



Food Charts

Are you wondering what are the best food choices? These charts allow you to look up the calories and protein content of popular foods.

	Food Item	Portion	Calories	Food Item	Portion	Calories
 Red/Purple	Beets, cooked	1 C	75	Prunes	3 whole	60
	Eggplant, cooked	1 C	30	Red Apple	1 medium	100
	Red Cabbage, cooked	1 C	30	Red Pear	1 medium	100
	Blackberries	1 C	75	Red Wine	4 oz glass	80
	Blueberries	1 C	110	Strawberries	1 C, sliced	50
	Grapes	1 C	115	Peppers, red, chopped	1 C	30
	Plums	2 small	70			
 Red	Tomato Juice	1 C	40	Pink Grapefruit	½ fruit	40
	Tomato Sauce or Puree	1 C	100	Pink Grapefruit Juice	½ C	50
	Tomato Soup, made w/ water	1 C	85	Watermelon	1 C balls	50
	Tomato Vegetable Juice	1 C	45	Tomatoes, raw, chopped	1 C	40
	Tomatoes, cooked	1 C	70			
 Orange	Acorn Squash, baked	1 C	85	Apricots	3 whole	50
	Carrots, cooked	1 C	70	Cantaloupe	1 C cubes	55
	Pumpkin, cooked	1 C	50	Mango	½ large	80
	Sweet Potato	1 C	200	Carrots, raw	1 C	50
	Winter Squash, baked	1 C	70			
 Orange/Yellow	Nectarine	1 large	70	Peach	1 large	70
	Orange	1 large	85	Pineapple	1 C, diced	75
	Orange Juice	½ C	50	Tangerine	1 medium	45
	Papaya	½ large	75	Yellow Grapefruit	½ fruit	40
 Yellow/Green	Collard Greens, cooked	1 C	50	Avocado	½ average fruit	80
	Corn	1 ear	75	Honeydew	1 C cubes	60
	Green Beans, cooked	1 C	45	Kiwi	1 large	55
	Green Peas	1 C	140	Cucumber	1 C	15
	Mustard Greens, cooked	1 C	20	Pepper, green, chopped	1 C	30
	Spinach, cooked	1 C	40	Pepper, yellow, chopped	1 C	30
	Turnip Greens, cooked	1 C	30	Romaine Lettuce	1 C	10
	Zucchini, with skin, cooked	1 C	30	Spinach, raw	1 C	10
 Green	Broccoli, cooked	1 C	45	Chinese Cabbage, cooked	1 C	20
	Brussels Sprouts	1 C	60	Kale, cooked	1 C	35
	Cabbage, cooked	1 C	35	Swiss Chard, cooked	1 C	20
	Cauliflower, cooked	1 C	30	Cabbage, raw	1 C	20
 White/Green	Artichoke	1 medium	60	Mushrooms, cooked	1 C	40
	Asparagus	1 C	45	Onion, cooked	1 C	105
	Celery, diced	1 C	20	Endive, raw	1 C	10
	Leeks, cooked	1 C	30			

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	Food Item	Portion	Calories	Protein (gm)
 Protein Foods	Egg Whites	7 whites	115	25
	Nonfat Cottage Cheese	1 C	140	28
	Soy Canadian Bacon	4 slices	80	21 (varies)
	Soy Cereal	½ C	140	25 (varies)
	Turkey Breast	3 oz (cooked wt.)	135	25
	Chicken Breast	3 oz (cooked wt.)	140	25
	Lean Red Meat	3 oz (cooked wt.)	145-160	25
	Ocean-Caught Fish	4 oz (cooked wt.)	130-170	25-31
	Shrimp, Crab, Lobster	4 oz (cooked wt.)	120	22-24
	Tuna	4 oz, water pack	145	27
	Scallops	4 oz (cooked wt.)	135	25
	Soy Hot Dog	2 links	110	22 (varies)
	Soy Ground Round	¾ C	120	24
	Soy Burgers	2 patties	160	26
	Tofu, firm	½ C	180	20 (varies)
 Herbalife Proteins	Formula 1 Shake	2 heaping tablespoons	90	9
	Formula 1 + Nonfat or Soy Milk + Personalized Protein Powder	2 heaping tablespoons Formula 1 + 1 C Nonfat Milk + 2 tsp Formula 3	220	29
	Formula 1 + Nonfat Milk or Soy Milk	2 heaping tablespoons Formula 1 + 1 C Soy Milk	180	19
	Personalized Protein Powder	1 tablespoon	20	5
	Protein Drink	1 packet	110	15
	Beverage Mix	1 packet	70	15
	Soup Mix	1 packet	70	15
	Protein Bar	1 bar	150	12
	Roasted Soy Nuts	1 packet	110	11
 Starch/Grain	Cooked Beans	½ C, cooked	115-140	7
	Brown Rice	½ C, cooked	110	3
	Lentils	½ C, cooked	115	9
	Whole-Grain Pasta	½ C, cooked	85	3
	Shredded Wheat, bite size	1 C	110	5
	High-Fiber Bran Cereal	½ C	90-120	4
	Oatmeal	1 C, cooked	130	6
	Bread, Whole Grain	1 slice	100	5
	Bread, Sprouted Wheat	1 slice	80	4
	Bread, Sprouted Multigrain	1 slice	60	3
	Cheese, reduced fat	1 oz	50-80	2-5
 Taste Enhancers	Cheese, Parmesan	3 tablespoons	80	5
	Nuts	½ oz	80-100	6-11
	Olive Oil	1 teaspoon	40	4
	Olives	10 large	50	7
	Pine Nuts, Sesame Seeds	1 tablespoon (40 nuts)	50	4-7