

# Calorie Charts

## Fruits and Vegetables

### Juices

Food	Variety	Serving Size	Calories
Apple juice or cider	-	1 cup	120
Apricot nectar	-	1 cup	140
Cranberry cocktail	-	1 cup	145
Cranberry cocktail	reduced-calorie	1 cup	45
Grape juice	-	1 cup	150
Grapefruit juice	-	1 cup	95
Lemon juice	-	2 tablespoons	10
Lime juice	-	2 tablespoons	10
Orange juice	-	1 cup	110
Pineapple juice	-	1 cup	140
Prune juice	-	1 cup	180
Tomato juice	-	1 cup	50
Vegetable juice	-	1 cup	50

### Fruits

Food	Variety	Serving Size	Calories
Apple	-	1 medium	80
Applesauce	sweetened	1/2 cup	100
Applesauce	unsweetened	1/2 cup	50
Apricots	dried	4 halves	40
Apricots	fresh	1 medium	20
Avocado	-	1/4 medium	80
Banana	-	1 medium	110
Blackberries	-	1 cup	75
Blueberries	-	1 cup	80
Cantaloupe	-	1 cup	55
Cherries	maraschino	1 medium	10
Cherries	sour, fresh	1/2 cup	40
Cherries	sweet, fresh	1/2 cup	60
Cranberries	dried	1/4 cup	100
Cranberries	fresh	1/2 cup	25
Fruit cocktail	canned in heavy syrup	1/2 cup	90
Fruit cocktail	canned in light syrup	1/2 cup	70
Grapefruit	-	1/2 medium	40
Grapes	-	17 medium	60
Honeydew melon	-	1 cup	60
Kiwi	-	1 medium	45
Mandarin oranges	-	1/2 cup	50
Mango	-	1/2 medium	65
Mixed dried fruit	-	1/4 cup	85
Nectarine	-	1 medium	65
Orange	-	1 medium	60
Papaya	-	1/2 medium	60
Peach	-	1 medium	40
Pear	-	1 medium	100
Pineapple	fresh	1 cup	75
Pineapple	canned in light syrup	1/2 cup	65

## Calorie Charts

### Fruits and Vegetables, continued

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#### Fruits, continued

Plums	fresh	1 medium	35
Plums	dried (prunes)	3 medium	60
Raisins	-	1/4 cup	125
Raspberries	-	1 cup	60
Strawberries	-	1 cup	50
Tangerine	-	1 medium	35
Watermelon	-	1 cup	50

#### Vegetables

Food	Variety	Serving Size	Calories
Artichokes	cooked	1 medium	60
Artichoke	marinated hearts	1/2 cup	110
Asparagus	cooked	1/2 cup	20
Broccoli	cooked	1/2 cup	20
Broccoli,	raw	1/2 cup	10
Brussel sprouts	cooked	1/2 cup	30
Carrots	cooked	1/2 cup	35
Carrots	raw	1 large	30
Celery	raw	1 stalk	5
Corn	cooked	1/2 cup	65
Cucumber	raw	1/2 medium	20
Green beans	cooked	1/2 cup	25
Jicama	raw	1/2 cup	25
Lettuce	raw	1 cup	5
Mixed vegetables	frozen	1/2 cup	55
Mushrooms	canned	1/2 cup	20
Mushrooms	raw	1/2 cup	10
Onions	raw	1/2 cup	30
Pea pods	cooked	1/2 cup	35
Peas	cooked	1/2 cup	65
Peppers	sweet, raw	1/2 cup	20
Potato	baked	1 (4 ounces)	125
Potato	French fries	10 medium	100
Potatoes	w/milk and butter, mashed	1/2 cup	110
Spinach	cooked	1/2 cup	20
Spinach	raw	1 cup	10
Sweet potatoes	baked	1 (4 ounces)	115
Tomato	canned	1/2 cup	25
Tomato	dried	1/2 cup	70
Tomato	raw	1 medium	25