



## 100 Calorie Portion Examples

The foods and the portions listed below are approximately 100 calories each (they vary between 90-110 calories.) With dieting, in some cases you may have to measure, weigh, or count your portion. Don't guess!! Please use this paper to discover how many calories are in common food items. We also want you to eat many items beyond this list, but know your calories!! What you eat and how much you eat makes up your total calorie intake. If you pay close attention to this detail, you will succeed in losing weight. It works!!

<b>Beverages</b>	<b>Breads/Grains/Cereals</b>	<b>Dairy/Meat/Protein</b>
<p><b>Juices</b></p> <ul style="list-style-type: none"> <li>- apple ¼ cup</li> <li>- cranberry ¼ cup</li> <li>- grapefruit 1 cup</li> <li>- orange 1 cup</li> <li>- tomato 2½ cups</li> <li>- V8® (original flavor) 2 cups</li> </ul> <p><b>Milk</b></p> <ul style="list-style-type: none"> <li>- whole 2/3 cup</li> <li>- 2% ¾ cup</li> <li>- 1% 1 cup</li> <li>- skim/nonfat 1¼ cup</li> <li>- buttermilk 1% 1 cup</li> </ul> <p><b>Soda</b></p> <ul style="list-style-type: none"> <li>- regular, all types 1 cup (diet sodas have 0-5 calories!!)</li> </ul> <p><b>Starbuck's®/coffees</b></p> <ul style="list-style-type: none"> <li>- Café Mocha, nonfat milk 1 cup (Doc tip: for YOUR favorite, go to starbucks.com and figure out the cals with YOUR additions, size, etc. Yikes!!)</li> </ul> <p><b>Alcohol</b></p> <ul style="list-style-type: none"> <li>- rum, tequila, vodka 1½oz=1 shot</li> <li>- beer, regular ⅔ bottle</li> <li style="padding-left: 20px;">light 1 bottle (calories differ by type/brand of beer)</li> <li>- wine ½ cup (red/white = same. Bottle = 630 cal!)</li> </ul>	<p><b>Bread</b> (most slices are +/- 100 calories)</p> <ul style="list-style-type: none"> <li>- wheat/white, thick 1 slice</li> <li>- Oroweat®, Cntry Btrmlk 1 slice</li> <li style="padding-left: 20px;">Health Nut 1 slice</li> <li>- bagel, mini, plain/onion 1½ each</li> <li>- crackers, saltines 9 each</li> <li>- english muffin ¾ each</li> <li>- tortillas</li> <li style="padding-left: 20px;">corn 6" 2 each</li> <li style="padding-left: 20px;">flour 6" 1 each</li> <li>- pasta, cooked</li> <li style="padding-left: 20px;">spaghetti, macaroni ½ cup</li> <li style="padding-left: 20px;">spirals ½ cup</li> <li style="padding-left: 20px;">shells ½ cup</li> <li>- rice, cooked</li> <li style="padding-left: 20px;">white, long-grained ½ cup</li> <li style="padding-left: 20px;">brown ½ cup</li> <li style="padding-left: 20px;">wild 2/3 cup</li> <li>- oatmeal, instant, cooked ¾ cup</li> <li>- corn flakes 1 cup</li> <li>- Cheerios®</li> <li style="padding-left: 20px;">regular/Multigrain 1 cup</li> <li style="padding-left: 20px;">Honey Nut ¾ cup</li> <li>- frosted flakes ¾ cup</li> <li>- puffed rice 2½ cups</li> <li>- puffed wheat 2 cups</li> <li>- raisin bran ½ cup</li> </ul> <p>(Doc tip: Calories in cereals vary greatly! Be sure to check side label of box for serving size AND calories per serving!)</p>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- butter 1 tbsp</li> <li>- cheese, block 1 ounce (two thumbs about 100 cal length)</li> <li style="padding-left: 20px;">American 1½ slices</li> <li style="padding-left: 20px;">cottage 2% ½ cup</li> <li style="padding-left: 20px;">string 1 each</li> <li>- cream, half-and-half 5 tbsp</li> <li style="padding-left: 20px;">sour/regular 3 tbsp</li> <li>- eggs, large 1½ each</li> <li style="padding-left: 20px;">whites only, large 7 each (Egg calories = 80% yolk and 20% white)</li> <li>- Yogurt, Yoplait® Light 1 each (Doc tip: there are many yogurts on the market. Good protein source and low calories. Check out the labels!!)</li> </ul> <p><b>Meat</b> (Doc tip: deck of cards size of beef, chicken, turkey, fish is about 4 oz)</p> <ul style="list-style-type: none"> <li>- beef, lean 2 ounces</li> <li>- chicken 2 ounces</li> <li>- turkey 2¼ ounces</li> <li>- salmon 2¼ ounces</li> <li>- bacon 3 slices</li> <li>- salami 1¼ ounces</li> </ul> <p><b>Protein</b></p> <ul style="list-style-type: none"> <li>- almonds 15 each</li> <li>- peanuts 18 each</li> <li>- walnuts, chopped 2 tbsp</li> <li>- tofu, regular ½ cup</li> <li style="padding-left: 20px;">firm ¼ cup</li> </ul> <p>(Dairy/meat products are a good source of protein too!!)</p>
<p><b>Doc says: "Eat healthy! Be good to your body. Count your calories! Drink plenty of water and exercise regularly. Be joyful. Live well!!!"</b></p>	<p><b>Questions? Contact one of our offices:</b></p> <p>Linden 209-887-3891 Turlock 209-384-7877</p>	<p><b>Doc says: "300 calories meals and 200 calories for snacks. Eat every 2 to 3 hours to help control your appetite and HAVE FUN!!!"</b></p>



<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>- ketchup 6 tbsp</li> <li>- mayonnaise 1 tbsp</li> <li>- mustard (5 cal/tsp) 20 tsp</li> <li>- relish, sweet 5 tbsp</li> <li>- salsa 1½ cup</li> <li>- vinaigrette, balsamic 3 tbsp</li> </ul> <p>(Doc tip: Any type of oil is 120 calories per tablespoon)</p> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- apricot 6 each</li> <li>- apple 1 large</li> <li>- avocado 1/3 each</li> <li>- banana 1 medium</li> <li>- blackberries 1½ cups</li> <li>- blueberries 1¼ cups</li> <li>- cantaloupe 2 cups</li> <li>- cherries 20 each</li> <li>- grapefruit 1 each</li> <li>- grapes, Thompson 1 cup</li> <li>- guava 2 medium</li> <li>- kiwi 2 each</li> <li>- mango 1 cup</li> <li>- olives, large 16 each</li> <li>- orange 1 large</li> <li style="padding-left: 20px;">mandarin 2 large</li> <li style="padding-left: 20px;">tangelo 2 small</li> <li>- peach 2½ medium</li> <li>- pear 1 medium</li> <li>- pineapple 1¼ cups</li> <li>- plum 2½ medium</li> <li>- raisins 3 tbsp</li> <li>- raspberries 1½ cups</li> <li>- strawberries 2 cups</li> <li>- tangerines 2 medium</li> <li>- tomato 5 medium</li> <li>- watermelon 2 cups</li> </ul>	<p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>- doughnut, Krispy Kreme® glazed ½ each</li> <li>- pizza, Straw Hat® cheese, personal pan 1/6 each</li> <li>- potato chips, regular 8 each</li> <li>- honey 1½ tbsp</li> <li>- sugar 2 tbsp</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- artichoke 1 large</li> <li>- asparagus 20 each</li> <li>- beans, green/snap/string 2½ cups</li> <li style="padding-left: 20px;">black/pinto/red ½ cup</li> <li>- broccoli 3 cups</li> <li>- brussels sprouts 12 each</li> <li>- cabbage, raw 5 cups</li> <li>- cactus (nopales) 6 cups</li> <li>- carrots, chopped 2 cups</li> <li>- cauliflower, cooked 4 cups</li> <li>- celery, chopped 6 cups</li> <li>- collard greens, cooked 2 cups</li> <li>- corn, large cob 1 each</li> <li>- cucumbers, sliced 5½ cups</li> <li>- eggplant, raw 5 cups</li> <li>- lettuce, iceberg 12 cups</li> <li>- onion, red/yellow 2½ med</li> <li>- peas, raw ¾ cup</li> <li>- peppers bell, chopped 2½ cups</li> <li style="padding-left: 20px;">chili, green/red 5 each</li> <li style="padding-left: 20px;">jalapeno 24 each</li> <li style="padding-left: 20px;">serrano 50 each</li> <li>- potato, raw ¼ pound</li> <li style="padding-left: 20px;">mashed, w/ 2% milk ½ cup</li> <li>- spinach, raw 15 cups</li> <li>- sweet potato 1 medium</li> <li>- zucchini, cooked 3 cups</li> </ul>	<p><b>Snacks:</b></p> <p>(Doc tip: Try to make snacks 200 calories/10 grams protein each!)</p> <p><b>Bars:</b></p> <p><b>Clif® Bar</b></p> <ul style="list-style-type: none"> <li>- 230-240cal, and 8-10g protein</li> </ul> <p><b>Luna® Bars</b></p> <ul style="list-style-type: none"> <li>- 170-190cal, and 9-10g protein</li> </ul> <p><b>Nature Valley® Protein Bars</b></p> <ul style="list-style-type: none"> <li>- 190cal, 10g protein</li> </ul> <p><b>Special K® Meal Bars</b></p> <ul style="list-style-type: none"> <li>- 170-180cal, 10g protein</li> </ul> <p><b>Pure Protein® bar (1 bar = 50g)</b></p> <ul style="list-style-type: none"> <li>- 180-200cal, and 18-20g protein</li> </ul> <p><b>Yogurts:</b></p> <p><b>Yoplait® Greek 100</b></p> <ul style="list-style-type: none"> <li>- 1 container: 100cal, 10g protein</li> </ul> <p><b>Dannon® Oikos Traditional Greek Yogurt</b></p> <ul style="list-style-type: none"> <li>- 1 container: 160cal, 11g protein</li> </ul> <p><b>Chobani® Greek Yogurt (non-fat)</b></p> <ul style="list-style-type: none"> <li>- 140cal, and 14g protein</li> </ul> <p><b>Starbucks®:</b></p> <p><b>Skinny Mocha</b></p> <ul style="list-style-type: none"> <li>- Tall(small)110cal, 11g protein</li> <li>- Grande(med.) 140cal, 14g protein</li> <li>- Venti(large)180cal, 18g protein</li> </ul> <p><b>Café Mocha-No Whip</b></p> <ul style="list-style-type: none"> <li>- Tall 200cal, 10g protein (2% milk)</li> <li>- Tall 170cal, 10g protein (non-fat milk)</li> </ul> <p><b>Cappuccino</b></p> <ul style="list-style-type: none"> <li>- Grande 120cal, 8g protein</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>2 string cheese and a cutie orange</li> <li>- 200cal, 14g protein</li> <li>15 almonds and 1 string cheese</li> <li>- 180cal, 10g protein</li> </ul>
<p><b>Doc Says:</b> “a healthy body starts in the kitchen. Look through the cupboards and refrigerator and take out the ‘bad’ stuff.”</p>	<p><b>Questions? Contact one of our offices:</b></p> <p>Linden 209-887-3891 Turlock 209-384-7877</p>	<p><b>Doc Says:</b> “Counting calories is like shopping, the same way we check prices before purchasing we should check calories before eating.”</p>