

Name _____

CALORIE LIST



Foods

(Approximate calorie value)

Apple, raw	70	Donut	240	Orange	65
Bacon, 3 slices	110	Egg	80	Orange juice, 3/4 cup	80
Banana, medium, raw	100	Fish, 3 ozs.	160	Peanut butter, 2 tablespoons	190
Bagel, plain, 3 inches	155	French fries, 10	220	PB&J Sandwich	330
Bread, white, 1 slice	80	Grapes, 1 cup	60	Peas, cooked, 1/2 cup	60
Bread, whole wheat, 1 slice	60	Green beans, cooked, 1 cup	30	Pizza, 2 slices	370
Bun, plain	120	Grilled cheese sandwich	450	Potato, medium, baked	90
Butter, 1 tablespoon	100	Gum, 1 stick	10	Potato, mashed, 1/2 cup	95
Candy bar, 1 oz. chocolate	160	Hot dog	155	Potato chips, 10	100
Carrot, raw	20	Hamburger, 1 patty	250	Rice, cooked, 1/2 cup	100
Cheese, 1 cube	115	Ice cream, vanilla, 1/2 cup	95	Spaghetti, cooked, 1/2 cup	100
Cheeseburger	320	Ice cream, chocolate, 1/2 cup	140	Strawberries, raw, 1 cup	45
Chicken, 4 oz. roasted	200	Ketchup, 1 tablespoon	15	Soda, 1 can	150
Cookie, chocolate chip	60	Lettuce, 1 cup	10	Soda, diet	2
Corn, 1 ear, cooked	10	Milk, whole, 1 cup	160	Taco	190
Cream cheese, 1 tablespoon	50	Milk, skim, 1 cup	90	Tomato, raw	40
Cupcake, iced	130	Oatmeal, cooked, 1/2 cup	70	Yogurt, plain, 1 cup	125

Activity

(Approximate number of calories used per hour)

Basketball	500	Soccer	650
Eating	90	Softball	300
Getting dressed	130	Studying	130
Hiking	400	Swimming	275
Jump rope	750	Tennis	450
Piano playing	190	Walking, fast	300
Reading	85	Walking, medium	200
Riding a bike	600	Watching TV	85
Running	600		
Sleeping	60		

