

VEGETABLES AND FRUITS

Sorted by Calorie Amount

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

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

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