

Calorie Charts

Meat, Poultry, Fish and Seafood

Beef

Food	Variety	Serving Size	Calories
Chuck roast	arm	3 ounces cooked	185
Flank steak	-	3 ounces cooked	175
Ground beef	regular	3 ounces cooked	245
Ground beef	lean	3 ounces cooked	215
Ground beef	extra lean	3 ounces cooked	190
Pot roast	round	3 ounces cooked	235
Prime rib	-	3 ounces cooked	355
Round steak	-	3 ounces cooked	205
Sirloin steak	-	3 ounces cooked	170
Tenderloin	-	3 ounces cooked	180

Lamb

Food	Variety	Serving Size	Calories
Lamb chops	-	3 ounces cooked	185
Lamb leg	-	3 ounces cooked	220

Pork

Food	Variety	Serving Size	Calories
Ground Pork	-	3 ounces cooked	255
Ham	-	3 ounces cooked	135
Pork chops	-	3 ounces cooked	180
Pork tenderloin	-	3 ounces cooked	140

Processed and Deli Meats

Food	Variety	Serving Size	Calories
Bacon	fried	1 slice	35
Beef jerky	-	1 ounce	90
Bologna	-	1 ounce	90
Canadian bacon	-	1 ounce	45
Ham	deli	1 ounce	40
Hot dog	-	1.6 ounces	145
Pepperoni	-	1 ounce	140
Roast beef	deli	1 ounce	30
Sausage	Italian	2 ounces	215
Sausage	Polish	2.7 ounces	240
Sausage	smoked	2 ounces	190

Poultry

Food	Variety	Serving Size	Calories
Chicken breast	skin	3 ounces cooked	170
Chicken breast	no skin	3 ounces cooked	140
Chicken breast	deli	1 ounce	45
Chicken thighs	skin	3 ounces cooked	210
Chicken thighs	no skin	3 ounces cooked	165
Chicken wings	roasted	1	100
Turkey breast	deli	1 ounce	30
Turkey, dark meat	skin	3 ounces cooked	185

Calorie Charts

Meat, Fish, Poultry and Seafood, continued

Poultry, continued

Turkey, dark meat	no skin	3 ounces cooked	160
Turkey, light meat	skin	3 ounces cooked	140
Turkey, light meat	no skin	3 ounces cooked	120
Ground turkey	lean	3 ounces cooked	170
Ground turkey	extra lean	3 ounces cooked	120

Fish and Seafood

Food	Variety	Serving Size	Calories
Catfish	-	3 ounces cooked	130
Clams	-	6 large	90
Cod	-	3 ounces cooked	90
Crab	blue, fresh	3 ounces cooked	90
Crab	blue, canned	1/2 cup	70
Crab	imitation	3 ounces	90
Halibut	Atlantic	3 ounces cooked	120
Lobster	-	3 ounces cooked	110
Mussels	-	3 ounces cooked	145
Orange roughy	-	3 ounces cooked	75
Oysters	-	6	65
Salmon	Atlantic fresh	3 ounces cooked	155
Salmon	smoked	3 ounces	100
Scallops	bay	3 ounces cooked	120
Scallops	sea	6 large	120
Tuna	yellowfin, fresh	3 ounces cooked	120
Tuna	canned in oil	1/4 cup	110
Tuna	canned in water	1/4 cup	60