15 chips)	150	Peas, canned (1/2 cup)	60	Taco, beef, prepared (1 small)	370
Corn dog, cooked (1 corn dog)	330	Peas, black-eyed with bacon (1/2 cup)	90	Taco salad (1 1/2 cups)	279
Cottage cheese (1/2 cup)	120	Peppers, banana or jalapeno (3 peppers)	11	Tamales, beef (3 small)	280
Cracker, graham (8 small squares)	120	Pickles, dill hamburger chips (5 pieces)	5	Tomato, fresh (1 cup sliced)	32
Cracker, saltine (1 cracker)	13	Pickles, sweet (3 small)	21	Tuna, canned in water (2 oz)	70
Cracker, wheat with peanut butter (1 pkg)	190	Pie, apple (1 slice or 1/6-slice of pie)	270	Turkey, without skin (1 cup)	238
Cream cheese (2 tablespoons)	100	Pineapple, canned (1/2 cup)	100	Yogurt, plain, low-fat (1 cup)	154
Doughnut, plain (1 medium)	150	Pizza, cheese (1/8 of 12-in. pie)	140	Yogurt, low-fat with fruit (1 cup)	250

**Note.** Calorie counts on prepared foods may be higher or lower depending on how the food is prepared and the different ingredients that may be added. Check package labels for specific information on prepared foods.