

Regular Food Calories

Alcoholic Beverages

	Serving	Calories		Serving	Calories
Beer					
			Liqueur, creme de menthe (72 proof)	1 oz	125
Beer, light	12-oz can or bottle	110	Long Island	8.3 fl oz (1 glass)	276
Beer, regular	12-oz can or bottle	144	Mai Tai	4.5 fl oz	310
Beer, non-alcoholic	12-oz can or bottle	60 to 90 (depending on brand)	Manhattan	2.5 fl oz	130
Cocktails:					
Alexander	2.5 fl oz	180	Margarita	3 fl oz	155
Amaretto	1.5 fl oz	118	Martini	2.5 fl oz	137
Bacardi	2.5 fl oz	120	Mint Julep	10 fl oz	215
Black Russian	3 fl oz	250	Old Fashioned	4 fl oz	180
Bloody Mary	5 fl oz	116	Pina Colada	4.5 fl oz	260
Bourbon & Soda	standard cocktail	110	Screwdriver	7 fl oz	175
Champagne	4.1 (1 glass)	78	Singapore Sling	8 fl oz	230
Cosmopolitan	4 fl oz	213	Tequila Sunrise	5.7 fl oz (1 collins glass)	200
Daiquiri	2 fl oz	120	Tom Collins	7.5 fl oz	120
Distilled gin, rum, vodka, & whiskey (80 proof)	1 oz	65	Vodka Tonic	8.5 fl oz (1 highball glass)	169
Gin Rickey	7 fl oz	115	Whiskey Sour	3 fl oz	125
Gin & Tonic	7.5 fl oz	170	White Russian	3.5 fl oz	270
Grasshopper	2.25 fl oz	165	Wine, red	1 wine glass (4 oz)	91
Liqueur, coffee (53 proof)	1 oz	117	Wine, white	1 wine glass (4 oz)	86
			Wine, rose	1 wine glass (4 oz)	90
			Wine, dessert	3 oz	130
			Wine, port	2 oz	86

Beverages (Juices, Soda, Tea, Shakes)

	Serving	Calories		Serving	Calories
Juices					
Apple Juice	8 fl oz (1 cup)	107	Cola	8 fl oz (1 cup)	88
Carrot Juice	8 fl oz (1 cup)	94	Cola Diet	8 fl oz (1 cup)	5
Cranberry	8 fl oz (1 cup)	137	Cream Soda	8 fl oz (1 cup)	126
Fruit Punch	8 fl oz (1 cup)	109	Ginger Ale	8 fl oz (1 cup)	83
Grape	8 fl oz (1 cup)	143	Grape Soda	8 fl oz (1 cup)	107
Grapefruit	8 fl oz (1 cup)	94	Lemon/Lime Soda	8 fl oz (1 cup)	101
			Orange	8 fl oz (1 cup)	119

Lemon	8 fl oz (1 cup)	51
Nectar Peach	8 fl oz (1 cup)	123
Nectar Pear	8 fl oz (1 cup)	136
Orange Fresh	8 fl oz (1 cup)	121
Orange canned	8 fl oz (1 cup)	104
Passion Fruit	8 fl oz (1 cup)	116
Pineapple	8 fl oz (1 cup)	146
Smoothies (Fruit Only)	8 fl oz (1 cup)	327
Tangerine	8 fl oz (1 cup)	114
Tomato	8 fl oz (1 cup)	41
Vegetable	8 fl oz (1 cup)	43

Soft Drinks, Soda

Club Soda	8 fl oz (1 cup)	0
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Beef

	Serving	Calories
Brisket, lean & fat	1 serving 4 oz (¼ lb)	435
Brisket, lean	1 serving 4 oz (¼ lb)	246
Chuck, blade roast, lean & fat	1 serving 4 oz (¼ lb)	410
Chuck, blade roast, lean	1 serving 4 oz (¼ lb)	299
Filet Mignon, lean & fat	1 serving 4 oz (¼ lb)	370
Flank Steak (broiled or grilled)	1 serving 4 oz (¼ lb)	172
Frankfurter, Beef	1 each	184
Ground Beef, extra lean	1 serving 4 oz (¼ lb)	264
Ground Beef, lean	1 serving 4 oz (¼ lb)	290
Ground Beef, regular	1 serving 4 oz (¼ lb)	328

Breads, Bagels, Rolls, Cookies and Bars

	Serving	Calories
Breads, Bagels		
Bagel, plain	1 bagel	320
Bagel, cinnamon raisin	1 bagel	350
Bagel, egg	1 bagel	330

Root Beer	8 fl oz (1 cup)	101
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Tea & Iced Tea

Lipton Iced Tea (Sweetened)	8 fl oz (1 cup)	70
Lipton Iced Tea (Unsweetened)	8 fl oz (1 cup)	0
Herbal Tea	8 fl oz (1 cup)	2
Regular (bag, loose, instant)	8 fl oz (1 cup)	2

Milk Shakes

Chocolate Shake	8 fl oz (1 cup)	256
Strawberry	8 fl oz (1 cup)	256
Vanilla	8 fl oz (1 cup)	256

	Serving	Calories
New York stake, lean & fat	1 serving 4 oz (¼ lb)	365
Pepperoni	1 oz	148
Porterhouse Steak, prime grade (broiled or grilled)	8 oz	440
Ribs, whole, lean & fat	1 serving 4 oz (¼ lb)	405
Ribs, whole, lean	1 serving 4 oz (¼ lb)	275
Roast, round, lean & fat	1 serving 4 oz (¼ lb)	233
Roast, round, lean	1 serving 4 oz (¼ lb)	185
Sirloin Steak, lean (broiled or grilled)	8 oz	427
Tenderloin Steak or Roast (broiled or grilled)	1 oz	406
T-Bone Steak (broiled or grilled)	8 oz	402

	Serving	Calories
Tortillas, corn	1 tortilla (.8 oz)	52
Tortillas, flour	1 tortilla, 6" (1.1 oz)	94
Wheat	1 slice (.9 oz)	65
White	1 slice (.9 oz)	67



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Bagel, onion	1 bagel	330
Bagel, poppyseed	1 bagel	360
Bagel, sesame	1 bagel	350
Bagel, whole wheat	1 bagel	360
Biscuits, all kinds, refrigerated	1 biscuit	95
Breads, all types, regular sliced	1 slice (1 oz)	60 to 80
Bread, French and Sourdough	1 slice (1 oz)	88
Bread, very thin sliced (diet)	1 slice	40
Bread Crumbs, plain (dry)	1 cup	120
Hamburger or Hot Dog Bun, plain	1 bun (1 oz)	84
Eggroll Wrapper	1 each	23
English Muffin, plain (inc. sourdough)	1 each	135
Garlic Bread	1 slice, 2 1/2"	170
Oat Bran	1 slice (1.1 oz)	71
Panko breading	1/2 cup	110
Pita Bread, white, whole wheat	1 (6.5" diameter)	150
Raisin	Slice (.9 oz)	71
Rye	Slice (1.1 oz)	83
Spring Roll Skins or Wrappers (Rice Paper)	2 oz	200
Sweet Rolls, Cinnamon	1 roll, 1 oz	103
Taco shells, baked	1 medium, 5" (.5 oz)	62

White toasted	1 slice (.9 oz)	70
Won Ton Wrapper	1 each	23

Cookies

Chocolate	1 cookie, 2.25" (.4 oz)	65
Chocolate Chip	1 cookie, 2.25" (.4 oz)	48
Fig Bars	1 cookie, 2.25" (.4 oz)	46
Gingerbread	1 cookie, 2.25" (.4 oz)	40
Oatmeal	1 cookie, 2.25" (.4 oz)	65
Peanut Butter	1 cookie, 2.25" (.4 oz)	65

Bars

Cornflakes w/fruit	1 bar (1.5 oz)	160
Oats Sugar Raisins	1 bar (1.5 oz)	197
Chocolate coated	1 bar (1.5 oz)	149
Hard, chocolate chip	1 bar (1.5 oz)	186
Hard, peanut butter	1 bar (1.5 oz)	200
Soft, chocolate chip	1 bar (1.5 oz)	175
Soft, nut and raisin	1 bar (1.5 oz)	190

Breakfast Cereals

	Serving	Calories
Bran	1 cup	249
All Bran	1 cup	160
Bran Flakes	1 cup	126
Cheerios	1 cup	110
Corn Flakes	1 cup	100
Corn Grits, white	1 cup	560
Frosted Flakes	1 cup	160
Granola	1 cup	598
Grape Nuts	1 cup	416

	Serving	Calories
Kashi, puffed	1 cup	120
Oat Bran	1 cup	292
Puffed Rice	1 cup	56
Rice Krispies	1 cup	90
Rolled Oats (Oatmeal), quick	1 cup cooked	145
Raisin Bran	1 cup	186
Shredded Wheat	2 biscuits	157
Sugar Frosted	1 cup	140
Wheat Flakes	1 cup	133

Cakes, Muffins, Donuts, Frosting

	Serving	Calories
Cakes		
Angel Food	Piece, 1/12 (1 oz)	72

	Serving	Calories
English, wheat	1 muffin (2 oz)	127
Oat Bran	Small (2.3 oz)	178
Wheat Bran	1 muffin (1.3 oz)	106



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Banana w/butter cream	Slice (1.2 oz)	130
Black forest	Slice, 1/8 (1.8 oz)	195
Brownies	2" square (.8 oz)	112
Carrot, plain	Slice, 1/3 (1.2 oz)	120
Carrot w/cream cheese	Slice, 1/6 (2.9 oz)	300
Cheesecake, plain	Piece, 1/6 (2.8 oz)	257
Chocolate, plain	Piece, 1/12 (3.4 oz)	340
Chocolate w/choc. Frosting	Piece, 1/8 (2.3 oz)	235
Coffee	Piece, 1/8 (2 oz)	178
Cupcake, plain	1 cupcake (1.5 oz)	200
Gingerbread	Piece, 1/9 (2.6 oz)	263
Lemon	Piece, 1/12 (2.6 oz)	264
Mud Pie	1 serving (8.5 oz)	680
Pineapple	Piece, 1/9 (4.1 oz)	367
Pound	Piece, 1/12 (1 oz)	109
Swiss Rolls	1 serving, 2 cakes (2.2 oz)	270
Strudel	Small, 3" (1.2 oz)	130

Muffins

Blueberry	Small (2.3 oz)	183
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Cheese, Ice Cream & Yogurts

	Serving	Calories
Cheeses		
America, regular	Slice (1 oz)	105
American, low fat	Slice (.7 oz)	38
Blue Cheese, Danish	1 oz	100
Brie	1 oz	85
Camembert	1 oz	122
Cheddar, regular	1 oz	114
Cheddar, low fat	1 oz	80
Chevre	1 oz	88
Cottage Cheese, regular	1/2 cup	117

Donuts

Plain, sugared or glazed	Medium, 3" (1.6 oz)	192
Plain, chocolate coated or frosted	Medium, 3" (1.6 oz)	204
Wheat, sugared or glazed	Medium, 3" (1.6 oz)	162
Yeast leavened, glazed	Medium, 3" (1.6 oz)	242
Yeast leavened w/creme filling	Medium, 3" (1.6 oz)	307
Yeast leavened w/jelly filling	Medium, 3" (1.6 oz)	289

Frosting

Coconut	1 serving, 1/12 (1.3 oz)	160
Chocolate	1 serving, 1/12 (1.3 oz)	163
Vanilla	1 serving, 1/12 (1.3 oz)	154
Glaze	1 serving, 1/12 (1.3 oz)	132

	Serving	Calories
Parmesan Cheese	1 oz	111
Parmesan Cheese, grated	1 tablespoon	23
Provolone	1 oz	100
Queso Asadero	Slice (1 oz)	100
Queso Chihuahua	Slice (1 oz)	105
Ricotta, whole milk	1 oz	49
Roquefort	1 oz	102
Swiss	1 oz	100
Tofu, firm	1 oz	41

Ice Cream



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Cottage Cheese, 2% low-fat	1/2 cup	100
Cottage Cheese, fat-free	1/2 cup	70
Cream Cheese, regular	1 oz	99
Cream Cheese, light or low fat	1 oz	65
Cream Cheese, fat-free	1 oz	27
Edam Cheese	1 oz	101
Feta Cheese, cow or sheep	1 oz	75
Fontina Cheese	1 oz	110
Goat Cheese	1 oz	103
Gorgonzola	1 oz	109
Gouda	1 oz	101
Gruyere	1 oz	118
Havarti	1 oz	117
Laughing Cow, Creamy Swiss, Light	1 wedge	35
Monterey Jack	1 oz	106
Mozzarella, whole milk	1 oz	80
Mozzarella, part skim, low moisture	1 oz	79
Muenster, regular	Slice (1 oz)	103
Corn	Small (2.3 oz)	201
English	1 muffin (2 oz)	134
Muenster, low fat	Slice (1 oz)	77

Chocolate, Chocolate Bars, Candy

	Serving	Calories
Chocolate		
Chocolate, 62%, semi-sweet	1 oz	140
Chocolate, dark, 70%, bittersweet	1 oz	170
Chocolate, extra dark, 83%	1 oz	180
Chocolate, white	1 oz	162
Chocolate, unsweetened (baking)	1 oz	135
Chocolate chips, semi-sweet	1 tablespoon	80
Chocolate syrup, fudge type	2 tablespoons	133
Chocolate syrup, light	2 tablespoons	50

Hard, rich	1 scoop (2.8 oz)	187
Hard, regular	1 scoop (2.8 oz)	177
Hard, low fat	1 scoop (2.8 oz)	124
Gelato, milk base	1/2 cup (4 oz)	104
Gelato, water base	1/2 cup (4 oz)	94
Soft, regular	1/2 cup (3 oz)	191
Soft, low fat	1/2 cup (3 oz)	111
Sundae, banana split	1 sundae (1 lb 3 oz)	894
Sundae, single scoop	1 sundae (3 oz)	188
Sundae, double scoop	1 sundae (6 oz)	375

Yogurt

Plain, whole	1 cup (8.6 oz)	149
Plain, low fat	1 cup (8.6 oz)	154
Plain, fat free	1 cup (8.6 oz)	137
Fruit flavored, whole	1 cup (8.6 oz)	275
Fruit flavored, low fat	1 cup (8.6 oz)	250
Fruit flavored, fat free	1 cup (8.6 oz)	233

	Serving	Calories
Milky Way	1 package	260
Twix	1 package	280
3 Musketeers	1 bar	260
Chunky	1 bar	190
Baby Ruth	1 bar	280
Butterfinger	1 bar	270
100 Grand	1 package	180
Nestle Crunch	1 bar	220

Candy

Hot Fudge Topping, regular 100

Cocoa, dry powder, unsweetened 1 tablespoon 12

Chocolate Bars

Hershey's 1 bar 270

Hershey's w/almonds 1 bar 210

Krackel 1 bar 210

Mounds 1 bar 230

Almond Joy 1 package 220

Kit Kat Bar 1 bar 210

Reese's 1 bar 260

5th Avenue 1 bar 280

Mr. Goodbar 1 bar 260

York 1 piece 140

Take 5 1 package 210

Hershey's Dark 1 bar 218

Reese's Peanut 1 package 260

Heath Toffee 1 bar 210

Payday 1 bar 240

Skor 1 bar 210

Symphony 1 bar 210

Snickers 1 package 280

Snickers cruncher 1 package 220

Snickers almond 1 package 230

Coffee Drinks

Serving Calories

Starbucks

Carmel Frappuccino Coffee, no whip 16 fl oz 280

Carmel Frappuccino Coffee, whip 16 fl oz 430

Carmel Frappuccino Coffee only 16 fl oz 260

Caffe Latte, non-fat milk 16 fl oz 165

Caffe Latte, whole milk 16 fl oz 260

Mints 1 piece (.3 oz) 29

Butterscotch 1 piece (.2 oz) 21

Candy apple Small (5 oz) 215

Candy cane 1 piece (.5 oz) 60

Candy corn 1 serving, 1/5 (1.4 oz) 150

Caramels 1 piece (.4 oz) 39

Chewing Gum 1 stick 8

Chews (Starburst) 1 piece (.2 oz) 20

Confectioner's coating, butterscotch 1 oz 153

Confectioner's coating, peanut butter 1 oz 150

Cotton candy 1 serving (2.1 oz) 220

Fruit drops 1 piece (.1 oz) 12

Fruit gums 1 oz 49

Gum drops Small. 1/2" (.1 oz) 13

Gummy bears 1 gummy bear 9

Hard candies 1 piece (.2 oz) 24

Jelly beans 1 jelly bean 4

Lollipops 1 pop (2.5 oz) 26

Marshmallows 1 regular (.3 oz) 23

Peanut bar 1 bar (1.4 oz) 209

Peppermints 1 oz 111

Sugar coated almonds 1 piece (.1 oz) 17

Truffles 1 piece (.4 oz) 61

Yogurt-coated raisins

Serving Calories

Percolated 1 cup (8 fl oz) 2

Instant

Regular, 1 fl oz non-fat milk, 5g sugar 1 cup (8 fl oz) 34

Regular, 1 fl oz non-fat milk, unsweetened 1 cup (8 fl oz) 15

Regular, 1 fl oz whole milk, 5g sugar 1 cup (8 fl oz) 42



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Caffe au Lait, whole milk	16 fl oz	140
Caffe au Lait, non-fat milk	16 fl oz	90
Caffe Americano, whole milk	16 fl oz	15
Caffe Mocha, whole milk, whip	16 fl oz	400
Caffe Mocha, non-fat milk, whip	16 fl oz	330
Caffe Mocha, non-fat milk, no whip	16 fl oz	220
Cappuccino, whole milk	16 fl oz	150
Cappuccino, non-fat milk	16 fl oz	100

Brewed

2 tbsp 1% milk	1 cup (8 fl oz)	16
2 tbsp 2% milk	1 cup (8 fl oz)	18
2 tbsp half & half	1 cup (8 fl oz)	41
2 tbsp light coffee cream	1 cup (8 fl oz)	61
2 tbsp non-fat milk	1 cup (8 fl oz)	14
2 tbsp whole milk	1 cup (8 fl oz)	20
Coffee mate liquid non-fat, 1 tbsp	1 cup (8 fl oz)	10
Coffee mate liquid, 1 tbsp	1 cup (8 fl oz)	20
Coffee mate powder, 1 teaspoon	1 cup (8 fl oz)	12

Regular, 1 fl oz whole milk, unsweetened	1 cup (8 fl oz)	22
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Decaffeinated, dry	1 teaspoon (.1 oz)	4
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Regular, dry	1 teaspoon (.1 oz)	2
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Espresso

w/ 5g sugar	1 shot (1 fl oz)	20
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w/ whipped cream	1 shot (1 fl oz)	110
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unsweetened	1 shot (1 fl oz)	1
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Vending machine

Cappuccino, candy cane	1 cup (8 fl oz)	100
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Cappuccino, chocolate covered	1 cup (8 fl oz)	100
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Cappuccino, cinnamon vanilla nut	1 cup (8 fl oz)	100
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Cappuccino, english toffee	1 cup (8 fl oz)	100
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Cappuccino, french vanilla	1 cup (8 fl oz)	90
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Cappuccino, original	1 cup (8 fl oz)	100
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Cappuccino, vanilla caramel	1 cup (8 fl oz)	110
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Hot Cocoa, chocolate supreme	1 cup (8 fl oz)	90
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Condiments, Cooking Ingredients, Sauces, Dressings

	Serving	Calories
Condiments,		
Cooking Ingredients		
Baking Powder, double-acting	1 teaspoon	8
Baking Soda	1 teaspoon	0
Beef Broth or Stock, fat-free	1 cup	16.8
Cornstarch	1 tablespoon	30
Cream of Mushroom Soup, 98% fat-free	1/2 cup	70
Cream of Mushroom Soup, regular	1/2 cup	100
Cream of Tartar	1 teaspoon	2

	Serving	Calories
Barbecue	1 cup (9 oz)	188
Cheese	1 cup (9 oz)	440
Chili	1 cup (9 oz)	51
Cranberry	1 cup (9 oz)	390
Hollandaise	1 cup (1.6 oz)	250
Fish	1 tbsp (.6 oz)	6
Oyster	1 tbsp (.6 oz)	9
Pepper Hot	1 teaspoon (.2 oz)	1
Teriyaki	1 tbsp (.6 oz)	15
Tomato paste	1 cup (9 oz)	215



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Gelatin, unflavored	1 package (Knox)	25	Tomato puree	1 cup (9 oz)	95
Gelatin, flavored, sugar-free	1 (.6-oz) pkg	6	Tomato w/ herbs & cheese	1 cup (9 oz)	144
Horseradish, prepared	1 teaspoon	5	Tomato w/ mushrooms	1 cup (9 oz)	86
Ketchup (Catsup)	1 tablespoon 1 cup	15 240	Tomato w/ onions	1 cup (9 oz)	103
Mayonnaise, regular	1 tablespoon	100	Tomato spanish style	1 cup (9 oz)	81
Mayonnaise, light	1 tablespoon	50	Pasta Sauces		
Mayonnaise, reduced fat	1 tablespoon	20	Pesto, classic	1 serving ¼ cup (1 fl oz)	230
Mayonnaise, fat free	1 tablespoon	11	Marinara	1 serving (4.4 oz)	93
Mayonnaise, weight watchers light	1 tablespoon	50	Spaghetti and mushrooms	1 serving (.4 oz)	30
Mustard, Dijon	1 tablespoon	18	Spaghetti meatless	1 serving (3.5 oz)	48
Mustard, yellow	1 tablespoon	10	Salad Dressings		
Olives, Kalamata, pitted	4 olives	45	Blue cheese	1 tbsp (.5 oz)	76
Olives, spanish, green with pimiento	2 olives	15	Blue cheese light, reduced fat	1 tbsp (.5 oz)	14
Onion Powder	1 teaspoon	5	Blue cheese fat free	1 tbsp (.5 oz)	9
Onion salt	1 tablespoon	1	Caesar	1 tbsp (.5 oz)	78
Onion soup mix, dry	1 package (4 tbsp)	118	Caesar light, reduced fat	1 tbsp (.5 oz)	17
Nori, toasted seaweed	1 sheet	10	Caesar fat free	1 tbsp (.5 oz)	12
Pickle, bread & butter, slices	1 oz	20	French	1 tbsp (.5 oz)	73
Pickle, dill	1 medium 3"	12	French light, reduced fat	1 tbsp (.5 oz)	37
Pickle, sweet	1 medium 3"	41	French fat free	1 tbsp (.5 oz)	21
Pickle, relish sweet	1 tablespoon	21	Italian	1 tbsp (.5 oz)	43
Salsa	2 tablespoons 1 cup	6 48	Italian light, reduced fat	1 tbsp (.5 oz)	11
Sour Cream, regular	2 tablespoons (1 oz)	61	Italian fat free	1 tbsp (.5 oz)	7
Sour cream, light	2 tbsp (1 oz)	40	Mayonnaise	1 tbsp (.5 oz)	57
Sour cream, fat-free	2 tbsp (1 oz)	20	Mayonnaise light, reduced fat	1 tbsp (.5 oz)	49
Soy Sauce	1 tablespoon 1/4 cup	11 35	Mayonnaise fat free	1 tbsp (.5 oz)	12
Vanilla Extract	1 teaspoon	10	Ranch	1 tbsp (.5 oz)	73
Vinegar, cider	1 tablespoon	2	Ranch light, reduced fat	1 tbsp (.5 oz)	33
Vinegar, balsamic	1 tablespoon	5			
Vinegar, raspberry	1 tablespoon	7			
Vinegar, rice	1 tablespoon	2			
Wasabi, powder	1/4 oz	24			

Worcestershire Sauce	1 teaspoon	5
Yeast, Bakers, active-dry	1/4 oz	20
Yeast, bakers, rapid rise	¼ oz	20

Sauces

Applesauce, sweetened	1 cup (9 oz)	194
Applesauce, unsweetened	1 cup (9 oz)	105

Crackers, Rice Cakes

	Serving	Calories
Crackers		
Cheese, plain	1 cracker, 1" square	5
Cheese w/ peanut butter	1 sandwich (.2 oz)	32
Graham	2 full crackers (8 squares)	140
Graham chocolate coated	1 cracker, 2.5" (.5 oz)	68
Melba Toast, plain	1 round	12
Melba toast, rye	1 toast (.2 oz)	19
Melba toast, wheat	1 toast (.2 oz)	19
Norwegian Flat Bread	1 each	21
Rice crackers	1 cubic inch (.1 oz)	16
Rye Krisp	2 triple crackers	45
Saltines	5 crackers	70

Dairy, Cream

	Serving	Calories
Buttermilk, dry	1 tablespoon	25
Buttermilk, 1% fat	1 cup	99
Chocolate Milk, regular	1 cup	210
Chocolate milk, low fat 2%	1 cup	180
Chocolate milk, low fat 1%	1 cup	160
Chocolate milk, fat free	1 cup	150

Ranch fat free	1 tbsp (.5 oz)	17
Russian	1 tbsp (.5 oz)	53
Russian light, reduced fat	1 tbsp (.5 oz)	27
Russian fat free	1 tbsp (.5 oz)	19
Thousand Island	1 tbsp (.5 oz)	59
Thousand Island light, reduced fat	1 tbsp (.5 oz)	31
Thousand Island fat free	1 tbsp (.5 oz)	21

	Serving	Calories
Table water crackers (Carr's)	1 small (.1 oz)	15
Wasa rye crisp bread	1 each	37
Wheat thin	1 cracker (.1 oz)	9

Rice cakes

Brown rice, buckwheat	1 cake (.3 oz)	34
Brown rice, corn	1 cake (.3 oz)	35
Brown rice, multigrain	1 cake (.3 oz)	35
Brown rice, plain	1 cake (.3 oz)	35
Brown rice, rye	1 cake (.3 oz)	35
Brown rice, sesame seed	1 cake (.3 oz)	35
Rice cake, cracker, regular	1 cubic inch (.1 oz)	16

	Serving	Calories
Evaporated milk, skim	1/2 cup	100
Milk, whole	1 cup	157
Milk, 2% fat	1 cup	121
Milk, 1% fat	1 cup	102
Milk, fat free or skim	1 cup	86
Sour Cream, regular	2 tablespoons (1 oz)	61

Coconut Milk, regular, canned	1 tablespoon	30
Coconut milk, light, canned	1 tbsp	10
Condensed Milk	1/3 cup	320
Cream, half & half	1 cup	315
Cream, 25% fat	1 cup	583
Cream, whipping, heavy	1 cup	821
Evaporated Milk, whole	1/2 cup	170

Sour cream, light	2 tbsp (1 oz)	40
Sour cream, fat free	2 tbsp (1 oz)	20
Soy Milk	1 cup	79
Yogurt, Plain (regular)	1 cup	139
Yogurt, plain (low fat)	1 cup	144
Yogurt, plain (non fat)	1 cup	127

Desserts, Pancakes, Waffles, Pastries, Pies

	Serving	Calories
Desserts		
Apple, baked w/ sugar	1 medium apple	135
Banana pudding	1 serving (1 oz)	36
Bread pudding	1 serving (1 oz)	110
Chocolate mousse	1 serving (1 oz)	70
Chocolate pudding	1 serving (1 oz)	40
Coconut cream pudding	1 serving (1 oz)	38
Crème Brulee	1 serving (1 oz)	21
Egg custard	1 serving (1 oz)	16
Flans, caramel custard	1 serving (1 oz)	99
Lemon pudding	1 serving (1 oz)	36
Strudel	1 serving (1 oz)	45
Vanilla pudding	1 serving (1 oz)	37

Pancakes

Blueberry	1 pancake, 4" (1.3 oz)	84
Buttermilk	1 pancake, 4" (1.3 oz)	86
Plain	1 pancake, 4" (1.3 oz)	86
Potato	1 pancake, 4" (1.3 oz)	100
Whole wheat	1 pancake, 4" (1.3 oz)	92

	Serving	Calories
Croissants, apple	Medium (2 oz)	145
Croissants, cheese	Medium (2 oz)	236
Croissants, butter	Medium (2 oz)	231
Danish pastry, cheese	1 pastry (2.5 oz)	266
Danish pastry, lemon	1 pastry (2.5 oz)	263
Danish pastry, nut	1 pastry (2.5 oz)	285
Danish pastry, raspberry	1 pastry (2.5 oz)	263
Sweet roll, cheese	1 roll (2.3 oz)	238
Sweet roll, cinnamon	1 roll (2.3 oz)	230

Pies

Apple	1 piece (4.1 oz)	277
Banana cream	1 piece (4.1 oz)	357
Blueberry	1 piece (4.1 oz)	271
Boston crème	1 piece (4.1 oz)	292
Cherry	1 piece (4.1 oz)	304
Chocolate	1 piece (4.1 oz)	342
Coconut Cream	1 piece (4.1 oz)	382
Egg custard	1 piece (4.1 oz)	261
Key lime	1 piece (4.1 oz)	540
Lemon	1 piece (4.1 oz)	313
Mud pie	1 piece (4.1 oz)	340

Waffles

Plain	1 waffle, 4" square (1.2 oz)	100
Buttermilk	1 waffle, 4" square (1.2 oz)	104
Frozen	1 waffle, 4" square (1.2 oz)	108

Pastries

Cannoli	1 serving	374
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Eggs

	Serving	Calories
Egg, large	1	75
Egg White, large	1 egg white	17
Egg whites	1 cup egg whites	121
Egg Yolk, large	1	59
Egg Substitute, liquid	1/4 cup (equals 1 egg)	25

Fats, Oil & Spreads

	Serving	Calories
Butter, regular	1 teaspoon	33
Butter, regular	1 tablespoon	100
Butter, regular	1/2 cup – 1 stick or cube (4 oz)	813
Butter, whipped	1 tablespoon	67
Ghee	1 oz	249
Lard	1 tablespoon	115
Lard	1 cup	1849

Frozen Meals, Packaged Meals & Pizzas

	Serving	Calories
Canned Meals		

Peach	1 piece (4.1 oz)	261
Pecan	1 piece (4.1 oz)	460
Pumpkin	1 piece (4.1 oz)	256
Strawberry	1 piece (4.1 oz)	202
Vanilla	1 piece (4.1 oz)	342

	Serving	Calories
Oils - canola, corn, olive, safflower, soybean, sesame, grapeseed	1 teaspoon	40
Oils - canola, corn, olive, safflower, soybean, sesame, grapeseed	1 tablespoon	120
Oils - almond, walnut, hazelnut, sesame, truffle (white & black)	1 tablespoon	120
Peanut Butter, smooth	2 tablespoons	188
Peanut butter, chunk style	2 tablespoons	188
Peanut Butter, reduced fat	2 tablespoons	180
Shortening, vegetable, regular, or butter flavor	1 tablespoon	110

	Serving	Calories
Frozen Meals		

Baked beans w / beef	1 cup (9.4 oz)	322
Baked beans w/ pork	1 cup (9.4 oz)	280
Beef stew	1 cup (9.4 oz)	260
Chili w/ beans	1 cup (9.4 oz)	310
Pasta w/ meatballs	1 cup (9.4 oz)	290

Frozen Breakfast

Burrito ham and cheese	1 package (3.5 oz)	212
Cinnamon swirls	1 package (5.5 oz)	415
Scrambled eggs w/ sausage	1 package (6.2 oz)	361

Flour

	Serving	Calories
All-Purpose Flour, unsifted	1 cup (120 gm)	400
All-Purpose Flour, unsifted	1/4 cup (30 gm)	100
All-Purpose Flour, unsifted	1 tablespoon (7.5 gm)	25
Bread Flour	1 cup	495
Cake Flour	1 cup	400
Corn (Semolina) Flour	3 tablespoons	110
Oat Flour, blend	1 cup	390

Fruits

	Serving	Calories
Apple, fresh	1 medium	81
Apple cider, canned or bottled	6 oz	85
Applesauce, canned, unsweetened	1/2 cup	56
Apricots, fresh	3 medium	51
Avocado, fresh	1 medium	324
Banana, fresh	1 medium	105
Blackberries, fresh	1/2 cup	37
Blueberries, fresh	1/2 cup	41

Lasagna w/ meat sauce	1 serving (3.5 oz)	101
Pot pie, beef	1 package (7 oz)	449
Pot pie, chicken	1 package (7 oz)	440
Pot pie, turkey	1 package (7 oz)	200
Spaghetti w/ meat sauce	1 package (7 oz)	210

Frozen Pizzas

Regular crust, pepperoni	1 serving (5.1 oz)	432
Sausage and pepperoni	1 serving (5.1 oz)	380

	Serving	Calories
Potato Starch	1 tablespoon	40
Rice Flour	1 cup	560
Rye Flour, light	1 cup	374
Rye flour, dark	1 cup	440
Soy Flour, low fat	1 cup	287
Tapioca Flour	1/4 cup	100
Whole Grain Flour	1 cup	407

	Serving	Calories
Kiwifruit, fresh	1 medium	46
Lemon, fresh	1 medium	17
Lime	1 medium	20
Mango, fresh	1 medium	135
Nectarines, fresh	1 medium	67
Orange, navel, fresh	1 medium	62
Papaya, fresh	1 medium	117
Peach, fresh	1 medium	37



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Boysenberries, fresh	1/2 cup	37
Cantaloupe, fresh	1/2 medium	94
Cherries, sweet w/o pits, fresh	1/2 cup	52
Cherries, dried, tart	1/4 cup	140
Cherry, Maraschino	1 each	8
Cranberries, whole, fresh	1/2 cup	23
Cranberry Juice, cocktail	6 oz	110
Cranberry Sauce, canned, sweetened	1/2 cup	209
Currents, dried	1 cup	408
Dates, pitted, fresh	1 date	23
Figs, fresh	1 medium	37
Figs, dried	1 fig	47
Grapefruit, pink or red	1/2 medium	60
Grapefruit Juice, fresh	6 oz	72
Grapes, fresh	1 cup	62
Grape Juice, canned or bottled	1 cup	154
Honeydew Melon, fresh	1/10 medium	46

Herbs & Spices

	Serving	Calories
Allspice, ground	1 tablespoon	5
Basil, Fresh	2 tablespoons	1
Basil, Dried		
Bay Leaf	1 tablespoon	6
Capers, drained	1 tablespoon	2
Chili Powder	1 tablespoon	24
Cinnamon, ground	1 tablespoon	18
Cloves, ground	1 tablespoon	21
Coriander Leaf (Cilantro), dried	1 tablespoon	5
Coriander Seed	1 tablespoon	15
Cumin Seeds	1 tablespoon	23

Peach, canned in light syrup	halves	68
Pear, fresh	1 medium or large	98
Pear, canned in light syrup	halves	72
Pear Nectar	halves	62
Pineapple, fresh, trimmed	1 slice (3/4" thick)	42
Pineapple canned water-packed	1 cup (crushed, sliced or chunks)	79
Pineapple Juice, canned or bottled	6 oz	104
Plum, fresh, pitted	1 oz	16
Pomegranate, fresh	1 pomegranate (3-3/8" dia)	105
Prickly Pear, fresh	1 medium	42
Prunes, dried	10 each	201
Prune Juice, canned	6 oz	136
Raisins, seedless	1/2 cup (not packed)	219
Raspberries, fresh	1/2 cup	31
Strawberries, fresh	8 berries	50
Tangerine, fresh	1 medium	37
Watermelon, fresh	1/2 cup diced	25

	Serving	Calories
Ginger Root	1 oz	20
Marjoram, dried	1 tablespoon	5
Nutmeg, ground	1 tablespoon	37
Oregano, dried	1 tablespoon	18
Paprika	1 tablespoon	20
Parsley, fresh	10 sprigs	4
Parsley, dried	1/2 cup, chopped	10
Pepper, Black, ground	1 tablespoon	16
Pepper, red or cayenne, ground	1 tablespoon	17
Pepper, white	1 tablespoon	21

Curry Powder	1 tablespoon	20
Dill Weed, dried	1 tablespoon	8
Dill Weed, fresh	1 cup sprigs	4
Dill Seeds	1 tablespoon	20
Garlic Powder	1 teaspoon	9
Garlic salt	1 tablespoon	28
Ginger, ground	1 tablespoon	19

Rosemary, fresh	1 tablespoon	2
Rosemary, dried	1 tablespoon	11
Saffron	1 teaspoon	2
Sage, ground	1 tablespoon	6
Salt, iodized or non-iodized	1 tablespoon	0
Thyme, dried	1 teaspoon	4
Thyme, fresh	1 teaspoon	1

Lambs

	Serving	Calories
Lamb, blade chop	1 chop	128
Lamb, ground	4 oz	319
Lamb, loin chop (lean)	3 oz	124
Lamb, rib chop (lean)	3 oz	136
Lamb, shoulder (lean)	3 oz	116

Meats (Deli, Franks, Spreads, Pates, Sausages, Hot Dogs)

	Serving	Calories
Deli & Luncheon Meat		
Barbecue loaf pork & beef	1 slice(1 oz)	51
Beef corned, cured, canned	1 slice(1 oz)	66
Beef, cured, dried	10 slices (1 oz)	43
Beef, cured, jellied	1 slice(1 oz)	32
Beef cured, jellied	1 slice(1 oz)	32
Beef, cured, thin sliced	5 slices (.7 oz)	37
Beef, loaved	1 slice (1 oz)	86
Beef, thin sliced	Package (2.5 oz)	106
Bologna beef	1 slice (1 oz)	88
Bologna beef & pork	1 slice (1 oz)	87
Bologna pork	1 slice (1 oz)	67
Bologna turkey	1 slice (1 oz)	59
Bologna turkey & pork	1 slice (1 oz)	59
Corned beef loaf, jellied	1 slice (1 oz)	43
Corned beef, canned	1 slice (1 oz)	75
Ham, 11% fat, sliced	1 slice (1 oz)	46
Ham, extra lean 5% fat, sliced	1 slice (1 oz)	31
Ham, minced	1 slice (1 oz)	66

	Serving	Calories
Sandwich, devil ham	1 serving (2 oz)	148
Sandwich, roast beef	1 serving (2 oz)	127
Sandwich spread	1 serving (2 oz)	180
Sandwich, turkey	1 serving (2 oz)	140

Pates

Chicken liver, canned	1 tbsp (.5 oz)	26
Chicken spread	1 tbsp (.5 oz)	22
Goose liver, smoked, canned	1 tbsp (.5 oz)	60
Liver, canned	1 tbsp (.5 oz)	41
Spreads, ham & cheese	1 tbsp (.5 oz)	37
Spreads, ham salad	1 tbsp (.5 oz)	32
Spreads, poultry salad sandwich	1 tbsp (.5 oz)	26

Sausages

Beef, cooked	1 serving (4 oz)	375
Beef, smoked	1 serving (4 oz)	355
Blood	1 serving (4 oz)	428



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Mortadella beef & pork	1 slice (1 oz)	94
Olive loaf pork	1 slice (1 oz)	66
Pastrami beef, cured	1 slice (1 oz)	41
Pork, beef	1 slice (1 oz)	99
Pork, canned	1 slice (1 oz)	90
Prosciutto	1 slice (1 oz)	55
Salami beef & pork	1 slice (1 oz)	64
Salami turkey	1 slice (1 oz)	43
Turkey ham	1 slice (1 oz)	35
Turkey breast meat	1 slice (1 oz)	31

Franks

Frankfurter, beef	5" long (1.6 oz)	149
Frankfurter, beef & pork	5" long (1.6 oz)	137
Frankfurter, chicken	5" long (1.6 oz)	116
Frankfurter, turkey	5" long (1.6 oz)	102

Meat Spreads

Chicken	1 serving (2 oz)	88
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Nuts & Seeds

	Serving	Calories
Almonds, whole, dry roasted	1 oz	161
Almonds, sliced	1 cup	529
Almonds, slivered	1 cup	621
Brazilnuts, whole, shelled	1 oz (6-8 nuts)	183
Caraway Seeds	1 tablespoon	22.3
Cashews, dry roasted	1 oz(halves & whole)	162
Fennel Seeds	1 tablespoon	20
Filberts (hazelnuts), whole	1 oz	179

Chorizo	1 serving (4 oz)	520
Italian pork, cooked	1 serving (4 oz)	392
Kielbasa, turkey & beef	1 serving (4 oz)	254
Liver, pork	1 serving (4 oz)	364
New England pork & beef	1 serving (4 oz)	184
Polish, pork	1 serving (4 oz)	370
Pork & beef	1 serving (4 oz)	296
Turkey, breakfast links	1 link (1 oz)	66
Turkey, cooked	1 serving (4 oz)	224
Vienna beef & pork, canned	1 serving (4 oz)	260

Hot Dogs

Corn dogs, beef & pork	1 piece (2.7 oz)	210
Corn dogs, beef & pork mini	1 serving, 4 pieces (2.7 oz)	240
Small w/ ketchup	1 hot dog (3.9 oz)	275
Regular w/ ketchup	1 hot dog (4.1 oz)	315
Large w/ ketchup	1 hot dog (4.8 oz)	365
Giant w/ ketchup	1 hot dog (6.1 oz)	455

	Serving	Calories
Peanuts, dry roasted	1 oz	160
Peanut Butter, creamy or smooth	2 tablespoons	189
Peanut Butter, reduced-fat	2 tablespoons	100
Pecan, halves	1 oz (20 nuts)	190
Pine Nuts	1 oz	146
Pistachios	1-oz (47 nuts)	164
Poppy Seeds	1 tablespoon	47
Sesame Seeds, toasted	1 tablespoon	52

Macadamia, whole & halves	1 oz (10-12 nuts)	199
Peanuts, cooked & shelled	1 oz	90

Tahini (sesame butter)	1 tablespoon	95
Walnuts	1-oz (14 halves)	142

Pasta, Noodles, Rice and Grains

	Serving	Calories
Barley, raw	1 cup	651
Bulgur (Tabbouleh)	1 cup cooked	152
Couscous	1 cup cooked	201
Noodles (Chinese chow mein)	1 cup	237
Noodles (Japanese soba, somen, rice)	2 oz dry	200
Pasta (egg noodles, linguine, macaroni, spaghetti, spials, lasagne, etc.)	2 oz dry	212

	Serving	Calories
Pasta, all, whole wheat	1 cup	174
Rice, arborio	1 cup cooked	241
Rice, brown long-grain	1 cup cooked	216
Rice, white long grain (parboiled or instant)	1 cup cooked	161
Rice (glutinous or Sushi)	1 cup cooked	234
Rice, wild	1 cup cooked	166

Pork

	Serving	Calories
Bacon, cured, raw	1 thick slice (1.3 oz)	174
Bacon, cooked	1 thick slice (.4 oz)	58
Bacon Bits	1 tablespoon	30
Bacon, Canadian style	1-oz slice (unheated)	45
Bologna, pork	1 slice (1 oz)	80
Bratwurst (fully cooked)	2-oz link	170
Ham, cured (butt, lean)	3.5 oz	159
Ham, fresh (lean)	1 oz slice	45
Luncheon meat, beef/pork	1 oz slice	76

	Serving	Calories
Pork Chop, cooked center cut	2.5 oz	166
Pork Chop, cooked top loin chops	3 oz	171
Pork Chop, cooked rib chops	3 oz	186
Pork Sausage	1 link (raw)	44
Pork sausage	1 patty (raw)	92
Pork Roast, Loin (tenderloin)	3 oz 3 oz	165 182
Pork Roast, Rib	3 oz	182
Spare Ribs, roasted	6 medium	396
Tenderloin Roast (lean and roasted)	3 oz	130

Poultry

	Serving	Calories
Chicken Broth or Stock, fat-free	1 cup	5
Chicken Breast (w/o skin)	1/2 breast	142
Chicken Leg (w/o skin)	1 leg or drumstick	76
Chicken Meat, roasted	1 cup (chopped or diced)	241

	Serving	Calories
Quail, raw, meat & skin	1 serving (.4 oz)	264
Turkey breast, processed	1 oz	51
Turkey breast, bbq	3.5 oz	135
Turkey breast, roasted	3.5 oz	115

Chicken, whole, meat only, raw	2 pounds	1006
Chicken Thigh (w/o skin)	1 thigh	109
Chicken Hotdog	1	116
Duck, roasted, meat & skin	1 serving (.4 oz)	381
Goose, roasted, meat & skin	1 serving (.4 oz)	345
Pheasant, cooked	1 serving (.4 oz)	279

Turkey breast, smoked	3.5 oz	120
Turkey breast, white meat, no skin	3 oz	120
Turkey, dark meat, no skin	3 oz	140
Turkey hot dog	1	102
Turkey, ground	4 oz	169.9
Turkey Kielbasa, 95% fat free	2 oz	70

Seafood

	Serving	Calories
Anchovy Fillets	5 medium each (appx .7 oz)	42
Bass	1 fillet (3.6 oz)	125
Caviar	1 oz	72
Clams, raw	1 each medium	11
Clams, canned	1 cup w/liquid	237
Clams Juice, canned or bottled	1 cup	4.8
Cod	3.5 oz	85
Crab Meat, cooked (Dungeness, Blue, King & Lump)	3 oz	90
Flounder/Sole	3.5 oz	68
Grouper	3.5 oz	87
Halibut	3 oz	94
Lobster	3.5 oz	91
Mussels, w/o shells	3 oz	73
Oysters, Pacific raw	4 oz	81
Oysters, Eastern raw	1 medium	8
Red Snapper	3.5 oz	93
Salmon, Atlantic	3 oz	156

	Serving	Calories
Salmon, Chinook	3 oz	153
Salmon, coho	3 oz	124
Salmon, chum	3 oz	102
Salmon, sockeye	3 oz	143
Salmon, smoked	3.5 oz	176
Salmon, pink canned	3 oz	118
Scallops, raw	2 large or 5 small	26
Shrimp or Prawns	1 small each	5
Shrimp or Prawns	1 medium each	7
Shrimp or Prawns	1 large	8
Shrimp or Prawns	3 oz	90
Shrimp, canned & drained	1 oz	25
Trout, Rainbow	3.5 oz	195
Tuna, fresh	3.5 oz	177
Tuna, solid white, canned in water	2 oz	70
Tuna, solid white, canned in water	3 oz can or pouch	90
Tuna, solid white, canned in water	7 oz can or pouch	180

Soups

	Serving	Calories
Soups		
Bean w/ bacon	1 can (11.5 oz)	381

	Serving	Calories
Minestrone, chunky	1 can (11.5 oz)	270
Mushroom barley	1 can (11.5 oz)	206
Onion	1 can (11.5 oz)	149



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Bean w/ pork	1 can (11.5 oz)	421
Bean w/ frankfurters	1 can (11.5 oz)	453
Beef broth	1 can (11.5 oz)	59
Beef w/ mushrooms	1 can (11.5 oz)	206
Beef noodle	1 can (11.5 oz)	218
Black bean	1 can (11.5 oz)	293
Broccoli & cheese	1 can (11.5 oz)	277
Cheese	1 can (11.5 oz)	384
Chicken broth	1 can (11.5 oz)	103
Chicken gumbo	1 can (11.5 oz)	145
Chicken mushroom	1 can (11.5 oz)	345
Chicken noodle	1 can (11.5 oz)	164
Chicken vegetable	1 can (11.5 oz)	191
Chicken w/ rice	1 can (11.5 oz)	153
Chicken w/ pasta	1 can (11.5 oz)	155
Chicken corn chowder, chunky	1 can (11.5 oz)	298
Chicken mushroom chowder, chunky	1 can (11.5 oz)	276
Chicken noodle, chunky	1 can (11.5 oz)	235
Chicken vegetable, chunky	1 can (11.5 oz)	203
Chili beef	1 can (11.5 oz)	389
Clam chowder	1 can (11.5 oz)	184
Clam chowder, chunky	1 can (11.5 oz)	204
Crab	1 can (11.5 oz)	98
Cream of asparagus	1 can (11.5 oz)	221
Cream of celery	1 can (11.5 oz)	242
Cream of chicken	1 can (11.5 oz)	295
Cream of mushrooms	1 can (11.5 oz)	280
Cream of onion	1 can (11.5 oz)	278
Cream of potato	1 can (11.5 oz)	198
Cream of shrimp	1 can (11.5 oz)	242
Gazpacho	1 can (11.5 oz)	65
Green pea	1 can (11.5 oz)	399
Lentil w/ ham	1 can (11.5 oz)	193
Minestrone	1 can (11.5 oz)	221

Oyster stew	1 can (11.5 oz)	157
Pea w/ ham & bacon	1 can (11.5 oz)	456

Soup Mixes (dehydrated, dry)

Beef w/ bacon	1 portion (1 oz)	104
Beef broth	1 portion (1 oz)	9
Beef noodle	1 portion (1 oz)	10
Cauliflower	1 portion (1 oz)	77
Chicken broth	1 portion (1 oz)	76
Chicken noodle	1 portion (1 oz)	107
Chicken rice	1 portion (1 oz)	105
Chicken vegetable	1 portion (1 oz)	98
Clam chowder	1 portion (1 oz)	98
Cream of asparagus	1 portion (1 oz)	104
Cream of celery	1 portion (1 oz)	101
Cream of vegetable	1 portion (1 oz)	126
Green pea	1 portion (1 oz)	100
Minestrone	1 portion (1 oz)	101
Mushroom	1 portion (1 oz)	125
Onion	1 portion (1 oz)	86
Potato	1 portion (1 oz)	97
Tomato	1 portion (1 oz)	102

Snacks (Chips, Popcorn, Pretzels, Dips)

	Serving	Calories
Potato chips		
Plain, salted	1 serving (1 oz)	155
Plain, unsalted	1 serving (1 oz)	152
Baked	1 serving (1 oz)	120
Barbecue flavor	1 serving (1 oz)	139

	Serving	Calories
Dips		
Beans	1 serving, 2 tbsp (1.1 oz)	55
Cheese	1 serving, 2 tbsp (1.1 oz)	90
French Onion	1 serving, 2 tbsp (1.1 oz)	60
Guacamole	1 serving, 2 tbsp (1.1 oz)	50



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Cheese flavor	1 serving (1 oz)	141
Sour cream an onion flavor	1 serving (1 oz)	151
Reduced fat	1 serving (1 oz)	134
Fat free	1 serving (1 oz)	107

Tortilla chips

Plain, salted	1 serving (1 oz)	139
Plain, unsalted	1 serving (1 oz)	156
Baked	1 serving (1 oz)	118
Barbecue flavor	1 serving (1 oz)	149
Nacho flavor	1 serving (1 oz)	144
Ranch flavor	1 serving (1 oz)	142
Taco flavor	1 serving (1 oz)	136
Reduced fat	1 serving (1 oz)	126
Low fat	1 serving (1 oz)	112

Other

Banana chips	1 serving (1 oz)	147
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Sugar (Honey, Syrups and Sweeteners)

	Serving	Calories
Sugar and Sweeteners		
Brown	1 oz	107
Cane	1 oz	110
Granulated, white	1 oz	110
Powdered	1 oz	110

Syrups

Corn	1 oz	80
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Sushi Rolls

	Serving	Calories
Avocado Roll	1 roll (6 to 7 pieces)	140

Salsa	1 serving, 2 tbsp (1.1 oz)	43
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Popcorn

Air popped	1 cup (.3 oz)	31
Oil popped	1 cup (.3 oz)	50
Caramel coated, no peanuts	1 cup (.3 oz)	40
Caramel coated w/ peanuts	1 cup (.3 oz)	48
Low fat	1 cup (.3 oz)	38
Fat free	1 cup (.3 oz)	33

Pretzels

Hard, plain, salted	1 serving, 10 twists (2.1 oz)	228
Hard, plain, unsalted		229
Hard, chocolate coated		262
Soft, plain	1 small (2.2 oz)	210
Soft, big cheese	1 pretzel (4.7 oz)	390

	Serving	Calories
Honey	1 oz	86
Maple	1 oz	74
Pancake, regular	1 oz	92
Pancake reduced calorie	1 oz	46

Sugar replacements

Fructose, dry	1 oz	104
Fructose, liquid	1 oz	79

	Serving	Calories
Salmon & Avocado	1 roll (6 to 7 pieces)	304

California Roll	1 roll (6 to 7 pieces)	255
Cucumber Roll	1 roll (6 to 7 pieces)	136
Philadelphia Roll (salmon, cream cheese, avocado)	1 roll (6 to 7 pieces)	319

Shrimp Tempura roll	1 roll (6 to 7 pieces)	508
Spicy Tuna Roll	1 roll (6 to 7 pieces)	290
Spider Roll (fried soft-shell crab):	1 roll (6 to 7 pieces)	317

Vegetables, Legumes, Salads

	Serving	Calories
Arugula, raw	1 pound	104
Artichoke, globe	1 medium (11.3 oz)	60
Artichoke hearts, canned & marinated	3.5 oz	225
Asparagus, raw	1 pound	54
Beans, green (fresh)	1/2 cup	22
Beans, black, canned	1/2 cup	100
Beans, Garbanzo (chick peas), canned	1/2 cup	80
Beans, Kidney, canned	1/2 cup	104
Beans, White, canned	1/2 cup	110
Beans, lentils, cooked/boiled	1/2 cup	115
Beans, Lima, cooked/boiled	1/2 cup	104
Beans, refried, canned, regular	1/2 cup	121
Beans, refried vegetarian	1/2 cup	70
Beans, navy, cooked	1/2 cup	129
Beets	2 medium	71
Broccoli	1 medium stalk or spear	42
Brussel Sprouts	1 sprout	8
Cabbage, Chinese raw	1/2 cup shredded	5
Cabbage, green raw	1/2 cup shredded	28
Cabbage, red raw	1/2 cup shredded	10
Carrot, raw	1 medium	25
Cauliflower	1 medium	144

	Serving	Calories
Mushroom Pieces, canned & drained	1/2 cup	21
Okra, raw	8 pods	36
Onion, yellow, white, red, & sweet	1 large	65
Onions, green	1 cup chopped	32
Onion, dried or dehydrated	1/4 cup	45
Peas, green, snap	1/2 cup	67
Peas, black-eyed (cooked)	1/2 cup	99
Peas, split peas	1/4 cup dry	110
Peas, Snow or Sugar	1/2 cup	34
Pepper, bell	1 medium	35
Pepper, red roasted	7 oz jar	50
Pepper, chile	1 pepper	20
Pepper, chipotle in adobe sauce, canned	2 tablespoons	15
Potato, baked with skin	1 small (4.9 oz)	128
Potato, Baby Red-Skinned, boiled	4 oz	86
Potato, sweet, baked with skin	1 medium (6.3 oz)	136
Pumpkin, canned	1/2 cup	40
Radish	1 medium (.2 oz)	1
Rutabaga	1 cup, cubed	25
Sauerkraut, canned, solids & liquid	1/2 cup drained	27
Shallots, raw	1 tablespoon	7.2
Spinach, raw	1 leaf (.4 oz)	2

	head				
Celery	1 large stalk or rib	9	Squash, Acorn, raw	1 medium (15.2 oz)	172
Chiles, green, canned	2 tablespoons	10	Squash, Butternut, raw	1 cup cubes (4.9 oz)	63
Corn, fresh, yellow or white, raw	1/2 cup kernels	66	Squash, Zucchini, raw	1 small (4.2 oz)	19
Corn, cream style	1/2 cup	93	Tomato, whole, raw	1 medium	26
Cucumber	1 medium to large	39	Tomato, cherry, raw	1 cherry	4
Eggplant, raw	1 medium	27	Tomato, italian or plum	1 each	13
Endive	1/2 cup chopped	4	Tomatoes, whole canned	1/2 cup	24
Garlic	1 clove	4	Tomatoes, diced or crushed	14.5-oz can	87.5
Greens (Collards), raw	1/2 cup chopped	6	Tomato Paste, canned	6-oz can	150
Jicama (Yam Bean Tuber)	1 pound untrimmed	170	Tomato Sauce, canned	1 cup	73.5
Lettuce, Bibb, Boston or Butterhead	1 head 7.75 oz)	21	Tomato juice	1 cup (8 oz)	41
Lettuce, Iceberg	1 medium head (1.25 lbs)	70	Tomatillo	1 medium	10.88
Lettuce, Coss or Romaine	1 inner leaf (.4 oz)	2	Vegetable Cocktail Juice (V8 Juice)	1 cup	46
Mushrooms, (white or brown) raw	5 medium	20	Water chestnuts	4 water chestnuts	35
Mushrooms (Portabella) raw	1 large cap	20			

Fast Food

Fast Food In General

	Serving	Calories		Serving	Calories
Cheeseburger	Large	610	Corn Dog	1	460
Cheeseburger	Regular	320	Hot Dog	Regular	240
Hamburger	Large	520	Hot Dog with Chili	1	325
Hamburger	Regular	275	Dressing - Caesar	1 pkt	160
Fish, Battered/Fried	1 serving	210	Dressing - French	1 pkt	160
Chicken, Fried, Dark Meat	2 pieces	430	Dressing - Ranch	1 pkt	230
Chicken, Fried, Wing/Breast	2 pieces	495	Pancakes, Butter & Syrup	3	520
Chicken Nuggets, Plain	6	300	Desserts - Brownie	1	245
Sausage, Fried/Battered	1	100	Desserts - Sundae, Caramel	1	305
Onion Rings	8	175	Desserts - Sundae, Hot Fudge	1	290
Fries	Large	360	Desserts - Sundae, Strawberry	1	270

Fries	Regular	240
Hash Browns	1/2 cup	150

Desserts - Apple Pie	1 serving	260
Shakes - Chocolate, Strawberry & Vanilla	Regular	360

by Restaurant ...

Applebee's

	Serving	Calories
Low-fat Tilapia with Mango Salsa	1	437
Low-fat Chicken Roma Rollup	1	642
Low-fat Veggie Quesadilla	1	595
Low-fat Chicken Quesadilla	1	742
Low-fat Garlic Chicken Pasta	1	532
Low-fat Grilled Chicken Pasta	1	873

	Serving	Calories
Low-fat Blackened Chicken Salad	1	499
Low-fat Blackened Chicken Salad 1/2 Size	1	301
Low-fat Asian Chicken Salad	1	714
Low-fat Asian Chicken Salad Half Portion	1	426
Bikini Banana Low-fat Strawberry Shortcake	1	229
Low-fat & Fabulous Brownie Sundae	1	326

Arby's

	Serving	Calories
Biscuit w/Margarine	1	270
Ham Breakfast	1	50
Apple Turnover	1	360
Chocolate Shake	1	390
Baked Potato with Butter & Sour Cream	1	500
Cheddar Curly Fries	1	450
Lt. Grilled Chicken Salad	1	280

	Serving	Calories
Melt w/Cheddar Sandwich	1	380
Big Montana Sandwich	1	720
Fish Fillet Sandwich	1	540
Market Fresh Roast Chicken Caesar Sandwich	1	660
Philly Beef 'N Swiss Sub Sandwich	1	780
Turkey Sub Sandwich	1	670

Baskin Robbins

	Serving	Calories
Banana Strawberry	1/2 c (4.2 oz)	130
Baseball Nut	1/2 c (4.2 oz)	160
Berry Innocent Cheesecake	1/2 c (4.2 oz)	110
Call Me Nuts	1/2 c (4.2 oz)	110

	Serving	Calories
French Vanilla	1/2 c (4.2 oz)	160
Fudge Brownie	1/2 c (4.2 oz)	170
Old Fashion Butter Pecan	1/2 c (4.2 oz)	160
Peanut Butter 'N Chocolate	1/2 c (4.2 oz)	180



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Check-It-Out-Cherry	1/2 c (4.2 oz)	100
Chocolate	1/2 c (4.2 oz)	150
Chocolate Chip	1/2 c (4.2 oz)	150
Chocolate Mousse Royale	1/2 c (4.2 oz)	170
Chocolate Vanilla Twist	1/2 c (4.2 oz)	100
Cookies 'N Cream	1/2 c (4.2 oz)	170

Pink Bubble Gum	1/2 c (4.2 oz)	150
Rocky Road	1/2 c (4.2 oz)	170
Strawberry Shortcake	1/2 c (4.2 oz)	160
Vanilla	1/2 c (4.2 oz)	140
Very Berry Strawberry	1/2 c (4.2 oz)	130

Boston Market

	Serving	Calories
Corn bread	1 loaf (2.4 oz)	200
1/2 Chicken, with skin	1/2 ea (9.8 oz)	590
1/4 Dark Meat Chicken, no skin	1 serv (3.4 oz)	190
1/4 Dark Meat Chicken, with skin	1/4 ea (4.4 oz)	320
1/4 White Meat Chicken, no skin or wing, low fat	1 serv (4.9 oz)	170
1/4 White Meat Chicken, with skin	1 serv (5.4 oz)	280
BBQ Chicken	1 ea (9.9 oz)	540
Teriyaki Chicken, 1/4 White with Skin	1 ea (6.9 oz)	340
Chicken Gravy	1/8 c (1 oz)	15
Brownie	1 pc (3.4 oz)	450
Meat Loaf & Brown Gravy	1 serv (7 oz)	390
Meat Loaf & Chunky Tomato Sauce	1 serv (8 oz)	370
Skinless Rotisserie Turkey Breast, low fat	1 serv (5 oz)	170
Baked Sweet Potato, low fat	1 ea (12.5 oz)	460
Homestyle Mashed Potatoes	2/3 c (5.7 oz)	190
Homestyle Mashed Potatoes & Gravy	3/4 c (6.7 oz)	210

	Serving	Calories
Caesar Salad	1 ea (10 oz)	510
Entree with Dressing		
Chicken Salad (Sandwiches)	1 ea (11.5 oz)	680
BBQ Baked Beans	3/4 c (7.1 oz)	270
Cranberry Relish, low fat	3/4 c (7.9 oz)	370
Creamed Spinach	3/4 c (6.4 oz)	260
Green Beans	3/4 c (3.0 oz)	80
Honey Glazed Carrots	3/4 c (5.4 oz)	280
Macaroni & Cheese	3/4 c (6.8 oz)	280
Steamed Vegetables, low fat	2/3 c (3.7 oz)	35
Sweet Potato Casserole	3/4 c (6.4 oz)	280
Whole Kernel Corn, low fat	3/4 c (5.1 oz)	180
Zucchini Marinara, low fat	3/4 c (4.7 oz)	60
Chicken Noodle Soup	1 c (9.1 oz)	130
Chicken Tortilla Soup	1 c (8.4 oz)	220
Potato Soup	1 c (8.0 oz)	270

Burger King



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	Serving	Calories
Biscuit w/Sausage, Egg & Cheese	1 ea (6.6 oz)	620
Croissan'wich w/Sausage, Egg & Cheese	1 ea (5.4 oz)	530
Chicken Tenders	5 pcs (2.7 oz)	230
Dutch Apple Pie	1 ea (4.0 oz)	300
HERSHEY'S Sundae Pie	1 ea (2.8 oz)	310
Chocolate Shake	1 med (14.0 oz)	440
Bacon Cheeseburger	1 ea (4.9 oz)	400
Bacon Double Cheeseburger	1 ea (7.3 oz)	620
Cheeseburger	1 ea (4.7 oz)	360
Double Whopper w/Cheese	1 ea (13.2 oz)	850

Checkers

	Serving	Calories
Kid's Burger	110g	280
Kid's Cheeseburger	120g	320
Bacon Cheddar Burger	125	370
Bacon Double Cheeseburger	250g	650
1/4 LB. Champ	205g	490
1/2 LB. Double Champ	280g	740
Checkerburger	170g	390
BLT	140g	380
Crispy Fish Sandwich	165g	430

Chick-fil-A

	Serving	Calories
Chick-n-Strips(R)	4 pcs (4.2 oz)	230
Nuggets(R)	8 pcs (3.9 oz)	290
Cheesecake	1 sl (3.1 oz)	270

	Serving	Calories
Whopper Jr.	1 ea (5.6 oz)	400
Whopper Jr. w/Cheese	1 ea (6.0 oz)	450
Whopper	1 ea (9.5 oz)	660
Whopper w/Cheese	1 ea (10.4 oz)	760
French Fries, salted	1 king (6.0 oz)	590
Chicken Whopper	1 ea (8.1 oz)	430
Chicken Whopper Junior	1 ea (6.8 oz)	370
Onion Rings	1 king (5.3 oz)	600
Onion Rings	1 med (3.3 oz)	380

	Serving	Calories
Homestyle Chicken Strip Sandwich	240g	670
Classic Wings-Honey BBQ (5 piece)	169g	390
Classic Wings-Medium Buffalo (5 piece)	232g	335
Chili Dog	170g	410
Fries - Large	170g	590
Bacon Cheddar Fries	185	560
Chocolate Shake - Large	560g	650
Strawberry Shake - Large	560g	660

	Serving	Calories
Chargrilled Chicken Club Sandwich, No Dressing	1 ea (8.2 oz)	390
Chargrilled Chicken Sandwich(R)	1 ea (5.3 oz)	280
Chicken Deluxe Sandwich	1 ea (8 oz)	300

Fudge Nut Brownie	1 ea (2.6 oz)	350
Lemon Pie	1 sl (4 oz)	280
Carrot & Raisin Salad	1 sm (2.7 oz)	150
Chargrilled Chicken Garden Salad	1 ea (14 oz)	190

Chicken Salad Sandwich, On Whole Wheat	1 ea (5.9 oz)	320
Chicken Sandwich	1 ea (6.0 oz)	410
Hearty Breast of Chicken Soup (Soup)	1 ea (7.6 oz)	110

Chilis

	Serving	Calories
Guiltless Grill Chicken Platter	1 ea (23.0 oz)	563
Guiltless Grill Pasta w/Chicken	1 ea (25.3 oz)	786
Guiltless Grill Veggie Pasta	1 ea (22.3 oz)	680

	Serving	Calories
Guiltless Grill Chicken Salad w/Dressing	1 ea (15.7 oz)	272
Guiltless Grill Chicken Pita	1 ea (15.0 oz)	597
Guiltless Grill Chicken Sandwich	1 ea (19.5 oz)	527

Chuck & Cheese

	Serving	Calories
Individual Cheese Pizza	Pizza	540
Medium All Meat Combo Pizza	Slice	215
Medium BBQ Chicken Pizza	Slice	185
Chicken Ciabatta Sandwich	1	715
Ham & Cheese Sandwich	1	685
Hot Dogs	1	110
Breadsticks	1 Stick	175

	Serving	Calories
Mozzarella Sticks	1 Stick	93
Buffalo Wings	1 Wing	75
French Fries	4 oz	420
French Fries	4 oz	420
Sampler Platter	1/7 pc	329
Apple Dessert Pizza	Slice	192
Chocolate Cake	Slice	290

Church's

	Serving	Calories
Chicken Breast (batter & skin removed)	1, 69 gr	145
Chicken Thigh	1, 78 gr	230
Chicken Leg	1, 56 gr	140

	Serving	Calories
Chicken Wing	1, 87 gr	250
Krispy Tender Strips	1 pice, 54 gr	137
Cream Cheese Pie	1 pie, 78 gr	280

Cold Stone

	Serving	Calories
Strawberry Bananza Smoothie	Like It (516g)	350
Chocolate Ice Cream	6 oz/170g	390
Strawberry Ice Cream	Love it (283 g)	640
Ice Cream - Cheesecake Like It	170g	390

	Serving	Calories
Ice Cream - Strawberry Like It	170g	380
French Vanilla Ice Cream	170g	400
Ice Cream - Pistachio Like It	170g	390
Cake Batter Ice Cream Like It size	1 Like It / 6 oz / 170g	420



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Ice Cream - Chocolate Love It	284g	650
Mocha Ice Cream	Love it (227 g)	520
Sinless Sweet Cream Ice Cream (Cold stone Creamery)	170	220
Chocolate Cake Batter Ice Cream	Like It	340
Light Vanilla Ice Cream like it	170 g	260
Ice Cream - Cake Batter Like It	170g	420
Light Cake Batter Ice Cream	Love It	485

Cheesecake Ice Cream Love It size	1 Love It / 10 oz / 283g	650
Sinless Cake Batter Ice Cream 2009	Like it (142g)	190
Founder's Favorite (made With Sinless Sans Fat Ice Cream)	6 oz.	650
Cake Cookies & Creamery? Ice Cream Cake	1/14 of 8" Round (129g)	380
Midnight Delight Ice Cream Cake	146 g	470
Irish Cream Ice Cream Love It size	1 Love It / 10 oz / 283g	660
Macadamia Nut Ice Cream Gotta Have It size	1 Gotta Have It / 14 oz / 397g	910

Cracker Barrel

	Serving	Calories
Chicken And Dumplings	14 oz.	731
Biscuit	1 biscuit (49 gr)	133
Fried Apples	1 serving	184
Grilled Chicken Salad	1 meal	620
Vegetable Soup	1 bowl	115
Mashed Potatoes	1 order	194
Homestyle Chicken	2 large breasts	1420
Cracker Barrel Grilled Catfish	1 filet	270
Pancake	1 pancake	110
Hamburger Steak	4 oz.	308
Pancakes	1 Pancakes	110
Homestyle Chicken	1 serving	710
Chicken Mushroom Jack	500 g	500
Country Chef Salad	1 salad	407

	Serving	Calories
Moon Pie (Moon Pie Cracker Barrel)	1	220
Double Fudge Coca Cola Cake	1 serving	783
Green Chili Jack Chicken	1 serving	516
Biscuit	1 serving	133
Chicken Pot Pie	1 serving	390
Country Grilled Sampler	1 plate	539
Grilled Roast Beef	4 oz	280
Grilled New Orleans-style Catfish:	1 serving	270
Grilled Chicken Salad Without Cheese	1 serving	367
Grandpa's Country Fried Breakfast With Hashbrowns And Steak	menu plate	1750
Hashbrown Casserole	1 serving	499
Aged Reserve Extra Sharp Cheddar	1 package	1200
Old Timers Breakfast W/ Bacon & Hasbrown Casserole	1 serving	1292

Dairy Queen

	Serving	Calories
Frozen 8 Inch Round Cake, undecorated	1 sl (6.2 oz)	340

	Serving	Calories
Vanilla Orange Bar, no sugar added	1 ea (2.3 oz)	60



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Layered 8 Inch Round Cake, undecorated	1 ea (5.2 oz)	330
Chocolate Shake	1 sm (14.0 oz)	560
Chocolate Shake	1 med (19.0 oz)	770
Homestyle Double Cheeseburger	1 ea (7.7 oz)	540
Homestyle Hamburger	1 ea (4.9 oz)	290
Choc. Chip Cookie Dough Blizzard	1 sm (11.0 oz)	660
Choc. Chip Cookie Dough Blizzard	1 med (15.5 oz)	950
Chocolate Cone	1 sm (5.0 oz)	240
Chocolate Dilly Bar	2 ea (3.0 oz)	210
Cup of Yogurt	1 med (6.7 oz)	230
Chocolate Soft Serve	1 serv (3.3 oz)	150
Sandwich	1 ea (2.2 oz)	150

Denny's

	Serving	Calories
Biscuit & Sausage Gravy	1 serv (7 oz)	570
Biscuit, Plain	1 ea (3 oz)	375
Fit Fare™ Toast, Dry	1 serv (1 oz)	92
All American Slam®	1 serv (15 oz)	1028
Canadian Bacon Skillet™, Fried	1 ea (14 oz)	842
Chicken Fried Steak & Eggs	1 serv (14 oz)	723
Farmer's Omelette®	1 serv (18 oz)	912
Fit Fare™ Dry Cereal, average	1 serv (1 oz)	100

Heath Breeze	1 med (14.3 oz)	710
Heath Breeze	1 sm (10.3 oz)	470
Misty Slush	1 med (21.0 oz)	290
Peanut Buster Parfait	1 ea (10.8 oz)	730
Strawberry Breeze	1 med (13.5 oz)	460
Strawberry Breeze	1 sm (9.4 oz)	320
Yogurt Cone	1 med (7.0 oz)	260
Yogurt Strawberry Sundae	1 med (8.3 oz)	280
French Fries	1 sml (4.0 oz)	350
Chicken Breast Fillet Sandwich	1 ea (6.7 oz)	430
Hot Dog	1 ea (3.5 oz)	240
Onion Rings	1 ea (4.0 oz)	320

	Serving	Calories
Senior Battered Cod	1 serv (5 oz)	465
Classic Burger	1 ea (11 oz)	673
Classic Burger w/Cheese	1 ea (13 oz)	836
Chicken Strip w/Hot Mustard Dressing	1 ea (10 oz)	635
Grilled Alaskan Salmon	1 ea (7 oz)	296
Grilled Chicken Dinner	1 ea (4 oz)	130
Grilled Chopped Steak w/Gravy	1 ea (10 oz)	400
Pork Chop Dinner w/Gravy	1 ea (8 oz)	386



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Hash Browns, Covered & Smothered	1 serv (8 oz)	359
Hotcakes, Plain	3 ea (5 oz)	491
Original Grand Slam®	1 serv (10 oz)	795
Sausage	4 links (3 oz)	354
Sausage Patties	2 ea (1 oz)	506
Waffle, Plain	1 serv (6 oz)	304
Buffalo Chicken Strips	1 serv (10 oz)	734
Buffalo Wings	12 ea (15 oz)	856
Chicken Quesadilla	1 ea (16 oz)	827
Chicken Strips	5 ea (10 oz)	720
Cherry	1 sl (7 oz)	540
Chocolate	1 sl (4 oz)	370

Porterhouse Steak	1 ea (14 oz)	708
Pot Roast Dinner w/Gravy	1 ea (7 oz)	260
Roast Turkey & Stuffing w/Gravy	1 ea (12 oz)	701
Senior Pot Roast	1 serv (5 oz)	149
T-Bone Steak Dinner	1 ea (10 oz)	530
Charleston Chicken™ and Bacon	1 ea (11 oz)	632
Chicken Melt	1 ea (7 oz)	520
Fisherman's Choice Sandwich	1 ea (11 oz)	905
Cheese	1 ea (8 oz)	293
Chicken Noodle	1 ea (8 oz)	60
Clam Chowder	1 ea (8 oz)	214

Domino's

	Serving	Calories
Breadsticks	1 pc (1.3 oz)	116
Cheesy Bread	1 pc (1.5 oz)	142
Barbeque Buffalo Wings	1 pc (0.9 oz)	50
Hot Buffalo Wings	1 pc (0.9 oz)	45
Bacon Topping Only, 12 inches, Hand Tossed	1/4 pizza	477

	Serving	Calories
Ham Topping Only, 12 inches, Hand Tossed	1/4 pizza	398
Italian Sausage Topping Only, 12 inches, Hand Tossed	1/4 pizza	451
Italian Sausage Topping Only, 12 inches, Thin Crust	1/4 pizza	350
Italian Sausage Topping Only, 12 inches, Ultimate Deep Dish	1/4 pizza	559
Onion Topping Only, 12 inches, Hand Tossed	1/4 pizza	380



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Beef Topping Only, 12 inches, Hand Tossed	1/4 pizza	452
Cheddar Topping Only, 12 inches, Hand Tossed	1/4 pizza	432
Cheese Only, 12 inches, Hand Tossed	1/4 pizza	375
Extra Cheese Topping Only, 12 inches, Hand Tossed	1/4 pizza	423
Fresh Mushrooms Topping Only, 12 inches, Ultimate Deep Dish	1/4 pizza	488
Green Olives Topping Only, 12 inches, Hand Tossed	1/4 pizza	379
Green Peppers Topping Only, 12 inches, Hand Tossed	1/4 pizza	379

Pepperoni Topping Only, 12 inches, Hand Tossed	1/4 pizza	448
Pepperoni Topping Only, 12 inches, Thin Crust	1/4 pizza	347
Pepperoni Topping Only, 12 inches, Ultimate Deep Dish	1/4 pizza	556
Pepperoni Topping Only, 14 inches, Hand Tossed	1/4 pizza	614
Pineapple Tidbits Topping Only -12 inches, Hand Tossed	1/4 pizza	387
Ripe Black Olives Topping Only, 12 inches, Hand Tossed	1/4 pizza	395

El Pollo Loco

	Serving	Calories
Corn 4.5 inch	1 ea (0.5 oz)	32
Tostada Shell	1 ea (5.6 oz)	440
Beans, Rice, Cheese	1 ea (7 oz)	440
Chicken Lovers	1 ea (9 oz)	476
Classic Chicken	1 ea (11 oz)	580
Classic Chicken Grande	1 ea (14 oz)	648
Mexican Chicken Caesar Burrito	1 ea (11 oz)	734
Smokey Black Beans	1 ea (8 oz)	515
Southwest Chicken	1 ea (12 oz)	627
Ultimate Chicken Burrito	1 ea (12.8 oz)	633
Chicken Breast, Flame Broiled	1 ea (3 oz)	160
Kid's Chicken Strips	2 pcs (2.5 oz)	186

	Serving	Calories
Avocado Salsa	1 ea (1 oz)	12
Guacamole	1 ea (1.8 oz)	52
House Salsa	1 ea (1 oz)	6
Churros	1 ea (1.8 oz)	179
Mashed Potatoes	1 ea (5 oz)	97
Mexican Caesar Chicken Bowl	1 ea (11 oz)	491
Pinto Beans	1 ea (6 oz)	185
Spanish Rice	1 ea (4 oz)	130
Chicken Soft Taco	1 ea (4.5 oz)	237
Chicken Taquito	1 ea (5 oz)	370
Taco Al Carbon	1 ea (3 oz)	164

Firehouse Subs

Serving	Calories	Serving	Calories
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Hook & Ladder	1 sub (4 oz meat)	410
Meatball	1 sub (4 oz meat)	740
NY Steamer	1 sub (4 oz meat)	410
Italian	1 sub (4 oz meat)	560
Engine Company	1 sub (4 oz meat)	390
Engineer	1 sub (4 oz meat)	380
Steak	1 sub (4 oz meat)	500
Club On A Sub	1 sub (4 oz meat)	510
Hero	1 sub (4 oz meat)	430
Turkey	1 sub (4 oz meat)	370
Ham	1 sub (4 oz meat)	410
Pastrami	1 sub (4 oz meat)	420
Corned Beef	1 sub (4 oz meat)	400
Roast Beef	1 sub (4 oz meat)	410
Sliced Deli Chicken	1 sub (4 oz meat)	380
Veggie	1 sub (4 oz meat)	300
Chicken Salad	1 sub (4 oz meat)	760
Tuna Salad	1 sub (4 oz meat)	610
Smokehouse Beef & Cheddar	1 sub (4 oz meat)	740
Hero Sub	1 sub (4 oz meat)	460
New York Steamer-medium	1 sub (4 oz meat)	410
Ny Steamer Medium No Mayo	1 sub (4 oz meat)	520
Chicken Salad (5 oz of meat)	1 sub (4 oz meat)	46

IHOP

	Serving	Calories
Belgian Waffle	1 ea (4 oz)	390
Buckwheat Pancake	1 ea (1.7 oz)	110
Buttermilk Pancake	1 ea (1.7 oz)	110
Country Griddle Pancake	1 ea (2 oz)	120
Egg Crepe	1 ea (2 oz)	120

Hook & Ladder	1 sub (8 oz meat)	660
Meatball	1 sub (8 oz meat)	1220
NY Steamer	1 sub (8 oz meat)	750
Italian	1 sub (8 oz meat)	1000
Engine Company	1 sub (8 oz meat)	670
Engineer	1 sub (8 oz meat)	620
Steak	1 sub (8 oz meat)	830
Club On A Sub	1 sub (8 oz meat)	810
Hero	1 sub (8 oz meat)	680
Smokehouse Beef & Cheddar	1 sub (8 oz meat)	1060
Hook & Ladder - Large	1 sub (8 oz meat)	1110
Chocolate Chip Cookie (1)	1 serving	290
Peanut Butter Cookie (1)	1 serving	360
Oatmeal Raisin Cookie (1)	1 serving	310
Macadamia Nut Cookie (1)	1 serving	330
Brownies	1 serving	420
Turkey and cheese	Kid's meal, no mayo	230
Ham and cheese	Kid's meal, no mayo	240
Peanut butter and jelly	Kid's meal, no mayo	600
Grilled cheese	Kid's meal, no mayo	380
Roast beef and cheese	Kid's meal, no mayo	385
Meatball and cheese	Kid's meal, no mayo	450
Oreo cookies (2)	Kid's meal, no mayo	110

	Serving	Calories
Harvest Grain 'N Nut Pancake	1 ea (2.3 oz)	180
Regular Waffle	1 ea (3 oz)	310
Old Fashioned Syrup	1 ea (2 oz)	230
Whipped Butter	1 ea (0.4 oz)	80

Jack In The Box

	Serving	Calories		Serving	Calories
Hamburger	1 serving	250	Cheese Sticks (3)	1 serving	240
Hamburger with Cheese	1 serving	300	French Fries	1 serving	330
Double Cheeseburger	1 serving	410	Onion Rings	1 serving	500
Bacon Bacon Cheeseburger	1 serving	910	Seasoned Curly Fries	1 serving	400
Bacon Ultimate Cheeseburger	1 serving	1120	Stuffed Jalapeños (3)	1 serving	230
Big Cheeseburger	1 serving	700	Breakfast Jack®	1 serving	310
Jack's Western Cheeseburger	1 serving	660	Extreme Sausage Sandwich	1 serving	720
Jumbo Jack®	1 serving	600	French Toast Sticks (4-piece)	1 serving	430
Jumbo Jack® with cheese	1 serving	690	Hash Brown	1 serving	150
Chicken Breast Pieces (5)	1 serving	360	Sausage Biscuit	1 serving	380
Chicken Fajita Pita	1 serving	330	Apple Turnover	1 serving	320
Chicken Sandwich	1 serving	410	Cappuccino Ice Cream Shake	16 oz	640
Fish & Chips	1 serving	610	Cheesecake	1 serving	310
Grilled Chicken Fillet	1 serving	430	Chocolate Ice Cream Shake	16 oz	660
Bacon Cheddar Potato Wedges	1 serving	770			

KFC

	Serving	Calories		Serving	Calories
OR Chicken- Whole Wing	1 serving	140	Hot Wings® (1)	1 serving	70
OR Chicken- Breast	1 serving	320	Honey BBQ Sandwich	1 serving	310
OR Chicken-Breast without skin or breading	1 serving	150	Double Crunch Sandwich with OR Strip	1 serving	470
OR Chicken- Drumstick	1 serving	120	Tender Roast® Sandwich	1 serving	400
OR Chicken- Thigh	1 serving	220	OR Filet Sandwich	1 serving	480
EC Chicken- Whole Wing	1 serving	190	Chicken Pot Pie	1 serving	690
EC Chicken- Breast	1 serving	510	KFC Famous Bowls®-Mashed Potato with Gravy	1 serving	700
EC Chicken- Drumstick	1 serving	150	OR Chicken Caesar Salad without Dressing & Croutons	1 serving	280
EC Chicken- Thigh	1 serving	340	Crispy Chicken Caesar Salad without Dressing & Croutons	1 serving	320
Spicy Crispy- Whole Wing	1 serving	170	Mashed Potatoes with Gravy	1 serving	130



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Spicy Crispy- Breast	1 serving	420
Spicy Crispy- Drumstick	1 serving	160
Spicy Crispy- Thigh	1 serving	360
Grilled Chicken- Whole Wing	1 serving	80
Grilled Chicken- Breast	1 serving	190
Grilled Chicken- Drumstick	1 serving	80
Grilled Chicken- Thigh	1 serving	160
OR Strips (3)	1 serving	310
Crispy Strips (3)	1 serving	380
Popcorn Chicken- Kids	1 serving	290
Popcorn Chicken- Individual	1 serving	400
HBBQ Wings (1)	1 serving	80
Fiery Buffalo Wings (1)	1 serving	80

Corn on the Cob (3")	1 serving	70
BBQ Baked Beans	1 serving	200
Potato Salad	1 serving	200
Cole Slaw	1 serving	180
Biscuit	1 serving	180
Sweet Kernel Corn	1 serving	110
Macaroni Salad	1 serving	180
Three Bean Salad	1 serving	70
Apple Turnover (1)	1 serving	260
Brownie Minis (1 pack)	1 serving	280
Pecan Pie Slice	1 serving	410
Lemon Meringue Pie Slice	1 serving	250

Little Caesars

	Serving	Calories
Little Caesars Cheese Only	12", 1/8 of pizza	180
Little Caesars Pepperoni	12", 1/8 of pizza	210
Little Caesars Cheese Only	14", 1/10 of pizza	200
Little Caesars Pepperoni	14", 1/10 of pizza	230
Little Caesars Supreme	14", 1/10 of pizza	270
Little Caesars Meatsa	14", 1/10 of pizza	280
Little Caesars Veggie	14", 1/10 of pizza	240
Thin Crust Cheese Only	12", 1/8 of pizza	140
Thin Crust Pepperoni	12", 1/8 of pizza	170

	Serving	Calories
Thin Crust Cheese Only	14", 1/10 of pizza	160
Thin Crust Pepperoni	14", 1/10 of pizza	180
Little Caesars Cheese Only	16", 1/12 of pizza	220
Little Caesars Pepperoni	16", 1/12 of pizza	240
Little Caesars Cheese Only	18", 1/14 of pizza	230
Little Caesars Pepperoni	18", 1/14 of pizza	260
Deep Dish Cheese Only	12", 1/8 of pizza	230
Deep Dish Pepperoni	12", 1/8 of pizza	260

Long John Silvers

	Serving	Calories
Battered Chicken	1 piece, 52 g	140
Chocolate Cream Pie	1 pie, 74 g	310
Pecan Pie	1 pie, 95 g	370
Pineapple Cream Pie	1 pie, 89 g	290
Battered Shrimp	1 piece, 14g	45

	Serving	Calories
Baked Cod	1 piece, 101g	120
Battered Fish	1 piece, 92g	230
Crunchy Shrimp	Basket, 21 pieces, 114g	330
Breaded Clams	85g	240
Hushpuppies	1 pup, 23g	60

Krispy Kreme

Serving	Calories	Serving	Calories
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Yoyobelly.com - Calorie List

Apple Pie	1 ea (4.4 oz)	400	Old-Fashioned Honey and Oat Donut	1 ea (2.4 oz)	270
Cherry Pie	1 ea (4.5 oz)	410	Plain Mini Cake	4 ea (2.0 oz)	250
Coconut Crème Pie	1 ea (4.5 oz)	450	Powdered Sugar Cake Donut	1 ea (2.3 oz)	260
Peach Pie	1 ea (4.4 oz)	370	Powdered Sugar Donut Holes	3 ea (1.7 oz)	220
Apple Filled Cinnamon Sugar Cake Donut	1 ea (3.0 oz)	280	Powdered Sugar Mini Cake	3 ea (1.7 oz)	210
Blueberry-Filled Powdered Sugar Covered Yeast Donut	1 ea (2.9 oz)	270	Traditional Cake Chocolate Iced Donut	1 ea (2.4 oz)	270
Cake - Glazed Cruller	1 ea (1.9 oz)	240	Traditional Cake Donut	1 ea (2.0 oz)	220
Cake - Iced Glazed Cruller	1 ea (2.3 oz)	280	Vanilla Iced Cake with Sprinkles	1 ea (2.6 oz)	280
Chocolate (Enrobed) Mini Cake	3 ea (1.9 oz)	270	Yeast Chocolate Iced Glazed Donut	1 ea (2.3 oz)	280
Chocolate Enrobed Donut Holes	3 ea (1.9 oz)	270	Yeast Chocolate Iced Glazed Ring with Sprinkles	1 ea (2.4 oz)	260
Chocolate Iced Crème Filled Donut (Shell)	1 ea (3.0 oz)	340	Yeast Cinnamon Bun	1 ea (2.4 oz)	260
Chocolate Iced Custard Filled Donut (Shell)	1 ea (3.1 oz)	310	Yeast Cinnamon Twist	1 ea (2.1 oz)	230
Glazed Blueberry Old-Fashioned Cake Donut	1 ea (2.4 oz)	300	Yeast Glazed Custard Filled Donut (Shell)	1 ea (3.1 oz)	290
Glazed Cherry Filled Yeast Donut	1 ea (3.1 oz)	290	Yeast Glazed Lemon Filled Donut (Shell)	1 ea (3.1 oz)	290
Glazed Crème Filled Donut (Shell)	1 ea (3.0 oz)	350	Yeast Glazed Strawberry Filled Donut (Shell)	1 ea (2.6 oz)	260
Glazed Devil's Food Old-Fashioned Cake Donut	1 ea (2.9 oz)	390	Yeast Glazed Twist	1 ea (1.9 oz)	210
Glazed Donut Holes	3 ea (1.7 oz)	220	Yeast Maple Iced Glazed	1 ea (2.3 oz)	250
Glazed Mini Cruller	3 ea (2.0 oz)	230	Yeast Powdered Raspberry Filled Donut (Shell)	1 ea (3.0 oz)	300
Glazed Raspberry Filled Donut (Shell)	1 ea (3.1 oz)	350	Yeast Sugar Donut	3 ea (1.7 oz)	200
Glazed Yeast Donut	1 ea (1.8 oz)	200	Yeast Vanilla Iced Crème Filled Donut (Shell)	1 ea (3.0 oz)	360
Honey Bun	1 ea (3.4 oz)	410	Yeast Vanilla Iced Custard Filled Donut (Shell)	1 ea (3.1 oz)	290
Old Fashioned Sour Cream Cake Donut	1 ea (2.4 oz)	280			

McDonald's

	Serving	Calories		Serving	Calories
Biscuit	1 ea (3.0 oz)	290	Hi-C(R) Orange Drink	1 med (21 oz)	240
Bacon, Egg and Cheese Biscuit	1 ea (5.5 oz)	540	M&M(R) McFlurry(TM)	1 serv (12.3 oz)	630
Breakfast Burrito	1 ea(4.1 oz)	320	Nestle Crunch(R) McFlurry(TM)	1 serv (12.3 oz)	630
Egg McMuffin(R)	1 ea (4.8 oz)	290	Orange Juice	1 ea (6 oz)	80
Ham, Egg and Cheese Bagel	1 ea	550	Oreo(R) McFlurry(TM)	1 serv (11.9 oz)	570
Hash Browns	1 serv (1.9 oz)	130	Strawberry Shake	1 serv	360
Hotcakes w/Margarine & Syrup	1 serv (7.8 oz)	600	Vanilla Shake	1 serv	360
Hotcakes, Plain	1 serv (5.3 oz)	340	Arch Deluxe(R)	1 ea (8.4 oz)	550
Sausage Biscuit	1 ea (4.5 oz)	470	Arch Deluxe(R) w/Bacon	1 ea (8.7 oz)	590
Sausage Biscuit w/Egg	1 ea (6.3 oz)	550	Big Mac(R)	1 ea (7.6 oz)	570
Sausage McMuffin(R)	1 ea (4.0 oz)	360	Big Xtra!	1 ea	710
Sausage McMuffin(R) w/Egg	1 ea (5.9 oz)	440	Big Xtra! With Cheese	1 ea	810
Sausage Patty	1 serv (1.5 oz)	170	Cheeseburger	1 ea (4.3 oz)	320
Scrambled Eggs	1 serv (3.6 oz)	160	Hamburger	1 ea (3.8 oz)	270
Spanish Omelet Bagel	1 ea	690	Quarter Pounder(R)	1 ea (6.1 oz)	430
Steak, Egg and Cheese Bagel	1 ea	660	Quarter Pounder(R) w/Cheese	1 ea (7.1 oz)	530
Grilled Chicken Flat Bread Sandwich	1 ea	540	Fruit 'n Yogurt Parfait	1 ea	380
Grilled Chicken Flat Bread Sandwich (no cheese)	1 ea	410	Fruit 'n Yogurt Parfait (w/o granola)	1 ea	280
Grilled Chicken Flat Bread Sandwich (no cheese, no sauce)	1 ea	340	Hot Caramel Sundae	1 ea (6.4 oz)	360
Grilled Chicken Flat Bread Sandwich (no sauce)	1 ea	460	Hot Fudge Sundae	1 ea (6.3 oz)	340
Chicken McNuggets	6 pc (3.7 oz)	290	Nuts	1 serv (0.2 oz)	40
Chicken McNuggets	4 pc (2.5 oz)	190	Strawberry Sundae	1 ea (6.3 oz)	290
Chicken McNuggets	9 pc (5.6 oz)	430	Vanilla Reduced Fat Ice Cream Cone	1 ea (3.2 oz)	150
Baked Apple Pie	1 ea (2.7 oz)	260	French Fries	1 med	450
Chocolate Chip Cookies	1 ea (1.2 oz)	170	Hash Browns	1 serv (1.9 oz)	130
McDonaldland(R) Cookies	1 pkt (1.5 oz)	180	Herb Vinaigrette, Fat Free	1 pkt	50
Apple Bran Muffin, Low Fat	1 ea (4.0 oz)	300	Ranch Dressing	1 pkt	230
Apple Danish	1 ea (3.7 oz)	340	Red French Reduced Calorie Dressing	1 pkt	160
Cheese Danish	1 ea (3.7 oz)	400	Garden Salad	1 serv (6.2 oz)	35
Cinnamon Roll	1 ea (3.4 oz)	390	Grilled Chicken Salad Deluxe	1 serv (9.1 oz)	120



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English Muffin	1 ea (1.9 oz)	140
1% Low Fat Milk	1 ea (8 oz)	100
Butterfinger(R) McFlurry(TM)	1 serv (12.3 oz)	620
Chocolate Shake	1 ea	360

Crispy Chicken Deluxe(TM)	1 ea (7.9 oz)	500
Filet-O-Fish(R)	1 ea (5.5 oz)	470
Grilled Chicken Deluxe(TM)	1 ea (7.9 oz)	440
Grilled Chicken Deluxe(TM), Plain w/o Mayo	1 ea (7.2 oz)	300

Nathan's

	Serving	Calories
Old Fashioned Lemonade	1 small (1 pint)	175
Old Fashioned Orangeade	1 small (1 pint)	165
Chicken Tender Orders	1 order, 5 pieces (10.3 oz)	877
Chicken Tender Platter	1 serving (1 LB 1.7 oz)	1245
Chicken Wings Order, with Bleu Cheese, medium	1 order, 10 wings & 0.5 oz	1240
Chicken Wings, with Bleu Cheese & Fries	1 order, 10 wings, 6.5 oz fries & 0.5 oz dressing	1680
Grilled Chicken Breast Platter	1 serving (15 oz)	839
Apple Pie	1 serving (3.5 oz)	310
Bacon Cheeseburger	1 burger (10.1 oz)	783
Burger, with Cheese	1 burger (10.2 oz)	705
Cheese Steaks, Chicken	1 serving (13.8 oz)	601
Club Sandwiches, Grilled Chicken	1 serving (9.4 oz)	599
Club Sandwiches, Krispy Chicken Chipotle	1 serving (11 oz)	750
Corn Dogs, with Stick	1 serving (3.2 oz)	380
Double Burger, with Cheese	1 serving (15.6 oz)	1178
Hot Dog Nuggets	1 serving (0.6 oz)	58
Hot Dog, Beef	1 serving (3.5 oz)	297
Hot Dog, Beef Cheese	1 serving (4.5 oz)	340
Clams & Chips, Breaded	1 serving (12.1 oz)	934

	Serving	Calories
Clams Order, Breaded	1 serving (5.6 oz)	470
Fish & Chips Platters	1 serving (1 LB 6.1 oz oz)	1536
Fish Sandwiches	1 serving (7 oz)	435
Seafood Samplers	1 serving (1 LB 12.1 oz)	2080
Shrimp Boats	1 serving (2 lbs 13.8 oz)	3710
Shrimps & Chips	1 serving (1 LB 4.9 oz)	1510
Cheese French Fries, Medium	1 serving (8 oz)	490
Corn on the Cob	1 serving (5.5 oz)	140
French Fries, Medium	1 serving (6.5 oz)	440
Hush Puppies	1 serving (4.5 oz)	520
Mozzarella Sticks, with Marinara Sauce	1 serving (5.5 oz)	386
Onion Rings, Regular	1 serving (5.6 oz)	544
Salads, Caesar	1 serving (9.9 oz)	410
Salads, Chicken Caesar	1 serving (13.4 oz)	530
Salads, Cole Slaw	1 serving (3.5 oz)	180
Chicken Noodle	1 serving (12 oz)	190
Manhattan Clam Chowder	1 serving (12 oz)	270
New England Clam Chowder	1 serving (12 oz)	250

Panda Express

Serving	Calories
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Serving	Calories
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Chow Mein	8.3 oz	400
Fried Rice	10	570
Steamed Rice	8.7 oz	420
Eggplant & Tofu	6.1 oz	310
Mixed Veggies (Side)	8.6 oz	70
Mixed Veggies (Entree)	4.3 oz	35
Black Pepper Chicken	6.1 oz	250
Broccoli Chicken	5.5 oz	180
Kung Pao Chicken	6.1 oz	300
Mandarin Chicken	5.8 oz	310
Mushroom Chicken	5.9 oz	220
Orange Chicken	5.4 oz	400
Pineapple Chicken	6.3 oz	140
Potato Chicken	5.2 oz	220
String Bean Chicken	5.1 oz	190
Sweet & Sour Chicken	5.5 oz	400
Pineapple Chicken Breast	6 oz	220
String Bean Chicken Breast	5.6 oz	170
SweetFire Chicken BreastTM	5.8 oz	440

Papa John's

	Serving	Calories
Breadsticks	1 ea (1.9 oz)	140
Cheesesticks	2 ea (2.1 oz)	180
Garlic Sauce	1 Tbsp (0.5 oz)	75
Nacho Cheese	1 Tbsp (0.5 oz)	30
Pizza Sauce	1 Tbsp (0.5 oz)	10
All the Meats(TM), Original Crust	1/14 lrg sl (5.1 oz)	390
All the Meats(TM), Thin Crust	1/14 lrg sl (4.1 oz)	345
Cheese, Original Crust	1/14 lrg sl (3.9 oz)	270
Cheese, Thin Crust	1/14 lrg sl (2.8 oz)	225

Pizza Hut

	Serving	Calories
Bread Stick	1 ea (1.3 oz)	130

Thai Cashew Chicken Breast	6.3 oz	280
Beijing Beef	5.6 oz	850
Broccoli Beef	5.4 oz	150
Mongolian Beef	6.9 oz	230
BBQ Pork	4.6 oz	360
Sweet & Sour Pork	5.6 oz	400
Crispy Shrimp	3.5 oz / 6 pcs	260
Kung Pao Shrimp	6.4 oz	250
Tangy Shrimp	6.4 oz	190
Chicken Egg Roll	3.0 oz / 1 Roll	200
Chicken Potsticker	3.3 oz / 3 PCs	220
Cream Cheese Rangoon	2.4 oz / 3 PCs	190
Veggie Spring Roll	3.4 oz / 2 Rolls	160
Egg Flower Soup	9.8 oz	90
Hot & Sour Soup	10.6 oz	90
Mandarin Sauce	1.8 oz	160
Potsticker Sauce	1.9 oz	45
Sweet & Sour Sauce	1.8 oz	80
Fortune Cookies	8 g / 1 pc	32

	Serving	Calories
Garden Special(TM), Original Crust	1/14 lrg sl (4.9 oz)	290
Garden Special(TM), Thin Crust	1/14 lrg sl (4.1 oz)	240
Pepperoni, Original Crust	1/14 lrg sl (4.1 oz)	305
Pepperoni, Thin Crust	1/14 lrg sl (3.2 oz)	260
Sausage, Original Crust	1/14 lrg sl (4.6 oz)	335
Sausage, Thin Crust	1/14 lrg sl (3.5 oz)	285
The Works(TM), Original Crust	1/14 lrg sl (5.1 oz)	345
The Works(TM), Thin Crust	1/14 lrg sl (4.2 oz)	295

	Serving	Calories
Pork Topping, Thin 'N Crispy Crust	1 sl (3.4 oz)	298



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Garlic Bread	1 sl (1.3 oz)	150	Stuffed Crust, Cheese	1 sl (5.5 oz)	360
Hot Buffalo Wings	4 pcs (3.1 oz)	210	Stuffed Crust, Italian Sausage	1 sl (5.9 oz)	400
Mild Buffalo Wings	5 pcs (3.0 oz)	200	Stuffed Crust, Meat Lover's®	1 sl (6.7 oz)	470
Bread Stick Dipping Sauce	1 serv (1.2 oz)	30	Stuffed Crust, Pepperoni Lover's®	1 sl (6.2 oz)	420
Apple Pizza	1 sl (2.9 oz)	250	Stuffed Crust, Pork Topping	1 sl (5.9 oz)	380
Cherry Pizza	1 sl (2.9 oz)	250	Stuffed Crust, Super Supreme	1 sl (7.2 oz)	430
Cavatini Supreme(R)	1 serv (14.0 oz)	560	Stuffed Crust, Supreme	1 sl (6.7 oz)	410
Cavatini(R)	1 serv (12.6 oz)	480	Stuffed Crust, Veggie Lover's®	1 sl (6.6 oz)	340
Spaghetti with Marinara	1 serv (16.7 oz)	490	Super Supreme, Pan	1 sl (4.8 oz)	401
Spaghetti with Meatballs	1 serv (18.9 oz)	850	Super Supreme, Stuffed Crust	1 sl (7.0 oz)	505
Beef, Pan	1 sl (4.3 oz)	399	Super Supreme, Thin 'N Crispy Crust	1 sl (4.2 oz)	304
Beef, Stuffed Crust	1 sl (6.1 oz)	466	Supreme Personal(R), Pan	1 ea (9.2 oz)	808
Beef, Thin 'N Crispy Crust	1 sl (3.5 oz)	305	Supreme, Pan	1 sl (4.6 oz)	385
Cheese, Pan	1 sl (3.9 oz)	361	Supreme, Stuffed Crust	1 sl (6.9 oz)	487
Cheese, Stuffed Crust	1 sl (5.7 oz)	445	Supreme, The Big New Yorker(R), Hand Tossed	1 sl (7.4 oz)	459
Cheese, The Big New Yorker(R), Hand Tossed	1 sl (5.9 oz)	393	Supreme, Thin 'N Crispy Crust	1 sl (3.9 oz)	284
Cheese, Thin 'N Crispy Crust	1 sl (2.8 oz)	243	The Insider, Cheese	1 sl (5.0 oz)	370
Meat Lover's(R), Pan	1 sl (4.6 oz)	428	The Insider, Supreme	1 sl (6.1 oz)	420
Meat Lover's(R), Stuffed Crust	1 sl (6.9 oz)	543	The Works, Edge	1 sl (2.2 oz)	140
Meat Lovers(R), Thin 'N Crispy Crust	1 sl (3.8 oz)	339	Twisted Crust, Cheese	1 sl (6.7 oz)	450
Meaty, Edge	1 sl (1.7 oz)	150	Veggie Lover's(R), Pan	1 sl (4.4 oz)	333
Pepperoni Lover's(R), Pan	1 sl (3.9 oz)	370	Veggie Lover's(R), Stuffed Crust	1 sl (6.8 oz)	421
Pepperoni Lover's(R), Stuffed Crust	1 sl (6.8 oz)	525	Veggie Lover's(R), Thin 'N Crispy Crust	1 sl (3.8 oz)	222
Pepperoni Lover's(R), Thin 'N Crispy Crust	1 sl (2.9 oz)	289	Ham & Cheese Sandwich	1 ea (9.7 oz)	550
Pork Topping, Pan	1 sl (4.3 oz)	394	Ham & Cheese Sandwich	1 ea (9.7 oz)	550
Pork Topping, Stuffed Crust	1 sl (6.1 oz)	461	Supreme Sandwich	1 ea (10.3 oz)	640

Pollo Tropical

	Serving	Calories
1/4 Dark Meat w. skin	1 Serving (4.3 oz)	291
1/4 Dark Meat, no skin	1 Serving (3.3 oz)	191
1/4 White Meat w. skin	1 Serving (5.5 oz)	323
1/4 White Meat, no skin	1 Serving (4.3 oz)	204
Boneless Breast	1 Serving (6 oz)	240
Flan	1 Serving (4.5 oz)	390
Key Lime	1 Serving (3.9 oz)	210
Tres Leches (Caribbean Cream Cake)	1 Serving (5.4 oz)	410
Ribs	1 Serving (2 oz)	200
Roast Pork	1 Serving (6 oz)	392
Skewers, Beef	1 Serving (1 oz)	77
Skewers, Shrimp	1 Serving (1.1 oz)	108
Skewers, Steak	1 Serving (1.9 oz)	147
Steak & Chicken, Dark Meat	1 Serving (6.2 oz)	437
TropiChop Max, Chicken w. White Rice & Black Beans	1 meal (1 lb 14.3 oz)	1117
TropiChop Max, Chicken w. Yellow Rice & Vegetables	1 meal (1 LB 7.3 oz)	864
TropiChop Max, Grilled Chicken Deluxe	1 meal (1 LB 8.5 oz)	753
TropiChop Max, Pork w. White Rice & Black Beans	1 meal (1 LB 15.3 oz)	1273
TropiChop Max, Pork w. Yellow Rice & Vegetables	1 meal (1 LB 14.2 oz)	1020
Chicken Caesar	1 Salad (14.5 oz)	669

	Serving	Calories
Sandwich, Chicken Caesar	1 serving (13.3 oz)	881
Sandwich, Grilled Chicken	1 serving (14.9 oz)	827
Sandwich, Roast Pork	1 serving (11.5 oz)	773
Wraps, Chicken Ceasar	1 wrap (13.1 oz)	901
Wraps, Chicken Classic	1 wrap (13.3 oz)	694
Wraps, Chicken Curry	1 wrap (14.2 oz)	930
Wraps, Steak	1 wrap (15.4 oz)	993
Balsamic Tomatoes	1 combo side (4 oz)	88
Black Beans	1 combo side (4 oz)	90
Boiled Yucca	1 combo side (7.5 oz)	188
Caesar Salad	1 combo side (2.5 oz)	129
Corn	1 combo side (4 oz)	121
French Fries	1 combo side (4 oz)	311
Tropical Favorites, Bananas	1 serving (7.3 oz)	437
Tropical Favorites, Yucatan Fries	1 serving (6 oz)	497
White Rice	1 combo side (4.5 oz)	205
Yellow Rice w. Vegetables	1 combo side (5 oz)	163
Caribbean Chicken	1 small bowl (8.2 oz)	121
Tropical Shrimp	1 small bowl (8.2 oz)	143

Popeyes

	Serving	Calories
Biscuits	1 ea (2.3 oz)	250
Mild Breast	1 ea (3.7 oz)	270
Mild Leg	1 ea (1.7 oz)	120
Mild Tender	1 ea (1.2 oz)	110
Mild Thigh	1 ea (3.1 oz)	300

	Serving	Calories
Spicy Wing	1 ea (1.6 oz)	160
Apple Pie	1 ea (3.1 oz)	290
French Fries	1 ea (3 oz)	240
Potatoes & Gravy	1 ea (3.8 oz)	100
Cole Slaw	1 ea (4 oz)	149



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Mild Wing	1 ea (1.6 oz)	160
Nuggets	1 ea (4.2 oz)	410
Spicy Breast	1 ea (3.7 oz)	270
Spicy Leg	1 ea (1.7 oz)	120
Spicy Tender	1 ea (1.2 oz)	110
Spicy Thigh	1 ea (3.1 oz)	300

Shrimp	1 ea (2.8 oz)	250
Cajun Rice	1 ea (3.9 oz)	150
Cole Slaw	1 ea (4 oz)	149
Corn on the Cob	1 ea (5.2 oz)	127
Onion Rings	1 ea (3.1 oz)	310
Red Beans & Rice	1 ea (5.9 oz)	270

Quiznos

	Serving	Calories
Classic Italian	1 sub, regular size	600
Turkey Ranch & Swiss	1 sub, regular size	430
Turkey Cuban	1 sub, regular size	410
Classic Club	1 sub, regular size	510
California Club	1 sub, regular size	590
Triple Meat Club	1 sub, regular size	450
Honey Bacon Club	1 sub, regular size	510
Honey Bourbon Chicken	1 sub, regular size	450
Tuna Melt	1 sub, regular size	650
Veggie Lover's(R), Pan	1 sub, regular size	520
Mesquite Chicken	1 sub, regular size	560
Chicken Carbonara	1 sub, regular size	570
Baja Chicken	1 sub, regular size	550
Honey Mustard Chicken	1 sub, regular size	560
Prime Rib & Peppercorn	1 sub, regular size	650
Prime Rib Mushroom & Swiss	1 sub, regular size	630
Double Cheese Cheesesteak	1 sub, regular size	650
Steakhouse Prime Rib Dip	1 sub, regular size	630
Bourbon Grill Steak	1 sub, regular size	660

	Serving	Calories
Buffalo Chicken	1 sub, half size	370
Turkey & Ham	1 sub, half size	280
Oven Roasted Turkey	1 sub, half size	270
Honey Cured Ham	1 sub, half size	280
Roast Beef	1 sub, half size	280
Italian Toasty Torpedo	1 baguette	710
Pesto Toasty Torpedo	1 baguette	550
Beef, Bacon & Cheddar Toasty Torpedo	1 baguette	640
Turkey Club Toasty Torpedo	1 baguette	630
Tuna Melt Toasty Torpedo	1 baguette	650
Chicken Taco Salad	1 salad	530
Raspberry Vinaigrette Chicken Salad	1 salad	350
Honey Mustard Chicken Salad	1 salad	530
Chicken Caesar Salad	1 salad	535
Classic Cobb Salad	1 salad	445
Broccoli Cheese Soup	1 bowl	260
Chicken Noodle Soup	1 bowl	110
Chili Soup	1 bowl	230

Sbarro

	Serving	Calories
Cheese Pizza	1 slice (7.7 oz)	459
Cheese Pizza - 1 slice	7.7 oz	460

	Serving	Calories
Spaghetti with Chicken Parmesan	1 order (15 oz)	930
Sausage and Pepper Stuffed	1 slice (367g)	976

Pepperoni Pizza	1 slice (9.6 oz)	730
Cheese Calzone	1 calzone (12 oz)	770
Penne alla Vodka	1 order (14 oz)	640
Greek Salad	1 salad (8 oz)	60
Mushroom Pizza - 1 slice	9 oz	460
Meatballs	1 order (103.6g)	139
Baked Ziti	1 serving (384g)	928
Garlic Rolls	1 order (2.2 oz)	170
Pepperoni Stromboli	1 order (10 oz)	890
Supreme Pizza	1 slice (10.3 oz)	631
Mushroom Pizza	1 slice (9 oz)	460
Pepperoni Pizza - 1 slice	9.6 oz	730
White Pizza	1 slice (8.3 oz)	570
Spaghetti w/Chicken Parmesean Dinner	15 oz	930
Sausage Pizza	1 slice (9.7 oz)	670
Caesar Salad	1 salad (8 oz)	80
Chicken Parmigiana	2 pieces (216g)	364
Fruit Salad	1 salad (12 oz)	130
Mixed Garden Salad	1 salad (8 oz)	35
Sausage Pizza - 1 slice	9.7 oz	670
White Pizza - 1 slice	8.3 oz	570
Low Carb Cheese Pizza	1 slice (6.7 oz)	310
Supreme Pizza - 1 slice	10.3 oz	630
Spinach, Tomato, Broccoli Stromboli	1 order (10 oz)	680
Spaghetti with Meatballs	1 order (18 oz)	680
Mixed Vegetables	1 order (7 oz)	190

Pizza

Balsamic Vinaigrette	1.5oz (43g), or 1 packet	150
Chicken Vesuvio	1 order (10.9 oz)	690
Spaghetti w/Meatballs Dinner	18 oz	680
Chicken Parmesan	1 order (11 oz)	520
Stringbean & Tomato Salad	8 oz	100
Gourmet Mushroom Pizza	1 slice (10.8 oz)	610
Gourmet Tomato and Basil Pizza	1 slice (12.6 oz)	700
Gourmet Meat Delight Pizza	1 slice (11.9 oz)	780
Spaghetti w/Sauce Dinner	20 oz	820
Gourmet Tomato & Basil Pizza - 1 slice	12.6 oz	700
Stuffed Spinach & Broccoli Pizza - 1 slice	12.9 oz	790
Gourmet Cheese Pizza	1 slice (10.3 oz)	660
Pasta Milano	1 order (20 oz)	640
Pasta Rustica	1 order (14 oz)	600
Stuffed Philly Cheesesteak Pizza	1 slice (14 oz)	830
Chicken Francese Dinner	11.3 oz	640
Gourmet Broccoli & Spinach Pizza - 1 slice	12.8 oz	780
Spinach and Broccoli Stuffed Pizza	1 slice (389g)	825
Eggplant Rollatini w/Cheese Dinner	10.6 oz	580
Gourmet Mushroom & Spinach Pizza - 1 slice	12.8 oz	710
Penne with Sausage and Peppers	1 order (14 oz)	710
Black Forest Cake	1 slice (4.6 oz)	480
Baked Zity w/Sauce Dinner	14.3 oz	700
Gourmet Meat Delight Pizza - 1 slice	11.9 oz	780
Chicken Portofino	1 order (11.7 oz)	730
Stuffed Pepperoni Pizza - 1 slice	12.6 oz	960



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Chicken Parmesan Dinner	11 oz	520
Baked Ziti with Sauce	1 order (14.3 oz)	700
Spaghetti with Sauce	1 order (20 oz)	820
Fresh Tomato Pizza	1 slice (8.2 oz)	450
Meat Lasagna	1 order (13 oz)	650
Low Carb Pepperoni Pizza	1 slice (7.4 oz)	420
Gourmet Broccoli & Spinach Pizza	1 slice (12.8 oz)	720
Fresh Tomato Pizza - 1 slice	8.2oz	450
Sausage & Peppers	10 oz	410
Pasta Primavera Salad	1 salad (8 oz)	190
Cucumber & Tomato Salad	8 oz	130
Chicken Vesuvio Dinner	10.9 oz	690
Eggplant Rollatini with Cheese	1 order (10.6 oz)	580
Cucumber and Tomato Salad	1 salad (8 oz)	130
Stuffed Pepperoni Pizza	1 slice (12.6 oz)	960
Chicken Vegetable Pizza	1 slice (10 oz)	530
Green Garden Salad	1 order	49
Gourmet Mushroom and Spinach Pizza	1 slice (12.8 oz)	710
Sausage and Peppers	1 order (10 oz)	410
Chicken Francese	1 order (11.3 oz)	640
Pepperoni Pizza Slice	1 slice	591
Stuffed Spinach and Broccoli Pizza	1 slice (12.9 oz)	790
Chicken Vegetable Pizza - 1 slice	10 oz	530

Sonic

	Serving	Calories
SONIC® Burger (w/ Mayonnaise)	1	650

Stringbean and Tomato Salad	1 salad (8 oz)	100
Meat Lasagna Dinner	13 oz	650
Spaghetti with Chicken Francese	1 order (15 oz)	800
Spaghetti w/Chicken Francese Dinner	15oz	800
Gourmet Cheese Pizza - 1 slice	10.3 oz	660
Gourmet Mushroom Pizza - 1 slice	10.8 oz	610
Gourmet Ham, Pineapple & Bacon Pizza - 1 slice	11.9 oz	680
Deluxe Carrot Cake	1 slice (5 oz)	540
Spaghetti with Chicken Vesuvio	1 order (15 oz)	850
Stuffed Philly Cheesesteak Pizza - 1 slice	14 oz	830
Citrus Punch	8 fl oz	100
Low Carb Sausage/Pepperoni Pizza	9.2 oz	560
Chicken Portofino Dinner	11.7 oz	730
Spaghetti w/Chicken Vesuvio Dinner	15 oz	850
Deluxe Cheese Cake	1 slice / 5.7 oz	560
Gourmet Sautéed Spinach & Yellow Pepper Pizza - 1 slice	11.5 oz	670
Penne w/Sausage & Peppers Dinner	14oz	710
Deluxe Milk Chocolate Cake	1 slice (4.3 oz)	490
Sautéed Spinach and Yellow Pepper Pizza	1 slice (11.5 oz)	670
Mama's Marinara Sauce	1/2 cup	35
Stuffed Crust Pepperoni Pizza	1 slice (12.6 oz)	960
Berry Punch Drink	1 serving	200
Caesar Dressing	1.5oz (43g) 1pkg	230

	Serving	Calories
Tots - Medium	1	200



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SONIC® Burger (w/ Mustard)	1	560	Tots w/cheese - Medium	1	300
SONIC® Burger (w/ Ketchup)	1	560	Tots w/chili & cheese - Medium	1	370
SONIC® Cheeseburger (w/ Mayonnaise)	1	720	French Fries - Medium	1	330
SONIC® Cheeseburger (w/ Mustard)	1	620	French Fries w/cheese - Medium	1	420
SONIC® Cheeseburger (w/ Ketchup)	1	630	French Fries w/chili & cheese - Medium	1	490
SONIC® Bacon Cheeseburger (w/ Mayonnaise)	1	780	Pickle-O's®	1	310
SuperSONIC® Cheeseburger (w/ Mayonnaise)	1	980	Mozzarella Sticks	1	440
Supersonic® Cheeseburger (w/ Mustard)	1	890	Ched 'R' Bites® (12)	1	280
Supersonic® Cheeseburger (w/ Ketchup)	1	900	Ched 'R' Peppers® (4)	1	330
Jr. Burger	1	310	FRITOS® Chili Pie - Medium	1	470
Jr. Deluxe Burger	1	350	Fish Sandwich	1	650
Jr. Bacon Cheeseburger	1	410	Breaded Pork Fritter Sandwich	1	640
California Cheeseburger	1	690	Apple Slices	1	35
Supersonic® Jalapeno Cheeseburger	1	890	Apple Slices w/ Fat-Free Caramel Dipping Sauce	1	120
Thousand Island Burger	1	610	Oreo® SONIC Blast® - Regular (14 oz)	1	540
Jalapeno Cheeseburger	1	620	M&M's® SONIC Blast® - Regular (14 oz)	1	600
Jalapeno Burger	1	550	Reese's Peanut Butter Cups® SONIC Blast® - Regular (14 oz)	1	560
Green Chili Cheeseburger	1	630	Butterfinger® SONIC Blast® - Regular (14 oz)	1	580
Chili Cheeseburger	1	660	Vanilla Shake - Regular (14 oz)	1	470
Hickory Cheeseburger	1	640	Chocolate Shake - Regular (14 oz)	1	540
Jr. Double Cheeseburger	1	570	Strawberry Shake - Regular (14 oz)	1	510
Jr. Burger	1	310	Banana Shake - Regular (14 oz)	1	470
Corn Dog	1	210	Pineapple Shake - Regular (14 oz)	1	500



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Grilled Cheese	1	380	Peanut Butter Shake-Regular (14 oz)	1	640
Chicken Strips (2)	1	200	Peanut Butter Fudge Shake-Reg (14 oz)	1	610
Fresh Banana	1	110	Hot Fudge Shake-Regular (14 oz)	1	570
Apple Slices	1	35	Vanilla Malt - Regular (14 oz)	1	480
Apple Slices w/ Fat-Free Caramel Dipping Sauce	1	120	Chocolate Malt - Regular (14 oz)	1	550
Milk (1%)	1	110	Strawberry Malt - Regular (14 oz)	1	520
Milk Chocolate (1%)	1	160	Banana Malt-Regular (14 oz)	1	490
Chicken Club TOASTER® Sandwich	1	740	Pineapple Malt - Regular (14 oz)	1	510
Bacon Cheeseburger TOASTER® Sandwich	1	670	Caramel Malt - Regular (14 oz)	1	550
BLT TOASTER® Sandwich	1	500	Hot Fudge Malt - Regular (14 oz)	1	580
Country Fried Steak TOASTER® Sandwich	1	670	Peanut Butter Malt - Regular (14 oz)	1	670
Grilled Chicken Salad	1	250	Peanut Butter Fudge Malt - Regular (14 oz)	1	620
Crispy Chicken Salad	1	340	Strawberry CreamSlush® Treat - Regular (14 oz)	1	450
Grilled Chicken Wrap	1	390	Banana Cream Pie Shake - Regular (14 oz)	1	590
Crispy Chicken Wrap	1	490	Coca-Cola® Float/Blended Float - Regular (14 oz)	1	290
FRITOS® Chili Cheese Wrap	1	670	Java Chiller, Caramel (14 oz)	1	540
Chicken Strip Dinner (4)	1	930	Banana Split	1	420
Grilled Chicken Bacon Ranch	1	470	Banana Fudge Sundae	1	440
Crispy Chicken Bacon Ranch	1	610	Junior Banana Split	1	180
Grilled Chicken Sandwich	1	400	Lemon Real Fruit Slush - Wacky Pack® (12 oz)	1	170
Crispy Chicken Sandwich	1	550	CroisSONIC® Breakfast Sandwich - Bacon	1	510
Jumbo Popcorn Chicken® - Small (4oz)	1	380	CroisSONIC® Breakfast Sandwich - Sausage	1	600



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Jumbo Popcorn Chicken® - Large (6oz)	1	560
Ranch Sauce	1	150
Honey Mustard Sauce	1	90
BBQ Sauce	1	45
Ex-Long Chili Cheese Coney	1	660
Corn Dog	1	210
Regular Coney	1	390
Onion Rings - Medium	1	440

Starbucks

	Serving	Calories
Americano, Grande	1 ea (16 oz)	17
Blended Coffee Frappuccino, Grande	1 ea (16 oz)	241
Blended Mocha Frappuccino, Grande	1 ea (16 oz)	278
Cappuccino, Low Fat Milk, Grande	1 ea (16 oz)	144
Cappuccino, Nonfat Milk, Grande	1 ea (16 oz)	108
Cappuccino, Soy Milk, Grande	1 ea (16 oz)	120
Cappuccino, Whole Milk, Grande	1 ea (16 oz)	180
Caramel Macchiato, Low Fat Milk, Grande	1 ea (16 oz)	222
Caramel Macchiato, Nonfat Milk, Grande	1 ea (16 oz)	190
Caramel Macchiato, Whole Milk, Grande	1 ea (16 oz)	254
Chai Latte, Low Fat Milk, Grande	1 ea (16 oz)	262
Chai Latte, Nonfat Milk, Grande	1 ea (16 oz)	211
Chai Latte, Soy Milk, Grande	1 ea (16 oz)	203

BREAKFAST TOASTER® - Sausage, Egg & Cheese	1	620
BREAKFAST TOASTER® - Bacon, Egg & Cheese	1	530
BREAKFAST TOASTER® - Ham, Egg & Cheese	1	490
Breakfast Burritos - Sausage, Egg & Cheese	1	480
Breakfast Burritos - Bacon, Egg & Cheese	1	450
Breakfast Burritos - Ham, Egg & Cheese	1	440
Sausage Biscuit Dippers w/ Gravy (3)	1	690

	Serving	Calories
Espresso Macchiato, Whole Milk, Solo	1 ea (1 oz)	15
Espresso, Doppio	1 ea (2 oz)	11
Espresso, Solo	1 ea (1 oz)	6
Iced Chai Latte, Low Fat Milk, Grande	1 ea (16 oz)	189
Iced Chai Latte, Nonfat Milk, Grande	1 ea (16 oz)	157
Iced Chai Latte, Soy Milk, Grande	1 ea (16 oz)	153
Iced Chai Latte, Whole Milk, Grande	1 ea (16 oz)	221
Iced Mocha w/o Whip Cream, Low Fat Milk, Grande	1 ea (16 oz)	199
Iced Mocha w/o Whip Cream, Nonfat Milk, Grande	1 ea (16 oz)	175
Iced Mocha w/o Whip Cream, Soy Milk, Grande	1 ea (16 oz)	172
Iced Mocha w/o Whip Cream, Whole Milk, Grande	1 ea (16 oz)	223
Iced Mocha, Low Fat Milk, Grande	1 ea (16 oz)	129
Iced Mocha, Nonfat Milk, Grande	1 ea (16 oz)	97



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Chai Latte, Whole Milk, Grande	1 ea (16 oz)	315
Cocoa, Low Fat Milk, Grande	1 ea (16 oz)	433
Cocoa, Nonfat Milk, Grande	1 ea (16 oz)	295
Cocoa, Soy Milk, Grande	1 ea (16 oz)	286
Cocoa, Whole Milk, Grande	1 ea (16 oz)	489
Espresso Con Panna, Doppio	1 ea (2 oz)	39
Espresso Con Panna, Solo	1 ea (1 oz)	33
Espresso Macchiato, Low Fat Milk, Doppio	1 ea (2 oz)	19
Espresso Macchiato, Low Fat Milk, Solo	1 ea (1 oz)	13
Espresso Macchiato, Nonfat Milk, Doppio	1 ea (2 oz)	17
Espresso Macchiato, Nonfat Milk, Solo	1 ea (1 oz)	11
Espresso Macchiato, Soy Milk, Doppio	1 ea (2 oz)	16
Espresso Macchiato, Soy Milk, Solo	1 ea (1 oz)	11
Espresso Macchiato, Whole Milk, Doppio	1 ea (2 oz)	20

Iced Mocha, Soy Milk, Grande	1 ea (16 oz)	92
Iced Mocha, Whole Milk, Grande	1 ea (16 oz)	161
Latte, Low Fat Milk, Grande	1 ea (16 oz)	217
Latte, Nonfat Milk, Grande	1 ea (16 oz)	161
Latte, Soy Milk, Grande	1 ea (16 oz)	153
Latte, Whole Milk, Grande	1 ea (16 oz)	274
Mocha, Low Fat Milk, Grande, Grande	1 ea (16 oz)	370
Mocha, Nonfat Milk, No Whip Cream, Grande	1 ea (16 oz)	239
Mocha, Soy Milk, No Whip Cream, Grande	1 ea (16 oz)	232
Mocha, Whole Milk, Grande	1 ea (16 oz)	418
Steamed Milk, Low Fat Milk, Grande	1 ea (16 oz)	235
Steamed Milk, Nonfat Milk, Grande	1 ea (16 oz)	171
Steamed Milk, Soy Milk, Grande	1 ea (16 oz)	162
Steamed Milk, Whole Milk, Grande	1 ea (16 oz)	300

Subway

	Serving	Calories
Bacon & Egg Breakfast Sandwich, 6 inch	1 ea	363
Cheese & Egg Breakfast Sandwich, Wrap	1 ea	353
Ham & Egg Breakfast Sandwich, Wrap	1 ea	342
Western Egg Breakfast Sandwich, 6 inch	1 ea	351
Steak & Cheese Wrap	1 ea (9.2 oz)	353
Steak & Cheese Wrap	1 ea (9.2 oz)	353
Turkey Bacon Deluxe Wrap	1 ea (9.0 oz)	355
Chocolate Chip Cookie	1 ea (1.8 oz)	214
Chocolate Chunk Cookie	1 ea (1.8 oz)	215
Macadmia Nut Cookie	1 ea (1.8 oz)	222

	Serving	Calories
Roast Beef, cold	6 in (8.5 oz)	296
Roasted Chicken Breast, hot	6 in (9.0 oz)	342
Club(R), cold	6 in (9.0 oz)	304
Melt(R), hot	6 in (9.1 oz)	370
Seafood & Crab(R), cold	6 in (9.0 oz)	338
Southwest Turkey Bacon	6 in (8.5 oz)	407
Steak & Cheese, hot	6 in (9.3 oz)	363
Super Classic Italian BMT(R)	6 in (11.5 oz)	668
Super Cold Cut Trio(TM)	6 in (11.4 oz)	517
Super Ham	6 in (10.4 oz)	354



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Oatmeal Raisin Cookie	1 ea (1.8 oz)	199
Classic Italian BMT(R)	1 ea (11.6 oz)	269
Cold Cut Trio(TM)	1 ea (11.6 oz)	193
Ham	1 ea (11.1 oz)	112
Meatball	1 ea (12.1 oz)	232
Roast Beef	1 ea (11.1 oz)	115
Roasted Chicken Breast	1 ea (11.6 oz)	162
Steak & Cheese	1 ea (12.0 oz)	182
Club(R)	1 ea (11.6 oz)	123
Melt(TM)	1 ea (11.8 oz)	190
Turkey & Ham	1 ea (11.1 oz)	107
Turkey Breast	1 ea (11.1 oz)	101
Veggie Delite(R)	1 ea (9.1 oz)	51
Classic Italian BMT(R), cold	6 in (9.0 oz)	450
Cold Cut Trio, cold	6 in (9.0 oz)	374
Dijon Horseradish Melt	6 in (9.2 oz)	465
Ham, cold	6 in (8.5 oz)	293
Honey Mustard Ham	6 in (8.2 oz)	311
Meatball, hot	6 in (9.5 oz)	413
Red Wine Vinaigrette Club	6 in (9.5 oz)	350

Taco Bell

	Serving	Calories
Breakfast Cheese Quesadilla	1 ea (5.5 oz)	380
Breakfast Quesadilla w/Sausage	1 ea (6 oz)	430
Country Breakfast Burrito	1 ea (4 oz)	270
Double Bacon & Egg Burrito	1 ea (6.3 oz)	480
Fiesta Breakfast Burrito	1 serv (3.5 oz)	280
Grande Breakfast Burrito	1 ea (6.3 oz)	420
Hash Brown Nuggets	1 ea (3.5 oz)	280

Super Meatball	6 in (12.5 oz)	594
Super Roast Beef	6 in (10.4 oz)	360
Super Roasted Chicken Breast	6 in (11.5 oz)	453
Super Club(R)	6 in (11.5 oz)	377
Super Melt(R)	6 in (11.8 oz)	509
Super Seafood & Crab(R) made with light mayonnaise	6 in (11.5 oz)	444
Super Steak & Cheese	6 in (12.2 oz)	495
Super Steak & Cheese	6 in (12.2 oz)	495
Super Tuna made with light mayonnaise	6 in (11.5 oz)	525
Super Turkey & Ham	6 in (10.4 oz)	343
Super Turkey & Ham	6 in (10.4 oz)	343
Super Turkey Breast	6 in (10.4 oz)	333
Sweet Onion Chicken Teriyaki	6 in (9.5 oz)	374
Tuna Sandwich on Deli Style Roll with light mayonnaise dressing	6 in (6.0 oz)	267
Tuna with light mayonnaise, cold	6 in (9.0 oz)	378
Turkey & Ham, cold	6 in (8.5 oz)	288
Turkey & Ham, cold	6 in (8.5 oz)	288
Turkey Breast Sandwich on Deli Style Roll	6 in (6.0 oz)	227
Turkey Breast, cold	6 in (8.5 oz)	282
Veggie Delite(R), cold	6 in (6.5 oz)	232

	Serving	Calories
Beef Chalupa Santa Fe(TM)	1 ea (5.5 oz)	440
Beef Chalupa Supreme(TM)	1 ea (5.5 oz)	380
Beef Gordita Baja(TM)	1 ea (5.5 oz)	360
Beef Gordita Santa Fe(TM)	1 ea (5.5 oz)	370
Beef Gordita Supreme(TM)	1 ea (5.5 oz)	300
Cheese Quesadilla	1 ea (4.3 oz)	350
Chicken Chalupa Baja(TM)	1 ea (5.5 oz)	400



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7-Layer Burrito	1 ea (10 oz)	520
BIG BEEF Burrito Supreme(R)	1 ea (10.5 oz)	510
BIG BEEF Burrito(R)	1 ea (7 oz)	400
BIG CHICKEN Burrito Supreme(R)	1 ea (9 oz)	460
Bean Burrito	1 ea (7 oz)	370
Burrito Supreme(R)	1 ea (9 oz)	430
Chili Cheese Burrito	1 ea (5 oz)	330
Grilled Chicken Burrito	1 ea (7 oz)	390
Cinnamon Twists	1 ea (1 oz)	180
Beef Mexican Pizza	1 ea (7.8 oz)	530
Chicken Mexican Pizza	1 ea (7.8 oz)	520
Mexican Pizza	1 ea (7.8 oz)	540
Hash Brown Nuggets	1 ea (3.5 oz)	280
Taco Salad w/Salsa	1 ea (19 oz)	850
Taco Salad w/Salsa w/o Shell	1 ea (16.5 oz)	430
BIG BEEF Nachos Supreme	1 ea (7 oz)	440
Chicken Nachos Bellgrande(R)	1 ea (11 oz)	740
Nachos Bellgrande(R)	1 ea (11 oz)	760
Pintos 'N Cheese	1 ea (4.5 oz)	180
Steak Nachos Bellgrande(R)	1 ea (11 oz)	740
BIG BEEF MexiMelt(R)	1 ea (4.8 oz)	290
Beef Chalupa Baja(TM)	1 ea (5.5 oz)	420

Chicken Chalupa Santa Fe(TM)	1 ea (5.5 oz)	420
Chicken Chalupa Supreme(TM)	1 ea (5.5 oz)	360
Chicken Gordita Baja(TM)	1 ea (5.5 oz)	340
Chicken Gordita Santa Fe(TM)	1 ea (5.5 oz)	370
Chicken Gordita Supreme(TM)	1 ea (5.5 oz)	300
Chicken Quesadilla	1 ea (6 oz)	400
Double Decker(R) Taco	1 ea (5.8 oz)	330
Double Decker(R) Taco Supreme(R)	1 ea (7 oz)	380
Grilled Chicken Soft Taco	1 ea (4.5 oz)	200
Grilled Steak Soft Taco	1 ea (4.5 oz)	200
Grilled Steak Soft Taco Supreme(R)	1 ea (5.8 oz)	240
Soft Taco	1 ea (3.5 oz)	210
Soft Taco Supreme(R)	1 ea (5 oz)	260
Steak Chalupa Baja(TM)	1 ea (5.5 oz)	400
Steak Chalupa Santa Fe(TM)	1 ea (5.5 oz)	430
Steak Chalupa Supreme(TM)	1 ea (5.5 oz)	360
Steak Gordita Baja(TM)	1 ea (5.5 oz)	340
Steak Gordita Santa Fe(TM)	1 ea (5.5 oz)	380
Steak Gordita Supreme(TM)	1 ea (5.5 oz)	300
Taco	1 ea (2.8 oz)	170
Taco Supreme(TM)	1 ea (4 oz)	210
Tostada	1 ea (6.3 oz)	250

Wendy's

	Serving	Calories
Apple Pecan Chicken Salad	1	350
Roasted Pecans	1	110
Baja Salad	1	550
BLT Cobb Salad	1	460
Spicy Chicken Caesar Salad	1	450
Sour Cream & Chives Baked Potato	1	320

	Serving	Calories
Baconator Double	1	980
Bacon Deluxe Single	1	650
Bacon Deluxe Double	1	870
Ultimate Chicken Grill Sandwich	1	370
Spicy Chicken Fillet Sandwich	1	460
Homestyle Chicken Fillet Sandwich	1	470



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Small Chili	1	220	Chicken Club Sandwich	1	630
Large Chili	1	330	Crispy Chicken Sandwich	1	350
Kids' Meal French Fries*	1	210	Crispy Chicken Sandwich, Kids' Meal	1	320
Medium French Fries*	1	410	Grilled Chicken Go Wrap	1	260
Nesquik® Low Fat White Milk	1	100	Homestyle Chicken Go Wrap	1	320
Nesquik Low Fat Chocolate Milk	1	170	Spicy Chicken Go Wrap	1	310
Minute Maid® Light Lemonade, Small Cup	1	10	Chocolate Frosty Small	1	310
Hi-C® Flashin' Fruit Punch, Small Cup	1	170	Vanilla Frosty Small	1	310
Barq's® Root Beer, Small Cup	1	180	Vanilla Frosty Float with Coca-Cola*	1	390
Spicy Chipotle Boneless Wings	1	500	Chocolate Fudge Frosty Shake, Small	1	410
Honey BBQ Boneless Wings	1	570	Chocolate Fudge Frosty Shake, Large	1	540
Sweet & Spicy Asian Boneless Wings	1	540	Strawberry Frosty Shake, Small	1	390
4 Piece Kids' Meal Chicken Nuggets	1	180	Strawberry Frosty Shake, Large	1	510
5 Piece Chicken Nuggets	1	230	Vanilla Bean Frosty Shake, Small	1	380
10 Piece Chicken Nuggets	1	450	Vanilla Bean Frosty Shake, Large	1	510
Jr. Hamburger	1	230	Frosty™-cino, Small	1	380
Jr. Cheeseburger	1	270	Frosty-cino, Large	1	510
Jr. Cheeseburger Deluxe	1	300	Nestle® Toll House® Cookie Dough Twisted Frosty, Chocolate	1	480
Jr. Bacon Cheeseburger	1	350	Nestle Toll House Cookie Dough Twisted Frosty, Vanilla	1	480
Double Stack™	1	360	M&M's® Twisted Frosty, Chocolate	1	550
Hamburger, Kids' Meal	1	220	M&M's Twisted Frosty, Vanilla	1	560
Cheeseburger, Kids' Meal	1	270	Oreo® Twisted Frosty, Chocolate	1	440
Single w/Everything	1	470	Oreo Twisted Frosty, Vanilla	1	440
Double w/Everything and Cheese	1	750	Coffee Toffee Twisted Frosty, Chocolate	1	540
Triple w/Everything and Cheese	1	1030	Coffee Toffee Twisted Frosty, Vanilla	1	540
Baconator® Single	1	610			

Whataburger

	Serving	Calories		Serving	Calories
Biscuit	1	300	Malt, strawberry (Kid's)	1	520
Biscuit and Gravy	1	560	Malt, strawberry (Medium)	1	1040
Biscuit Sandwich with bacon, egg & cheese	1	500	Malt, vanilla (Kid's)	1	470
Biscuit Sandwich with egg & cheese	1	450	Malt, vanilla (Medium)	1	940
Biscuit Sandwich with sausage, egg & cheese	1	690	Powerade® Fruit Punch (Kid's)	1	100
Biscuit with bacon	1	350	Powerade® Fruit Punch (Medium)	1	200
Biscuit with sausage	1	540	Shake, chocolate (Medium)	1	1000
Honey Butter Chicken Biscuit	1	560	Shake, strawberry (Kid's)	1	500
Breakfast On A Bun® with bacon	1	360	Shake, strawberry (Medium)	1	990
Breakfast On A Bun® with sausage	1	550	Shake, vanilla (Kid's)	1	130
Breakfast Platter with bacon	1	730	Shake, vanilla (Medium)	1	890
Breakfast Platter with sausage	1	920	Simply Orange® Orange Juice	1	190
Chicken Strip, 1 piece	1	150	Pancakes, plain	1	540
Chicken Strips, 2 pieces	1	300	Pancakes with bacon	1	580
Chicken Strips, 4 pieces (with gravy)	1	680	Pancakes with sausage	1	780
Cinnamon Roll	1	390	Taquito with bacon & egg	1	380
Egg Sandwich	1	310	Taquito with bacon, egg, & cheese	1	420
French Fries (Medium)	1	480	Taquito with potato & egg	1	430
Fruit Chew	1	80	Taquito with potato, egg & cheese	1	470
Grilled Chicken Sandwich	1	470	Taquito with sausage & egg	1	410
Hash Brown Sticks (4 each)	1	200	Taquito with sausage, egg, & cheese	1	450
Hot Apple Pie	1	250	Texas Toast (1 slice)	1	150
Hot Cherry Pie	1	310	Whataburger®	1	620
Justaburger®	1	290	Whataburger®, Double Meat	1	870
Kid's Meal Chicken Strips	1	750	Whataburger Jr.®	1	300
Kid's Meal Justaburger®	1	610	Whataburger®, Triple Meat	1	1120



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Salad, Chicken Strips	1	350
Salad, Garden	1	50
Salad, Grilled Chicken	1	220
Salad, Side Salad	1	25
Malt, chocolate (Kid's)	1	520
Malt, chocolate (Medium)	1	1050

Wienerschnitzel

	Serving	Calories
Original Chili Cheese Dog, standard bun	1	350
Original Burger	1	290
Deluxe Cheeseburger	1	450

Whataburger® with bacon & cheese	1	780
Whatacatch® Dinner (2 piece)	1	1630
Whatacatch® Sandwich	1	450
Whatachick'n® Sandwich	1	550
Onion Rings (Medium)	1	400

	Serving	Calories
Regular Fries	1	300
Burrito with Egg, Sausage & Cheese	1	460
Old Fashion Sundae, Hot Fudge	1	400