

Beef: 3.5 ounces/100 grams

- Lean Ground Beef 97/3 = 150 calories
- Cube Steak = 160 calories
- Sirloin Tip Steak = 130 calories
- Top Round Steak = 166 calories
- Veal = 110 calories
- Veal Chop = 117 calories

Fowl: 3.5 ounces /100 grams

- Chicken Breast = 87 calories

Seafood: 3.5 ounces/100 grams

- Cod = 83 calories
- Crab Meat = 100 calories
- Flounder = 90 calories
- Haddock = 88 calories
- Halibut = 110 calories
- Lobster = 98 calories
- Red Snapper = 110 calories
- Shrimp = 110 calories
- Tilapia = 94 calories
- Lemon Sole = 116 calories
- Monk Fish = 96 calories
- Whiting = 87 calories



Vegetable: 3.5 ounces/100 grams

- Asparagus = 3 cal
- Broccoli = 34 calories
- Celery = 15 cal
- Cabbage = 24 calories
- Cauliflower = 22 calories
- Cucumber = 12 calories
- Lettuce all varieties = 20 calories
- Red Radishes = 12 calories
- Spinach raw = 20 calories
- Spinach frozen = 23 calories
- Tomato = 20 calories

Bread: 3.5 ounces or 100 grams

- Grissini Bread stick = 12 calories
- Melba Toast = 12 calories



Fruit: average 76.5 calories/serving

- Apple (l) = 110 calories
- Navel Orange = 69 calories
- Strawberries 6 (X-lrg) = 68 calories
- Pink California Grapefruit = 92 calories

- Apple (m) = 72 calories
- Florida Orange = 65 calories
- Strawberries 20 (med) = 80 calories
- Pink Florida Grapefruit = 74 calories