

Calorie *Quick* Reference Chart

The following information is a guide for estimating calories for different types of foods. This chart is intended to help you determine the best way for you to reach your daily calorie goal. Each food group has a different calorie range and for each group, the amount of food you can eat may vary. It does not include additional calories for cooking methods. For more accurate calorie counts based on the portions you consume, use nutrition labels, calorie calculators or books.

PROTEIN GROUP

The following food amounts are based on an estimated 150 calories. The leaner the protein, the more you can eat for 150 calories.

Very Lean Protein

- 4 ounces of chicken breast without skin, cod, shrimp, tuna in water, or processed meats with one gram or less of fat per ounce, such as ham or turkey
- 1 cup of egg substitute, nonfat or 2% cottage cheese, Greek yogurt (read label, some are more)
- 8 egg whites

Lean Protein

- 2.5 ounces of beef: trimmed round sirloin, flank, tenderloin, center loin, t-bone, ground round
- 2.5 ounces of pork: fresh ham, tenderloin, loin chop
- 2.5 ounces of poultry: chicken, turkey (dark meat without skin or white meat with skin)
- 2.5 ounces of fish: salmon, catfish, herring, tuna in oil
- ¾ cup (6 oz) of 4.5% fat cottage cheese

Medium Fat Protein

- 2 ounces beef: ground beef, meatloaf, corned beef, prime grades of meat
- 2 ounces pork: roast, loin, chop, cutlet
- 2 ounces fish: any fried fish
- 2 ounces cheese: 5 grams of fat or less per ounce – feta, mozzarella, ricotta
- 2 whole eggs
- 1 cup of tofu

High-Fat Protein

- 1.5 ounces pork: sparerib (meat only), ground pork, pork sausage
- 1.5 ounces cheese: American, Monterey Jack, Swiss, cheddar
- 1.5 ounces processed meats: 8 grams of fat or less per ounce: salami, bologna, sausage, hot dog
- 1.5 tablespoons peanut butter

VEGETABLE GROUP

The following food amounts are based on an estimated 50 calories for non-starchy vegetables and 80 calories for starchy vegetables.

Non-Starchy Vegetables

- 6 cups raw spinach, lettuce or other leafy greens
- 1½ to 2 cups raw asparagus, broccoli, cucumber, eggplant, mixed vegetables, peppers, tomato, zucchini
- 1 cup raw beets, carrots, red pepper
- 1½ cups cooked eggplant, zucchini
- 1 cup cooked, asparagus, beets, broccoli, carrots, eggplant, cauliflower, green beans, peppers, spinach, tomatoes

Starchy Vegetables

- ½ cup corn, peas, potato, yams
- 1/3 cup beans and lentils

FRUIT GROUP

The following food amounts are based on an estimated 60 calories.

- 2 tablespoons raisins
- 1/3 cup grape juice
- ½ cup applesauce or canned fruit
- 1 small apple, banana, kiwi, peach, pear, orange
- ¾ cup berries, pineapple, grapes
- 1 cup cantaloupe, honeydew, watermelon

GRAINS/STARCH GROUP

The following food amounts are based on an estimated 80 calories.

- 1 small sandwich bread, ½ English muffin, corn tortilla (< 6")
- 1/3 cup cooked pasta, rice
- ½ cup bran cereal, bulgar, oats, shredded wheat

Calorie *Quick* Reference Chart *continued*

DAIRY/MILK GROUP

The following food amounts are based on an estimated 125 calories.

- 4 cups unsweetened almond milk
- 1½ cups fat-free milk, light soy or almond milk, light or fat-free fruit yogurt
- 1¼ cups 1% milk, fat-free plain Greek yogurt
- 1 cup 2% milk
- ¾ cup whole milk or goat's milk

FATS

Although not considered a food group, our body needs some fat for proper functioning. Try to get mono and poly-unsaturated fats (healthier fats) instead of saturated fat (unhealthy fat) whenever possible. The following amounts are based on an estimated 45 calories.

Monounsaturated Fats

- 1 teaspoon canola oil, olive oil, peanut oil
- 6 nuts: almonds, cashews
- 10 nuts: peanuts
- ½ tablespoon peanut butter
- 2 tablespoons avocado

Polyunsaturated Fats

- 1 teaspoon trans fat-free margarine, regular mayonnaise, corn oil, safflower oil, soybean oil
- 1 tablespoon regular salad dressing, reduced-fat mayonnaise, reduced-fat imitation mayonnaise or salad dressing

Saturated Fats

- 1 teaspoon butter, shortening, lard
- 1 tablespoon full-fat cream cheese
- 2 tablespoons full-fat sour cream

This calorie comparison guide has been reviewed by a Registered Dietitian (RD) and the estimates were determined based on the United States Department of Agriculture, National Heart, Lung, and Blood Institute and CalorieKing.com calculators.