

FRUIT	Calories		Calories
Apples (1 Medium)		Pork Tenderloin - lean	119
Red Delicious (5.4 oz)	80	Veal, loin - very lean	115
Fuji (5.4 oz)	80	SEAFOOD (3.5 oz when raw)	
Gala (5.4 oz)	80	Bass (Sea or Striped)	96
Golden Delicious (5.4 oz)	80	Brook Trout	147
Granny Smith (5.4 oz)	80	Cod	81
1 medium apple (6.4 oz)	95	Crabmeat (Alaskan King/Blue)	83/86
Strawberries (6 Large)		Flounder	90
6 Large (1-3/8" diameter)	35	Grouper	91
Oranges (1 Medium)		Halibut	109
Navel (4.9 oz)	69	Lobster	89
Mandarin (3.1 oz)	47	Orange Roughy	79
Tangerine (3.1 oz)	47	Pike (Walleye/Northern)	92/87
Valencia (4.3 oz)	59	Shrimp	105
Blood Orange	70	Sole	90
Grapefruit (white, red, or pink)		Snapper	99
1/2 small (3-1/2" diameter)	16	Swordfish	120
1/2 medium (4" diameter)	21	Tilapia	95
1/2 large (4-1/2" diameter)	27	White Albacore Tuna (water pack 3.5 oz)	123
Cantaloupe (1 cup)		Scallops	87
Balls (177g/6.24 oz)	60	VEGETABLES	
Cubes (160g/5.64 oz)	54	Fresh or Frozen (3.5 oz)	
Diced (156g/5.5 oz)	53	Asparagus	20
Other Berries (1/2 cup)		Beet-Greens	22
Blueberries	41	Bell Peppers (Green)	20
Blackberries	31	Bell Peppers (Red)	26
Raspberries	32	Bell Peppers (Yellow)	27
Boysenberries	33	Broccoli	34
Miscellaneous		Cabbage	24
Whole Milk (1 Tbsp)	9	Cauliflower	25
Lemon Juice (1 Whole)	13	Celery	14
Melba toast	12	Chard	19
Grissini Bread Stick	12	Chicory	23
PROTEIN		Cucumbers (peeled/ with peel)	12/15
Meat (3.5 oz when raw)		Fennel	31
Chicken Breast	109	Green Beans	31
Turkey Breast	100	Green Salad (Romaine)	17
Deer/Venison	119	Green Onions	32
Elk	110	Radishes	16
Buffalo/Bison	121	Spinach	23
Sirloin	149	Tomatoes	18
		Zucchini	16