

*Metabolic Nutrition Program*  
**VEGETABLES AND FRUITS**

<b><u>VEGETABLES</u></b>	<b><u>SERVING SIZE</u></b>	<b><u>CALORIES</u></b>
Alfalfa sprouts	1/2 cup	5
Artichokes	1 medium	53
Asparagus	1/2 cup	23
Beans, dried	1/2 cup cooked	110
Broccoli	1/2 cup	23
Brussel sprouts	1 cup	56
Cabbage	1/2 cup	8
Carrots	1/2 cup	24
Cauliflower	1 cup	28
Celery	1 stalk	6
Chili peppers	1/2 cup	30
Corn on the cob	1/2 medium (4")	44
Corn, fresh cooked	1/2 cup	66
Cucumber	1 whole	32
Eggplant, boiled	1/2 cup	13
Green beans	1/2 cup	15
Green onions	1/2 cup	16
Jicama	1 cup	46
Kale, raw	1 cup	7
Kale, cooked	1/2 cup	21
Lettuce	1 cup	5
Mushrooms	1/2 cup	9
Okra	1 cup	35
Peas	1/2 cup	62
Pepper, bell	1/2 cup	13
Potato, baked	1 small (2-3")	128
Potato, boiled	1/2 cup	68
Potato, sweet	1 medium	120
Radishes	1 medium	1
Spinach, raw	1 cup	7
Squash, summer	1/2 cup	18
Squash, winter	1/2 cup	40
Tomatoes	1	26
Turnips	1 cup	36
Zucchini	1/2 cup	17

<b><u>FRUITS</u></b>	<b><u>SERVING SIZE</u></b>	<b><u>CALORIES</u></b>
Apple	1 medium	81
Apples, dried	1 ounce	69
Applesauce, unsweetened	1/2 cup	52
Apricot	1	18
Apricot, dried	4 halves	32
Avocado - California	1/4 of 1 medium	57
Banana	1 medium	105
Blackberries	1/2 cup	37
Blueberries	1/2 cup	41
Cantaloupe	1/2 cup	28
Cherries	10 large	52
Cranberries, dried	1/2 ounce	50
Cranberry sauce, jellied	1/4 cup	110
Dates, dried	2	46
Figs, dried	3 small	63
Figs, fresh	1 medium	37
Grapes, fresh	15	57
Grapefruit	1/2 medium	38
Honeydew	1/2 cup	30
Kiwi fruit	1 medium	44
Orange	1 medium	69
Mango	1/2 cup	62
Nectarine	1 small	57
Peach	1 medium	56
Pear	1 medium	98
Pineapple	1/2 cup	38
Plum	1 medium	36
Raisins	1/4 cup	120
Raspberries	1/2 cup	35
Strawberries	1/2 cup	23
Tangerine	1 medium	38
Watermelon	1/2 cup	23

Tossed salad (greens, tomato, onions, radishes, carrots, cucumbers, celery, mushrooms, bell peppers: 3 cups = 30 calories, w/o dressing