

Foods	Cal.	Foods	Cal.
Vegetables		Fruit	
Asparagus (100gm)	20	Apple (small)	55
Broccoli (100gm)	34	Apple (medium)	72
Broccoli (1 cup -88gm)	30	Apple (large)	110
Celery (100gm)	15	Orange	69
Celery (medium stalk)	6	Strawberries (12 large)	72
Cabbage (100gm)	24	Strawberries (20 medium)	80
Cabbage (1 cup shredded)	17	Grapefruit	74
Cauliflower (100gm)	22	Bread	
Cauliflower (1 cup)	28	Grissini Breadstick (3gm)	12
Cucumber (100gm)	12	Melba Toast (3gm)	12
Cucumber (small)	19	Milk	
Cucumber (medium)	23	Milk - tbs whole	10
Cucumber (large)	34	Milk - tbs trim	8
Lettuce, all varieties (100gm)	20	Meat/Eggs	
Lettuce, all varieties (1 cup)	8	Beef - very lean (100gm)	165
Onion (1 tbs/chopped)	4	Chicken - breast (100gm)	87
Red radishes (100gm)	12	Fish - white, non-oily (100gm)	83
Spinach, raw (100gm)	20	*Lamb - very lean (100gm)	185
Spinach, raw (1 cup)	7	Veal (100gm)	114
Tomato (small)	16	Venison - lean (100gm)	150
Tomato (medium)	22	Egg - 1 whole egg, plus 3 whites	122
Tomato (large)	33	* Lamb is high in fat, so only use it if you can't use other meats for some health or allergic reason.	