

**FOOD COMPOSITION CALCULATOR**

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Food	Cal	Total Fat	Sat. Fat	Chol	Sod	Carbs	Fiber	Sugar	Protein	Calcium	Potas.
<b>FRUIT</b>											
1 – 3” Medium Apple	49	0.4 g	0.1g	0	2 mg	25.1 g	4.4 g	18.9 g	0.5 g	10.9 mg	194.7 mg
1 medium Banana	105	0.4 g	0.1 g	0	1 mg	26.9 g	3.1 g	14.g	1.3 g	5.9 mg	422.4 mg
1 cup Blackberries	62	0.7 g	<0.1 g	0	1 mg	14.7 g	7.6 g	7 g	2 g	41.8 mg	233.3 mg
1 cup Blueberries	83	0.4 g	<0.1 g	0	1 mg	21 g	3.5 g	14.4 g	1.1 g	8.7 mg	111.7 mg
1 cup Cherries – no pit	97	0.3 g	0.1 g	0	0	24.6 g	3.2 g	19.7 g	1.6 g	20 mg	341.9 mg
1 – 4” Grapefruit	41	0.1 g	<0.1 g	0	0	10.4 g	1.4 g	8.9 g	0.8 g	15.4 mg	177.9 mg
1 cup Grapes	62	0.4 g	0.1 g	0	2 mg	15.8 g	0.8 g	15 g	0.6 g	12.9 mg	175.7 mg
1 – 3” Orange	62	0.1 g	<0.1 g	0	0	15.5 g	3.1 g	12.2 g	1.2 g	52.4 mg	237.1 mg
1 cup Peach	66	0.5 g	<0.1 g	0	0	16.8 g	2.6 g	14.3 g	1.5 g	10.2 mg	323 mg
1 cup Pear	96	0.2 g	<0.1 g	0	2 mg	25.6 g	5.1 g	16.2 g	0.6 g	14.9 mg	196.4 mg
1 cup Pineapple	83	0.2 g	<0.1 g	0	2 mg	21.6 g	2.3 g	16.3 g	0.9 g	21.5 mg	179.9 mg
1 cup Plum	76	0.5 g	<0.1 g	0	0	18.8 g	2.3 g	16.4 g	1.2 g	9.9 mg	259.1 mg
1 cup Raspberries	64	0.9 g	<0.1 g	0	1 mg	14.6 g	8 g	5.4 g	1.5 g	30.8 mg	185.7 mg
1 cup Strawberries	49	.05 g	<0.1 g	0	2 mg	11.7 g	3 g	7.1 g	1 g	24.3 mg	232.6 mg
<b>VEGETABLES</b>											
2 cups Asparagus	54	0.3 g	0.1 g	0	5 mg	10.5 g	5.6 g	5 g	5.9 g	64.3 mg	N/A
¼ of an Avocado	50	4.6 g	0.6 g	0	2 mg	2.6 g	2 g	0 g	0.6 g	3.9 mg	152.1 mg
2 cups Beet Greens	39	0.3 g	<0.1 g	0	347 mg	7.9 g	4.2 g	0.9 g	3.7 g	164.2 mg	1309 mg
2 cups Broccoli	62	0.7 g	0.1 g	0	60 mg	12 g	4.7 g	3.1 g	5.1 g	85.5 mg	575.1 mg
2 cups Cabbage	43	0.2 g	<0.1 g	0	32 mg	10 g	3.6 g	6.2 g	2.6 g	83.7 mg	437.9 mg
1 cup Carrot	45	0.2 g	<0.1 g	0	76 mg	10.6 g	3.1 g	5 g	1 g	36.3 mg	352 mg
2 cups Cauliflower	50	0.2 g	0.2 g	0	60 mg	10.6 g	5 g	4.8 g	4 g	44 mg	606 mg
2 cups Celery	28	0.4 g	0.1 g	0	162 mg	6.9 g	3.2 g	3.7 g	1.4 g	80.8 mg	525.2 mg
2 cups Chard	14	0.1 g	<0.1 g	0	153 mg	2.7 g	1.2 g	0.8 g	1.3 g	36.7 mg	272.9 mg
2 cups Cherry Tomato	54	0.6 g	0.1 g	0	15 mg	11.6 g	3.6 g	7.8 g	2.6 g	29.8 mg	706.3 mg
2 cups Cucumber	31	0.2 g	0.1 g	0	4 mg	7.5 g	1 g	3.5 g	1.4 g	33.3 mg	305.8 mg
2 cups Fennel	54	0.3 g	0	0	90 mg	12.7 g	5.4 g	0	2.3 g	83.3 mg	720.4 mg
2 cups Green Beans	68	0.2 g	0.1 g	0	13 mg	15.6 g	7.5 g	3.1 g	4 g	81.4 mg	459.8 mg
1 med Bell Pepper	24	0.2 g	0.1 g	0	4 mg	5.5 g	2 g	2.9 g	1 g	11.9 mg	208.3 mg
2 cups Lettuce	16	0.3 g	<0.1 g	0	8 mg	3.1 g	2 g	1.1 g	1.2 g	31 mg	232.2 mg
2 cups Mushrooms	42	0.6 g	0.1 g	0	10 mg	6.3 g	1.9 g	3.2 g	5.9 g	5.8 mg	610.6 mg
2 cups Onions	97	0.2 g	0.1 g	0	7 mg	23.2 g	3.2 g	9.8 g	2.1 g	50.6 mg	331.2 mg
1 cup Potato - baked	113	0.1 g	<0.1 g	0	2.98mg	25.9 g	2.7 g	1.4 g	3.1 g	18.3 mg	652.7 mg

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<b>VEGETABLES</b>											
2 cups Radishes	37	0.2 g	0.1 g	0	90 mg	8.6 g	3.7 g	4.9 g	1.6 g	58 mg	540.6 mg
2 cups Spahgetti Squash	78	.9 g	.2 g	0	52 mg	18.7 g	4 g	7.3 g	1.9 g	60.5 mg	337 mg
1 bunch Spinach	78	1.4 g	0.2 g	0	269 mg	12.2 g	7.5 g	1.4 g	9.7 g	336.6 mg	1897.2 mg
1 cup Squash – Acorn	115	0.2 g	0.1 g	0	8 mg	29.9 g	9 g	N/A	2.3 g	90.2 mg	895.9 mg
1 cup Squash – Butternut	82	0.2 g	<0.1 g	0	8 mg	21.5 g	2.1 g	4 g	1.8 g	84.1 mg	582.2 mg
1 cup Sweet Potato	180	0.4 g	0.1 g	0	72 mg	41.4 g	6.6 g	16.9 g	4 g	76 mg	750 mg
2 cups Zucchini	40	0.5 g	0.1 g	0	25 mg	8.4 g	2.7 g	1.3 g	3 g	37.2 mg	649.8 mg
<b>DAIRY</b>											
1 Whole Egg	74	5 g	1.5 g	212 mg	70 mg	0.4 g	0	0.4 g	6.3 g	26.5 mg	67 mg
1 Egg White	17	0.1 g	0	0	55 mg	0.2 g	0	0.2 g	3.6 g	2.3 mg	53.8 mg
4 oz Blue Cheese	400	32.5g	21.2 g	85 mg	1582 mg	2.6 g	0	0.6 g	24.3 g	598.8 mg	290.3 mg
4 oz Cheddar Cheese	455	37.4g	23.8 g	119 mg	702 mg	1.5 g	0	0.6 g	28.1 g	814.7 mg	110.7 mg
4 oz Cottage Cheese 4%	120	5 g	3 g	25 mg	420 mg	6 g	0	5 g	12 g	150 mg	N/A
4 oz Cottage Cheese 2%	102	2.1 g	1.4 g	9 mg	459 mg	4.1 g	0	0.4 g	15.5 g	78 mg	108.5 mg
4 oz Cottage Cheese 1%	81	1.1 g	0.7 g	5 mg	459 mg	3.1 g	0	3.1 g	14 g	68.9 mg	97.2 mg
4 oz Feta Cheese	299	24.2g	16.9 g	101 mg	1266 mg	4.6 g	0	4.6 g	16.1 g	559.1 mg	70.3 mg
4 oz Mozzarella Cheese	288	18 g	11.5 g	73 mg	702 mg	3.2 g	0	1.2 g	27.5 g	886.8 mg	95.3 mg
4 oz Swiss Cheese	426	31.1g	19.9 g	103 mg	215 mg	6 g	0	1.5 g	30.2. g	885.9 mg	86.2 mg
6 oz Yogurt 0% Greek	90	0	0	0	65 mg	7 g	0	7 g	15 g	187.2 mg	N/A
<b>POULTRY/PORK</b>											
4 oz Chicken Breast	186	4.1 g	1.1 g	96 mg	84 mg	0	0	0	35.1 g	17 mg	289.3 mg
4 oz Turkey Breast	153	0.8 g	0.3 g	94 mg	59 mg	0	0	0	34 g	13.6 mg	330 mg
4 pieces Bacon – thick slice	245	18.9g	6.2 g	50 mg	1044 mg	0.6 g	0	0	16.7 g	5 mg	255.4 mg
4 oz Ham – boneless	183	9.6 g	3.3 g	64 mg	1460 mg	4.3 g	1.5 g	0	18.6 g	26.9 mg	321 mg
4 oz Loin Pork Chop	272	14.9g	5.4 g	93 mg	66 mg	0	0	0	32.6 g	37.4 mg	406 mg

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<b>BEEF</b>											
4 oz Beef Filet	202	7.5 g	2.8 g	75 mg	67 mg	0	0	0	31.7 g	22.6 mg	417 mg
4 oz Gr. Beef 95% lean	193	7.5 g	3.4 g	86 mg	73 mg	0	0	0	29.7 g	7.9 mg	393.2 mg
4 oz Gr. Beef 80% lean	306	20.1g	7.6 g	103 mg	85 mg	0	0	0	35.1 g	27.1 mg	343.5 mg
4 oz Top Round Roast	240	9.3 g	4 g	93 mg	67 mg	0	0	0	34.6 g	N/A	N/A
4 oz Veal Chop	198	7.8 g	2.9 g	120 mg	108 mg	0	0	0	29.7 g	23.7 mg	384.2 mg
<b>FISH/SEAFOOD</b>											
4 oz Cod	119	1 g	0.2 g	62 mg	88 mg	0	0	0	25.8 g	15.8 mg	275.7 mg
4 oz Crab	110	1.7 g	0.2 g	60 mg	1211 mg	0	0	0	21.9 g	66.7 mg	296.1 mg
4 oz Flounder	132	1.7 g	0.4 g	77 mg	119 mg	0	0	0	27.3 g	20.3 mg	388.7 mg
4 oz Halibut	158	3.3 g	0.5 g	46 mg	78 mg	0	0	0	30.2 g	67.8 mg	650.9 mg
4 oz Lobster	111	0.7 g	0.1 g	81 mg	429 mg	1.5 g	0	0	23.2 g	68.9 mg	397.8 mg
4 oz Mahi Mahi	99	1 g	0.3 g	96 mg	146 mg	0	0	0	21.2 g	N/A	N/A
4 oz Orange Roughy	119	1 g	<0.1 g	90 mg	78 mg	0	0	0	25.6 g	12.4 mg	204.5 mg
4 oz Salmon Atlantic	207	12.3g	2.5 g	67 mg	67 mg	0	0	0	22.5 g	13.6 mg	409.1 mg
4 oz Scallops	127	1.6 g	0.2 g	60 mg	299 mg	0	0	0	26.2 g	130 mg	537 mg
4 oz Sea Bass	110	2.3 g	0.6 g	46 mg	77 mg	0	0	0	20.8 g	11.3 mg	289.3 mg
4 oz Shrimp	112	1.2 g	0.3 g	220 mg	253 mg	0	0	0	23.6 g	44.1 mg	205.7 mg
4 oz Sole	103	1.4 g	0.3 g	54 mg	92 mg	0	0	0	21.3 g	20.3 mg	407.9 mg
4 oz Tuna Albacore in H2O	140	2-4 g	0	50 mg	500 mg	0	0	0	30 g	N/A	N/A
<b>GRAIN</b>											
1 cup Barley	193	0.6 g	0.1 g	0	5 mg	44.3 g	6 g	0.4 g	3.5 g	17.3 mg	146 mg
1 cup Brown Rice cooked	216	1.8 g	0.4 g	0	10 mg	44.9 g	3.5 g	0.7 g	5 g	19.5 mg	83.9 mg
1 cup Couscous	176	0.3 g	<0.1g	0	8 mg	36.4 g	2.2 g	0.2 g	6 g	12.6 mg	91.1 mg
1 cup Oatmeal dry	190	3.5g	.5 g	0	0	32.2 g	5 g	1 g	7 g	14 mg	98 mg
1 cup Quinoa	254	3.9 g	N/A	N/A	20 mg	46.9 g	4 g	N/A	8.9 g	N/A	503 mg
1 cup Whole Wheat	407	2.3 g	0.4 g	0	6 mg	87.1 g	14.6 g	0.5 g	16.4 g	40.8 mg	486 mg
1 cup Wild Rice cooked	166	0.5 g	0.1 g	0	5 mg	34.9 g	3 g	1.2 g	6.5 g	4.9 mg	165.6 mg
<b>LEGUMES/BEANS</b>											
1 cup Black Bean cooked	227	0.9 g	0.2 g	0	2 mg	40.8 g	15 g	0	15.2 g	46.4 mg	610.6 mg

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<b>LEGUMES/BEANS</b>											
1 cup Garbanzo cooked	269	4.3 g	0.4 g	0	11 mg	44.9 g	12.5 g	7.9 g	14.5 g	80.4 mg	477.2 mg
1 cup Kidney Bean cooked	225	0.9 g	0.1 g	0	2 mg	40.4 g	11.3 g	0.6 g	15.3 g	62 mg	716.9 mg
1 cup Lentils cooked	230	0.8 g	0.1 g	0	4 mg	39.8 g	15.6 g	3.6 g	17.9 g	37.6 mg	730.6 mg
1 cup Northern cooked	209	0.9 g	0.2 g	0	4 mg	37.3 g	12.4 g	0	14.7 g	120.4 mg	692.1 mg
1 cup Pinto cooked	245	1.2 g	0.2 g	0	2 mg	44.8 g	15.4 g	0.6 g	15.4 g	78.7 mg	745.6 mg
1 cup Split Peas	231	0.8 g	0.1 g	0	4 mg	41.4 g	16.3 g	5.7 g	16.3 g	27.4 mg	709.9 mg
1 cup Soy (Edamame)	254	11.5g	1.3 g	0	25 mg	20 g	7.6 g	0	22.2 g	261 mg	970.2 mg
<b>NUTS/SEEDS</b>											
1 oz Almonds	164	14.3 g	1.1 g	0	<0.1 mg	5.6 g	3.3 g	1.4 g	6 g	70.3 mg	206.4 mg
1 oz Cashews	157	12.4g	2.2 g	0	3 mg	8.6 g	0.9 g	1.7 g	5.2 g	10.5 mg	187.1 mg
1 oz Filberts/Hazelnuts	178	17.2g	1.3 g	0	0	4.7 g	2.7 g	1.2 g	4.2	32.3 mg	192.8 mg
1 oz Pecans	196	20.4g	1.8 g	0	0	3.9 g	2.7 g	1.1 g	2.6 g	19.8 mg	116.2 mg
1 oz Pistachios	158	12.6g	1.5 g	0	<0.1mg	7.9 g	2.9 g	2.2 g	5.8 g	30.3 mg	290.6 mg
1 oz Walnuts	183	18.3g	1.7 g	0	1 mg	3.8 g	1.9 g	0.7 g	4.3 g	27.4 mg	123.5 mg
1 oz Pumpkin Seeds	148	13.6g	2.5 g	0	0	4.9 g	1.2 g	0	7.4 g	N/A	N/A
1 oz Sunflower Seeds	175	16.1g	1.7 g	0	1 mg	5.8 g	3.3 g	0	4.9 g	16.2 mg	139.2 mg
<b>SWEET TREAT</b>											
1 oz Dark Chocolate 70%	156	11.3g	7.1 g	0	4 mg	13.5 g	3.3 g	8.5 g	2.8 g	14.2 mg	N/A
<b>WINE</b>											
5 oz Red Wine Merlot	119	0	0	0	0	4.1 g	0	0	0.5 g	N/A	N/A
<b>FAT/OILS</b>											
1 tbsp Butter – Salted	102	11.5g	7.3 g	31 mg	82 mg	<0.1 g	0	<0.1 g	0.1 g	3.4 mg	3.4 mg
1 tbsp Butter – Unsalted	102	11.5g	7.3 g	31 mg	2 mg	<0.1 g	0	<0.1 g	0.1 g	3.4 mg	3.4 mg
1 tbsp Coconut Oil	120	14 g	12 g	0	0	0	0	0	0	N/A	N/A
1 tbsp Grapeseed Oil	120	13.6g	1.3 g	0	0	0	0	0	0	N/A	N/A
1 tbsp Olive Oil – Ex Virg	120	14 g	2 g	0	0	0	0	0	0	N/A	N/A
1 tbsp Peanut Oil	120	14 g	2 g	0	0	0	0	0	0	N/A	N/A
1 tbsp Walnut Oil	120	14 g	1.5 g	0	0	0	0	0	0	N/A	N/A

DATA FOR FOOD COMPOSITION

TAKEN FROM [www.calorieking.com](http://www.calorieking.com)