

## Calories in Fruits Chart:

Fruits Name	Color	Amount	Calories	Fiber
Apricot	Orange	5 whole	85	4
Avocado	Yellow/Green	¼ average fruit	80	2
Blackberries	Red/Purple	1 cup	75	8
Blueberries	Red/Purple	1 cup	110	5
Cantaloupe	Orange	½ medium	80	2
Cherries	Red/Purple	1 cup	85	3
Cranberries	Red/Purple	1 cup raw	60	5
Cranberry Juice	Red/Purple	2/3 cup	100	0
Cranberry Sauce	Red/Purple	1/4 cup	100	1
Grape Juice	Red/Purple	2/3 cup	100	0
Grapes	Red/Purple	1 cup	115	2
Honeydew	Yellow/Green	¼ large melon	100	2
Kiwi	Yellow/Green	1 large	55	3
Mango	Orange	½ large	80	3
Nectarine	Orange/yellow	1 large	70	2
Orange	Orange/yellow	1 large	85	4
Orange Juice	Orange/yellow	2/3 cup	75	0
Papaya	Orange/yellow	1/2 large	75	3
Peach	Orange/yellow	1 large	70	3
Peach Nectar	Orange/yellow	2/3 cup	90	1
Pineapple	Orange/yellow	1 cup, diced	75	2
Pink grapefruit	Red	1 whole fruit	75	3
Pink grapefruit juice	Red	1 cup	95	0
Plums	Red/Purple	3 small	100	3
Prunes	Red/Purple	5 whole	100	3
Red Apple	Red/Purple	1 medium	100	4
Red Pear	Red/Purple	1 medium	100	4
Red Wine	Red/Purple	4 oz. glass	80	0
Strawberries	Red/Purple	1 1/2 cups, sliced	75	6
Tangerine	Orange/yellow	2 medium	85	5
Tangerine Juice	Orange/yellow	2/3 cup	75	0
Watermelon	Red	1 cup balls	50	1
Yellow Grapefruit	Orange/yellow	1 fruit	75	2

## Calories in Vegetable Chart:

Vegetable Name	Color	Amount	Calories	Fiber
Acorn Squash, baked	Orange	1 cup	85	6
Artichoke	White/Green	1 medium	60	6
Asparagus	White/Green	18 spears	60	4
Beets, cooked	Red/Purple	1 cup	75	3
Broccoli, cooked	Green	2 cups	85	9
Brussels Sprouts	Green	1 cup	60	4
Cabbage, cooked	Green	2 cups	70	8
Cabbage, raw	Green	2 cups	40	4
Carrot juice	Orange	1 cup	95	2
Carrots, cooked	Orange	1 cup	70	5
Carrots, raw	Orange	3 medium	75	6
Cauliflower, ckd	Green	2 cups	55	6
Celery	White/Green	3 large stalks	30	3
Chinese Cabbage, ckd	Green	2 cups	40	5
Collard greens, ckd	Yellow/Green	2 cups	100	10
Corn	Yellow/Green	½ cup kernels or 1 ear	75	2
Cucumber	Yellow/Green	1 average	40	2
Eggplant, cooked	Red/Purple	2 cups	60	5
Endive, raw	White/Green	1/2 head	45	8
Green beans, ckd	Yellow/Green	2 cups	85	8
Green peas	Yellow/Green	½ cup	70	4
Green Peppers	Yellow/Green	1 large	45	3
Kale, cooked	Green	2 cups	70	5
Leeks, cooked	White/Green	1 medium	40	1
Mushrooms, cooked	White/Green	1 cup	40	3
Mustard greens, ckd	Yellow/Green	2 cups	40	6
Onion	White/Green	1 large	60	3
Peppers, red	Red/Purple	1 large	45	3
Pumpkin, cooked	Orange	1 cup	50	3
Red Cabbage, cooked	Red/Purple	2 cups	60	6
Romaine lettuce	Yellow/Green	4 cups	30	4
Spinach, cooked	Yellow/Green	2 cups	80	8
Spinach, raw	Yellow/Green	4 cups	30	4
Sweet potato	Orange	1 small 2"x5"	100	2
Swiss Chard	Green	2 cups	70	7
Tomato juice	Red	1 cup	40	1
Tomato sauce/puree	Red	1 cup	100	5
Tomatoes, cooked	Red	1 cup	70	3
Tomatoes, raw	Red	1 large	40	2
Turnip greens, ckd	Yellow/Green	2 cups	60	10
Winter squash, baked	Orange	1 cup	70	7
Yellow Peppers	Yellow/Green	1 large	50	2