

Metabolic Nutrition Program
 VEGETABLES AND FRUITS-sorted by calorie content

<u>VEGETABLES</u>	<u>SERVING SIZE</u>	<u>CALORIES</u>	<u>FRUITS</u>	<u>SERVING SIZE</u>	<u>CALORIES</u>
Radishes	1 medium	1	Apricot	1	18
Alfalfa sprouts	1/2 cup	5	Strawberries	1/2 cup	23
Lettuce (leafy)	1/2 cup	5	Watermelon	1/2 cup	26
Celery	1 stalk	6	Cantaloupe	1/2 cup	28
Spinach, raw	1/2 cup	6	Honeydew	1/2 cup	30
Cabbage	1/2 cup	8	Raspberries	1/2 cup	30
Mushrooms	1/2 cup	9	Plum	1 medium	36
Eggplant, boiled	1/2 cup	13	Blackberries	1/2 cup	37
Pepper, bell	1/2 cup	13	Figs, fresh	1 med	37
Green onions	1/2 cup	16	Grapefruit	1/2 medium	38
Green beans	1/2 cup	17	Pineapple	1/2 cup	38
Zucchini	1/2 cup	17	Tangerine	1 medium	38
Squash, summer	1/2 cup	18	Blueberries	1/2 cup	41
Beans, green	1/2 cup	22	Kiwi fruit	1 med	44
Asparagus	1/2 cup	23	Dates, dried	2	46
Broccoli	1/2 cup	23	Applesauce, unsweetened	1/2 cup	52
Carrots	1/2 cup	24	Cherries	10 large	52
Tomatoes	1	26	Peach	1 medium	56
Cauliflower	1 cup	28	Grapes, fresh	15	57
Chili peppers	1/2 cup	30	Apricot, dried	8 halves	67
Cucumber	1 whole	32	Cranberries, dried	1 ounce	68
Squash, winter	1/2 cup	40	Orange	1 med	69
Jicama	1 cup	46	Apple	1 medium	81
Artichokes	1 medium	53	Pear	1 med	98
Peas	1/2 cup	62	Banana	1	105
Corn, fresh cooked	1/2 cup	66	Cranberry sauce, jellied	1/2 cup	209
Potato, boiled	1/2 cup	68	Raisins	1/2 cup	217
Corn on the cob	1 medium	81	Avocado	1	324
Bens, Lima	1/2 cup	109			
Potato, sweet	1 medium	120			
Potato, baked	1 medium	220			