

HEALTHY LIVING calorie & carb counter

Food Description	Serving Size	Calories	Fat	Carbs	Food Description	Serving Size	Calories	Fat	Carbs
MILK, CREAM AND BUTTER					FISH AND SEAFOOD				
Butter	1 tsp.	35	4	0	Clam Chowder, NE	1 cup	165	7	17
Half and Half	2 Tbsp.	40	4	1	Crabmeat, canned	1cup	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
CHEESE					FRUITS AND VEGETABLES				
American	1 slice	106	9	0	Salmon, canned	3 ounces	120	5	0
Bleu	2 Tbsp.	100	8	0	Salmon, smoked	3 ounces	150	8	0
Cheddar	2 Tbsp.	115	9	0	Shrimp, fried	3 ounces	200	10	11
Cream Cheese	2 Tbsp.	100	10	1	Tuna, in oil	3 ounces	165	7	0
Feta	2 Tbsp.	75	6	1	Tuna, in water	3 ounces	135	1	0
Mozzarella	2 Tbsp.	80	6	0	Tuna Salad	1 cup	375	19	19
Parmesan	2 Tbsp.	50	4	0	DO NOT SUBMIT FOR PRINT				
Ricotta	1/4 cup	108	8	2	School Datebooks				
Swiss	2 slices	105	9	0	Apple	1 apple	125	1	32
GRAINS, BREAD AND PASTA					Applesauce, sweet				
Bagel	1 bagel	200	2	38	Applesauce, sweet	1 cup	195	0	51
Blueberry Muffin	1 muffin	140	5	22	Asparagus, cooked	1/2 cups	15	0	3
Cheerios Cereal	1 ounce	110	2	20	Avocado	1/2 avocado	305	30	12
Corn Flakes	1 ounce	110	2	4	Baked Beans, sweet	1 cup	385	12	54
Corn Muffin	1 muffin	145	6	22	Banana	1 banana	105	1	27
Crackers	4 crackers	50	1	9	Blueberries	1 cup	80	1	20
Croissant	1 croissant	235	12	27	Broccoli, cooked	1 cup	45	0	9
English Muffin	1 muffin	140	1	27	Broccoli, raw	1 spear	40	1	8
Italian Bread	1 slice	85	0	17	Cantaloupe	1/2 melon	95	1	22
Oatmeal	1/2 cup	145	3	27	Carrots, cooked	1 cup	70	0	16
Pancake	1 pancake	100	1	27	Carrots, raw	1 carrot	30	0	7
Pasta	1 cup	190	1	39	Celery	1 stalk	5	0	1
Pita Bread	1 pita	90	3	15	Corn	1 ear	85	1	19
Soft Pretzel	1 pretzel	65	1	15	strawberries	1/2 cup	5	0	1
Raisin Bran	1 ounce	90	1	21	strawberries	1/2 fruit	40	0	10
Rice, white	1 cup	225	0	50	Grapes	10 grapes	35	0	9
Roll	1 roll	85	2	14	strawberries, cooked	1 cup	25	0	5
Tortilla, corn	1 tortilla	65	1	13	Honeydew Melon	1 slice	45	0	12
Waffle, homemade	1 waffle	245	13	26	Kiwifruit	1 kiwi	45	0	11
White Bread	1 slice	65	1	12	Mixed Veggies., frozen	1 cup	105	0	24
Whole Grain Bread	1 slice	70	1	13	Mushrooms	1 cup	145	2	25
MEAT AND POULTRY					Onion, raw				
Bacon	3 slices	110	9	0	Onion, raw	1 cup	40	0	8
Chicken Breast	3 ounces	140	3	0	Orange	1 orange	60	0	15
Eggs, whole	1 egg	100	7	0	Peach	1 peach	35	0	10
Ground Beef, lean	3 ounces	230	16	0	Pear	1 pear	100	1	25
Ham	2.5 ounces	105	4	0	Peas, cooked	1 cup	125	0	23
Hamburger Patty	4 ounces	245	11	0	Peppers, sweet, raw	1 pepper	20	0	4
Pork Chops, lean	2.5 ounces	165	8	0	Pineapple, fresh	1 cup	75	1	19
Smoked Sausage	1 link	50	4	0	Potato, baked	1 potato	220	0	51
Steak Sirloin, lean	2.5 ounces	150	6	0	Potato, fries	10 fries	110	4	17
Turkey (deli)	2 slices	45	1	0	Potato, mashed	1 cup	225	9	35
					Raisins				
					Spinach, raw				
					Strawberries, raw				
					Tomato, canned				
					Tomato, raw				
					Watermelon				