

# HEALTHY LIVING *calorie & carb counter*

Food Description	Serving Size	Calories	Fat	Carbs	Food Description	Serving Size	Calories	Fat	Carbs
<b>MILK, CREAM AND BUTTER</b>					<b>FISH AND SEAFOOD</b>				
Butter	1 tsp.	35	4	0	Clam Chowder, NE	1 cup	165	7	17
Half and Half	2 Tbsp.	40	4	1	Crabmeat, canned	1 cup	135	3	1
Heavy Cream	2 Tbsp.	100	12	1	Fish Sticks	1 stick	70	3	4
Milk (whole)	1 cup	150	8	11	Flounder or Sole	3 oz	120	6	0
Sour Cream	2 Tbsp.	50	6	1	Halibut	3 ounces	140	6	0
Yogurt (plain)	1 cup	145	4	11	Oysters, raw	1 cup	160	4	8
<b>CHEESE</b>					<b>FRUITS AND VEGETABLES</b>				
American	1 slice	106	9	0	Apple	1 apple	125	1	32
Bleu	2 Tbsp.	100	8	0	Applesauce, sweet	1 cup	195	0	51
Cheddar	2 Tbsp.	115	9	0	Asparagus, cooked	4 spears	15	0	3
Cream Cheese	2 Tbsp.	100	10	1	Avocado	1 avocado	305	30	12
Feta	2 Tbsp.	100	10	1	Baked Beans, sweet	1 cup	385	12	54
Mozzarella	2 Tbsp.	85	6	0	Banana	1 banana	105	1	27
Parmesan	2 Tbsp.	50	4	0	Blueberries	1 cup	80	1	20
Ricotta	1/4 cup	108	8	2	Broccoli, cooked	1 cup	45	0	9
Swiss	2 Tbsp.	105	8	0	Broccoli, raw	1 spear	40	1	8
<b>GRAINS, BREAD AND PASTA</b>					<b>FRUITS AND VEGETABLES</b>				
Bagel	1 bagel	200	2	38	Carrot, cooked	1 cup	70	0	16
Blueberry Muffin	1 muffin	140	5	22	Carrots, raw	1 carrot	30	0	7
Cheerios Cereal	1 ounce	110	2	20	Celery	1 stalk	5	0	1
Corn Flakes	1 ounce	110	0	24	Cooked, sweet	1 cup	85	1	19
Corn Muffin	1 muffin	145	6	22	Cucumber, sliced	1 cup	5	0	1
Crackers	4 crackers	50	1	9	Grapefruit	1/2 fruit	40	0	10
Croissant	1 croissant	235	12	27	Grapes	10 grapes	35	0	9
English Muffin	1 muffin	140	1	27	Green Beans, cooked	1 cup	25	0	5
Italian Bread	1 slice	85	0	17	Ham, deli, no fat	1 slice	45	0	12
Oatmeal	1/2 cup	145	2	25	Kiwifruit	1 kiwi	45	0	11
Pancake	1 pancake	60	2	8	Mixed Veggies., frozen	1 cup	105	0	24
Pasta	1 cup	190	1	39	Mushrooms	1 cup	145	2	25
Pita Bread	1 pita	165	3	33	Onion, raw	1 cup	40	0	8
Soft Pretzel	1 pretzel	65	1	13	Orange	1 orange	60	0	15
Raisin Bran	1 ounce	90	1	21	Peach	1 peach	35	0	10
Rice, white	1 cup	225	0	50	Pear	1 pear	100	1	25
Roll	1 roll	85	2	14	Peas, cooked	1 cup	125	0	23
Tortilla, corn	1 tortilla	65	1	13	Peppers, sweet, raw	1 pepper	20	0	4
Waffle, homemade	1 waffle	245	13	26	Pineapple, fresh	1 cup	75	1	19
White Bread	1 slice	65	1	12	Potato, baked	1 potato	220	0	51
Whole Grain Bread	1 slice	70	1	13	Potato, fries	10 fries	110	4	17
<b>MEAT AND POULTRY</b>					<b>FRUITS AND VEGETABLES</b>				
Bacon	3 slices	110	9	0	Potato, mashed	1 cup	225	9	35
Chicken Breast	3 ounces	140	3	0	Raisins	1 cup	435	1	115
Eggs, whole	1 egg	100	7	0	Spinach, raw	1 cup	10	0	2
Ground Beef, lean	3 ounces	230	16	0	Strawberries, raw	1 cup	45	1	10
Ham	2.5 ounces	105	4	0	Tomato, canned	1 cup	50	1	10
Hamburger Patty	4 ounces	245	11	0	Tomato, raw	1 tomato	25	0	5
Pork Chops, lean	2.5 ounces	165	8	0	Watermelon	1 slice	155	2	35
Smoked Sausage	1 link	50	4	0					
Steak Sirloin, lean	2.5 ounces	150	6	0					
Turkey (deli)	2 slices	45	1	0					

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School Datebooks

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