



**Calorie Charts** 200 Snacks Under 100 Calories

Breads	<b>ries</b> 75
Food Variety Serving Size Calo	75
Bagel plain 1/2 medium (1 oz.)	15
Bread white 1 slice	80
Bread wheat 1 slice	80
Bread light 1 slice	40
Breadsticks soft 1/2 (1 oz.)	75
Cornbread - 1/2 piece (1 oz.) 95	
English muffin - 1/2 medium	68
Melba toast - 4	80
Muffin blueberry 1/2 (1 oz.)	80
Muffin bran 1/2 (1 oz.)	80
Muffin corn 1/2 (1 oz.)	88
Popovers - 1/2 (1 oz.)	65
Cereals	
Food Variety Serving Size Calo	ries
Grits cooked 1/2 cup	70
Oatmeal cooked 1/2 cup	75
Granola low-fat, ready-to-eat 1/4 cup	95
Oat cereal toasted, ready-to-eat 1/2 cup	55
Puffed rice ready-to-eat 1 cup	50
Raisin Bran ready-to-eat 1/4 cup	50
Crackers	
Food Variety Serving Size Calo	ries
Animal crackers plain 6	85
Animal crackers iced 3	75
Graham crackers - 1 sheet	55
Matzoh - 1/2 sheet	55

## Snack Foods

Oyster crackers

Saltines

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Food	Variety	Serving Size	Calories
Snack cracker	butter	5	80
Popcorn	air popped	3 cups	90
Popcorn	microwave	1.5 cups	55
Popcorn	microwave light	3 cups	60
Popcorn	oil popped	1 cup	55
Popcorn	caramel	1/2 cup	75
Popcorn	cheese	1 cup	64
Potato chips	baked	5	60
Potato chips	regular	10	75
Pretzels	twists	4 large	55
Pretzels	twists	8 small	55
Tortilla chips	baked	10 bite size	55
Tortilla chips	regular	6 rounds	75
Tortilla chips	regular	3 restaurant style	68

### **Calorie Charts** 200 Snacks Under 100 Calories, continued

## Fruits

uits				
	Food	Variety	Serving Size	Calories
	Apple	-	1 medium	80
	Applesauce	sweetened	1/4 cup	50
	Applesauce	unsweetened	1/2 cup	50
	Apricots	dried	4 halves	40
	Apricots	fresh	1 medium	20
	Avocado	-	1/4 medium	80
	Banana	-	1/2 medium	55
	Blackberries	-	1 cup	75
	Blueberries	-	1 cup	80
	Cantaloupe	-	1 cup	55
	Cherries	maraschino	1 medium	10
	Cherries	sour fresh	1/2 cup	40
	Cherries	sweet fresh	1/2 cup	60
	Cranberries	fresh	1/2 cup	25
	Fruit cocktail	canned in light syrup	1/2 cup	70
	Grapefruit	-	1/2 medium	40
	Grapes	-	17 medium	60
	Honeydew melon	-	1 cup	60
	Kiwi	-	1 medium	45
	Mandarin oranges	canned	1/2 cup	50
	Mango	-	1/2 medium	65
	Mixed dried fruit	-	1/4 cup	85
	Nectarine	-	1 medium	65
	Orange	-	1 medium	60
	Papaya	-	1/2 medium	60
	Peach	-	1 medium	40
	Pear	-	1/2 medium	50
	Pineapple	fresh	1 cup	75
	Pineapple	canned in light syrup	1/2 cup	65
	Plums	fresh	1 medium	35
	Plums	dried (prunes)	3 medium	60
	Raspberries	-	1 cup	60
	Strawberries	-	1 cup	50
	Tangerine	-	1 medium	35
	Watermelon	-	1 medium	50

# Fruit & Vegetable Juices

Food	Variety	Serving Size	Calories
Apple juice or cider	-	1/2 cup	60
Apricot nectar	-	1/2 cup	70
Cranberry juice cocktail	regular	1/2 cup	73
Cranberry juice cocktail	reduced calorie	1 cup	45
Grape juice	-	1/2 cup	75
Grapefruit juice	-	1 cup	95
Lemon juice	-	2 Tbsp.	0
Lime juice	-	2 Tbsp.	10
Orange juice	-	1/2 cup	55
Pineapple juice	-	1/2 cup	70
Prune juice	-	1/2 cup	90
Tomato juice	-	1 cup	50
Vegetable juice	-	1 cup	50

## **Calorie Charts**

200 Snacks Under 100 Calories, continued

Veget	tables			
-	Food	Variety	Serving Size	Calories
	Carrots	cooked	1/2 cup	35
	Carrots	raw	1 large	30
	Celery	raw	1 stalk	5
	Cucumber	raw	1/2 medium	20
	Lettuce	raw	1 cup	5
	Potato	baked	1 (2 oz.)	65
	Potatoes	mashed	1/2 cup	100
		w/milk and butter		
	Tomato	raw	1 medium	25
NA:11-				
Milk	Food	Variety	Serving Size	Calories
	Whole milk	white	-	
			1/2 cup	75
	Reduced-fat milk (2%)	white	1/2 cup	60 50
	Low-fat milk (1%) Fat-free milk	white	1/2 cup	50
	Fat-free milk	white chocolate	1 cup	90 72
		chocolate	1/2 cup	73 55
	Buttermilk, low-fat		1/2 cup	55 60
	Rice beverage Soy beverage	plain plain	1/2 cup	50
	Soy beverage	plain	1/2 cup	50
Yogui	rt			
•	Food	Variety	Serving Size	Calories
	Whole milk yogurt	plain	1/2 cup	90
	Low-fat yogurt	plain	1/2 cup	55
	Fat-free yogurt	plain	1/2 cup	50
	Low-fat yogurt	flavored	1/4 cup	58
	Fat-free yogurt	artificially sweetened	1/2 cup	50
	, 5	2	·	
Chees	se			
	Food	Variety	Serving Size	Calories
	Cheese	regular (full fat)	1/2 oz.	55
	Cheese	reduced-fat	1 oz.	80
	Cheese	fat-free	1 oz.	40
	Cottage cheese	2%	1/4 cup	50
	Cottage cheese	fat-free	1/2 cup	80
	Cream cheese	regular	1 Tbsp.	50
	Cream cheese	reduced-fat	2 Tbsp.	70
	Cream cheese	fat-free	2 Tbsp.	30
	Feta cheese	-	1 oz.	80
	Mozzarella cheese	part-skim	1 oz.	80
	Ricotta cheese	low-fat	1/4 cup	70
	String cheese	-	1 oz.	70
<b>F</b> romo	n Doceoute			
Froze	n Desserts		c · c·	
	Food	Variety	Serving Size	Calories
	Frozen yogurt	regular	1/4 cup	60
	Frozen yogurt	fat-free	1/2 cup	95
	lce cream	regular	1/4 cup	70
	lce cream	reduced-fat	1/4 cup	50
	Ice cream	fat-free	1/2 cup	90 70
	lce cream	fat-free w/ no added sugar	1/2 cup	70

### **Calorie Charts** 200 Snacks Under 100 Calories, continued

Frozen Desserts, continued			
Sherbet	-	1/4 cup	65
Sorbet	-	1/4 cup	55
Processed & Deli Meats		-	
Food	Variatio		Colorias
	Variety	Serving Size	Calories
Bacon	fried	1 slice	35
Beef jerky	-	1 oz.	90 90
Bologna Canadian bacon	-	1 oz. 1 oz.	90 45
Pepperoni	-	1/2 oz.	70
Roast beef	deli	1 oz.	30
Sausage	smoked	1 oz.	95
-			
Poultry	Veriety		Colorios
Food	Variety	Serving Size	Calories
Chicken breast	with skin, cooked	1.5 oz.	85
Chicken breast	without skin, cooked	1.5 oz.	70
Chicken breast	deli with skin, cooked	1 oz. 1 oz.	45 70
Chicken thighs Chicken thighs	without skin, cooked	1.5 oz.	84
Chicken wings	roasted	1/2	50
Turkey breast	deli	1 oz.	30
Turkey, dark meat	with skin, cooked	1.5 oz.	94
Turkey, dark meat	without skin, cooked	1.5 oz.	80
Turkey, light meat	with skin, cooked	1.5 oz.	70
Turkey, light meat	without skin, cooked	1.5 oz.	60
Ground turkey	lean, cooked	1.5 oz.	85
Ground turkey	extra lean, cooked	1.5 oz.	60
Fish & Seafood			
Food	Variety	Serving Size	Calories
Catfish	cooked	1.5 oz.	65
Clams	-	6 large	90
Cod	cooked	3 oz.	90
Crab	cooked, blue, fresh	3 oz.	90
Crab	blue, canned	1/2 cup	70
Crab	imitation	3 oz.	90
Halibut	Atlantic, cooked	1.5 oz.	60
Lobster	cooked	1.5 oz.	55
Mussels	cooked	1.5 oz.	73
Orange roughy Oysters	cooked	3 oz. 6	75 65
Salmon	- Atlantic fresh, cooked	1.5 oz.	78
Salmon	smoked	1.5 oz.	50
Scallops	bay, cooked	1.5 oz.	60
Scallops	sea	3 large	60
Tuna	yellowfin, fresh, cooked	1.5 oz.	60
Tuna	canned in water	1/4 cup	60
Eggs			
Food	Variety	Serving Size	Calories

Food	Variety	Serving Size	Calories
Egg	-	1 large	75
Egg	white	1	15

### **Calorie Charts**

200 Snacks Under 100 Calories, continued

Egg     yolk     1     60       Egg     substitute     1/4 cup       Nuts & Seeds        Food     Variety     Serving Size     Calories       Almonds     -     12     84       Cashews     -     9     83       Flax seeds     -     17bsp.     95       Peanut Butter     -     17bsp.     95       Peanuts     oil roasted     20     85       Pecans     -     17bsp.     50       Peanuts     oil roasted     20     85       Pecans     -     17bsp.     50       Pumpkin seeds     -     17bsp.     50       Sunflower seeds     -     17bsp.     50       Money     -     17bsp.     50       Maple syrup     -     17bsp.     50       Maple syrup     regular     17bsp.     55       Pancake syrup     regular     17bsp.     55       Pancake syrup     regular     17bsp.     55 </th <th>Eggs, o</th> <th>continued</th> <th></th> <th></th> <th></th>	Eggs, o	continued			
Nuts & SeedsVarietyServing SizeCaloriesFoodVarietyServing SizeCaloriesAlmonds-1284Cashews-983Flax seeds-17bsp.95Peanut butter-17bsp.95Peanutsoil roasted2085Pecans-17bsp.50Poppy seeds-17bsp.50Pumpkin seeds-27bsp.95Sunflowr seeds-17bsp.50Sugars & Sweets-17bsp.50Honey-17bsp.50Honey-17bsp.50Maple syrup-17bsp.50Pancake syrup-17bsp.50Pancake syrupregular17bsp.50Pancake syrupregular17bsp.50Pancake syrupregular17bsp.55Sugarwhite or brown1 tsp.15Alcoholic Beverages-17bsp.55Beerregular6 fl.oz.73Beerlight6 fl.oz.65Bloody Mary-1 fl.oz.65Sherrydry red, white, or blush2 fl.oz.80Winedry red, white, or blush2 fl.oz.85Daiquiri-1 fl.oz.65Sherrydry red, white, or blush2 fl.oz.85Other Beverages-8 fl.oz.72Other Beverages-<		Egg	yolk	1	60
Food     Variety     Serving Size     Calories       Almonds     -     12     84       Cashews     -     9     83       Flax seeds     -     17bsp.     95       Peanut butter     -     17bsp.     95       Peanuts     oil roasted     20     80       Peanuts     oil roasted     20     85       Pecans     -     17bsp.     50       Poppy seeds     -     17bsp.     50       Pumpkin seeds     -     27bsp.     95       Sunflower seeds     -     17bsp.     50       Pumpkin seeds     -     17bsp.     50       Manores exits     -     17bsp.     50       Honey     -     17bsp.     50       Maple syrup     -     17bsp.     50       Maple syrup     regular     17bsp.     50       Pancake syrup     regular     17bsp.     50       Pancake syrup     regular     17bsp.     50       Beer<		Egg	substitute	1/4 cup	
Food     Variety     Serving Size     Calories       Almonds     -     12     84       Cashews     -     9     83       Flax seeds     -     17bsp.     95       Peanut butter     -     17bsp.     95       Peanuts     oil roasted     20     80       Peanuts     oil roasted     20     85       Pecans     -     17bsp.     50       Poppy seeds     -     17bsp.     50       Pumpkin seeds     -     27bsp.     95       Sunflower seeds     -     17bsp.     50       Pumpkin seeds     -     17bsp.     50       Manores exits     -     17bsp.     50       Honey     -     17bsp.     50       Maple syrup     -     17bsp.     50       Maple syrup     regular     17bsp.     50       Pancake syrup     regular     17bsp.     50       Pancake syrup     regular     17bsp.     50       Beer<	Nuts	& Seeds			
Almonds   -   12   84     Cashews   -   9   83     Flax seeds   -   2Tbsp.   95     Peanut butter   -   1Tbsp.   95     Peanuts   dir oasted   20   85     Peanuts   01 roasted   20   85     Peanuts   01 roasted   20   85     Peanuts   -   15   80     Poppy seeds   -   17bsp.   50     Pumpkin seeds   -   2Tbsp.   95     Sunflower seeds   -   1Tbsp.   50     Sugars & Sweets   -   1Tbsp.   50     Food   Variety   Serving Size   Calories     Chocolate syrup   -   1Tbsp.   50     Honey   -   1Tbsp.   50     Maple syrup   -   1Tbsp.   50     Pancake syrup   reduced-calorie   1Tbsp.   55     Pancake syrup   reduced-calorie   1Tbsp.   20     Sugar   White or brown   1tsp.   50     Boody Mary	THE		Variety	Serving Size	Calories
Cashews     -     9     83       Flax seeds     -     2Tbsp.     95       Peanuts     dry roasted     20     80       Peanuts     oil roasted     20     85       Pecans     -     15     80       Poppy seeds     -     17bsp.     50       Pumpkin seeds     -     27bsp.     95       Sunflower seeds     -     17bsp.     50       Sugars & Sweets     -     17bsp.     50       Food     Variety     Serving Size     Calories       Chocolate syrup     -     17bsp.     20       Honey     -     17bsp.     20       Jam/jelly     -     17bsp.     20       Maple syrup     -     17bsp.     50       Pancake syrup     regular     17bsp.     50       Pancake syrup     regular     17bsp.     25       Sugar     Variety     Serving Size     Calories       Boody Mary     -     17bsp.     50			-	•	
Flax seeds   -   2 Tbsp.   95     Peanut butter   -   1 Tbsp.   95     Peanuts   oil roasted   20   80     Peanuts   oil roasted   20   85     Pecans   -   1 Tbsp.   50     Poppy seeds   -   1 Tbsp.   50     Pumpkin seeds   -   2 Tbsp.   95     Sunflower seeds   -   1 Tbsp.   50     Sugars & Sweets   -   1 Tbsp.   50     Food   Variety   Serving Size   Calories     Chocolate syrup   -   1 Tbsp.   50     Honey   -   1 Tbsp.   50     Maple syrup   -   1 Tbsp.   50     Pancake syrup   regular   1 Tbsp.   50     Pancake syrup   regular   1 Tbsp.   55     Sugar   white or brown   1 tps.   55     Sugar   Variety   Serving Size   Calories     Beer   Ight   6 fl.oz.   50     Bloody Mary   -   4 fl.oz.   56					
Peanut butter     -     1 Tbsp.     95       Peanuts     dry roasted     20     80       Peanuts     oil roasted     20     85       Pecans     -     15     80       Poppy seeds     -     1 Tbsp.     50       Pumpkin seeds     -     2 Tbsp.     95       Sunflower seeds     -     1 Tbsp.     50       Sugars & Sweets     -     1 Tbsp.     50       Food     Variety     Serving Size     Calories       Chocolate syrup     -     1 Tbsp.     20       Jam/jelly     -     1 Tbsp.     50       Maple syrup     -     1 Tbsp.     50       Pancake syrup     regular     1 Tbsp.     55       Pancake syrup     regular     1 Tbsp.     55       Sugar     white or brown     1 tsp.     55       Sugar     white or brown     1 tsp.     55       Beer     regular     6 fl.oz.     73       Beer     light     6 fl.oz.     56 </td <td></td> <td></td> <td>_</td> <td></td> <td></td>			_		
Peanuts     dry roasted     20     80       Peanuts     oil roasted     20     85       Pecans     -     15     80       Poppy seeds     -     2 Tbsp.     50       Pumpkin seeds     -     2 Tbsp.     50       Sunflower seeds     -     2 Tbsp.     50       Sugars & Sweets     -     1 Tbsp.     50       Food     Variety     Serving Size     Calories       Chocolate syrup     -     1 Tbsp.     50       Honey     -     1 Tbsp.     50       Maple syrup     -     1 Tbsp.     50       Pancake syrup     regular     1 Tbsp.     55       Sugar     white or brown     1 tsp.     15       Alcoholic Beverages     -     1 Tbsp.     55       Sugar     Variety     Serving Size     Calories       Beer     light     6 fl. oz.     50       Bloody Mary     -     1 fl. oz.     56       Gin, rum, vodka, whiskey     80 proof     4 fl. o			_		
Peanuts     oil roasted     20     85       Pecans     -     15     80       Poppy seeds     -     1 Tbsp.     50       Pumpkin seeds     -     2 Tbsp.     95       Sunflower seeds     -     1 Tbsp.     50       Sugars & Sweets     -     Serving Size     Calories       Food     Variety     Serving Size     Calories       Chocolate syrup     -     1 Tbsp.     50       Honey     -     1 Tbsp.     50       Honey     -     1 Tbsp.     50       Maple syrup     -     1 Tbsp.     50       Pancake syrup     regular     1 Tbsp.     50       Pancake syrup     regular     1 Tbsp.     55       Pancake syrup     regular     1 Tbsp.     25       Sugar     Variety     Serving Size     Calories       Beer     light     6 fl.oz.     50       Boody Mary     -     4 fl.oz.     65       Daiquiri     -     1 fl.oz.     6			dry roasted		
Pecans     -     15     80       Poppy seeds     -     1 Tbsp.     50       Pumpkin seeds     -     1 Tbsp.     50       Sunflower seeds     -     1 Tbsp.     50       Sugars & Sweets     -     1 Tbsp.     50       Sugars & Sweets     -     1 Tbsp.     50       Good     Variety     Serving Size     Calories       Chocolate syrup     -     1 Tbsp.     50       Honey     -     1 Tbsp.     50       Maple syrup     -     1 Tbsp.     50       Maple syrup     reduced-calorie     1 Tbsp.     55       Pancake syrup     reduced-calorie     1 Tbsp.     55       Sugar     white or brown     1 tsp.     15       Alcoholic Beverages     -     4fl.oz.     73       Beer     light     6 fl.oz.     73       Beer     light     6 fl.oz.     58       Daiquiri     -     1 fl.oz.     56       Gin, rum, vodka, whisky     80 proof     4f					
Poppy seeds-1 Tbsp.50Pumpkin seeds-2 Tbsp.95Sunflower seeds-1 Tbsp.50Sugars & SweetsFoodVarietyServing SizeCaloriesChocolate syrup-1 Tbsp.50Honey-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupregular1 Tbsp.55Pancake syrupregular1 Tbsp.55Sugarwhite or brown1 tsp.15Alcohobic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl.oz.73Beerlight6 fl.oz.50Boody Mary-4 fl.oz.50Daiquiri-1 fl.oz.56Gin, rum, vodka, whisky80 proof1/2 fl.oz.88Daiquiri-1 fl.oz.66Gin, rum, vodka, whiskey80 proof4 fl.oz.80Winecale celer4 fl.oz.80Winevith fat-free milk8 fl.oz.80Café lattewith fat-free milk8 fl.oz.55Café lattewith fat-free milk8 fl.oz.55Café lattewith fat-free milk8 fl.oz.55Café lattewith fat-free milk8 fl.oz.55Café lattewith fat-free milk </td <td></td> <td></td> <td>-</td> <td></td> <td></td>			-		
Pumpkin seeds Sunflower seeds-2 Tbsp.95 StroppSugars & Sweets-1 Tbsp.50FoodVarietyServing SizeCalories CaloriesHoney Jam/jelly-1 Tbsp.20 StroppJam/jelly-1 Tbsp.50Maple syrup Pancake syrup Sugar-1 Tbsp.50Pancake syrup Sugar-1 Tbsp.50Pancake syrup Sugarregular1 Tbsp.55Pancake syrup Sugarregular6 fl.oz.73Beer Beer Diajuiri Liqueurs54 proof6 fl.oz.73Boody Mary Liqueurs-4 fl.oz.58Daiquiri Wine Wine-4 fl.oz.58Sugar90 proof4 fl.oz.58Daiquiri Wine-1 fl.oz.58Supcoler-4 fl.oz.58Cother Beverages-4 fl.oz.58FoodVariety Vred, white, or blush Sweet dessert2 fl.oz.72Other Beverages8 fl.oz.80 St55FoodVariety Vin fat-free milk Club soda CappuccinoServing Size Calories Calories Calories St5556FoodVariety Vin water6 fl.oz.5556FoodVariety Vin fat-free milk Caf flatte Cafe latte Coda6 fl.oz.5556FoodVariety Vin water6 fl.oz.5556Coda-8 fl.oz. <td></td> <td></td> <td>-</td> <td></td> <td></td>			-		
Sunfower seeds     -     1 Tbsp.     50       Sugars & Sweets     Variety     Serving Size     Calories       Food     Variety     Serving Size     Calories       Chocolate syrup     -     1 Tbsp.     50       Honey     -     1 Tbsp.     50       Jam/jelly     -     1 Tbsp.     50       Maple syrup     -     1 Tbsp.     50       Pancake syrup     regular     1 Tbsp.     55       Pancake syrup     reduced-calorie     1 Tbsp.     25       Sugar     white or brown     1 tsp.     15       Alcoholic Beverages     regular     6 fl. oz.     73       Beer     regular     6 fl. oz.     93       Liqueurs     54 proof     1/2 fl. oz.     93       Liqueurs     54 proof     1/2 fl. oz.     65       Sherry     dry     4 fl. oz.     65       Sherry     dry     4 fl. oz.     65       Sherry     dry     4 fl. oz.     65       Wine     sweet d			_		
Sugars & SweetsVarietyServing SizeCaloriesFoodVariety-1 Tbsp.50Honey-1 Tbsp.50Jam/jelly-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupregular1 Tbsp.55Pancake syrupreduced-calorie1 Tbsp.55Sugarwhite or brown1 tsp.15Alcoholic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl. oz.73Beerlight6 fl. oz.50Bloody Mary-4 fl. oz.93Liqueurs54 proof1/2 fl. oz.56Gin, rum, vodka, whiskey80 proof4 fl. oz.65Sherrydry red, white, or blush2 fl. oz.80Winedry red, white, or blush2 fl. oz.80Winesweet dessert4 fl. oz.90Wine cooler-8 fl. oz.72Other BeveragesFoodVarietyServing SizeCaloriesCafé lattewith fat-free milk8 fl. oz.80Café lattewith fat-free milk8 fl. oz.55Club soda-8 fl. oz.55Hot cocoa mixwith water4 fl. oz.60Tonic water-8 fl. oz.55Sodadiet12 fl. oz.65 </td <td></td> <td></td> <td>-</td> <td></td> <td></td>			-		
FoodVarietyServing SizeCaloriesChocolate syrup-1 Tbsp.50Honey-1 Tbsp.20Jam/jelly-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupregular1 Tbsp.25Sugarwhite or brown1 tsp.15Alcoholic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl.oz.73Beerlight6 fl.oz.50Bloody Mary-4 fl.oz.93Liqueurs54 proof1/2 fl.oz.58Daiquiri-1 fl.oz.56Gin, rum, vodka, whiskey80 proof4 fl.oz.80Winedry red, white, or blush2 fl.oz.85Winesweet dessert4 fl.oz.90Winesweet dessert4 fl.oz.50Winesweet dessert4 fl.oz.50Winesweet dessert4 fl.oz.50Winesweet dessert4 fl.oz.55Club soda-8 fl.oz.55Club soda-8 fl.oz.55Club soda-8 fl.oz.55Hot cocoa mixwith fat-free milk8 fl.oz.55Hot cocoa mixwith water4 fl.oz.60Coffeebrewed6 fl.oz.55Hot cocoa mixwith water4 fl.oz.6	Curre	ve O Curente		·	
Chocolate syrup-1 Tbsp.50Honey-1 tsp.20Jam/jelly-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupreduced-calorie1 Tbsp.25Sugarwhite or brown1 tsp.15Alcoholic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl.oz.50Bloody Mary-4 fl.oz.50Liqueurs54 proof1/2 fl.oz.58Daiquiri-1 fl.oz.56Sherrydry4 fl.oz.65Sherrydry4 fl.oz.65Winesweet dessert4 fl.oz.65Winesweet dessert4 fl.oz.90Wine cooler-8 fl.oz.72Other BeveragesFoodVarietyServing SizeCaloriesGrafe lattewith fat-free milk8 fl.oz.80Café lattewith fat-free milk8 fl.oz.55Club soda-8 fl.oz.55Club soda-8 fl.oz.55Hot coco mixwith water4 fl.oz.60Tonic water-8 fl.oz.55Sodadiet12 fl.oz.60	Suga		Variety	Serving Size	Calorios
Honey Jam/jelly-1 tsp.20Jam/jelly-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupreduced-calorie1 Tbsp.25Sugarwhite or brown1 tsp.15Alcoholic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl.oz.73Beerlight6 fl.oz.50Bloody Mary-4 fl.oz.58Daiquiri-1 fl.oz.58Daiquiri-1 fl.oz.58Kine60 proof1/2 fl.oz.56Gin, rum, vodka, whiskey80 proof4 fl.oz.65Sherrydry4 fl.oz.65Winesweet dessert4 fl.oz.80Wine coler-8 fl.oz.72Other BeveragesFoodVarietyServing SizeCaloriesGafé lattewith fat-free milk8 fl.oz.80Cappuccinowith fat-free milk8 fl.oz.55Club soda-8 fl.oz.55Hot coco mixwith water4 fl.oz.60Toric water-8 fl.oz.55Gada-8 fl.oz.55Gada-8 fl.oz.55Gada-8 fl.oz.55Club soda-8 fl.oz.55Gadawith water4 fl.oz.6			vallety	-	
Jam/jelly-1 Tbsp.50Maple syrup-1 Tbsp.50Pancake syrupregular1 Tbsp.55Pancake syrupreduced-calorie1 Tbsp.25Sugarwhite or brown1 tsp.15Alcoholic BeveragesFoodVarietyServing SizeCaloriesBeerregular6 fl. oz.73Beerlight6 fl. oz.50Bloody Mary-4 fl. oz.93Liqueurs54 proof1/2 fl. oz.58Daiquiri-1 fl. oz.56Gin, rum, vodka, whiskey80 proof4 fl. oz.65Sherrydry4 fl. oz.80Winedry red, white, or blush2 fl. oz.85Winesweet dessert4 fl. oz.72Other BeveragesVarietyServing SizeCaloriesFoodVarietyServing SizeCaloriesCafe lattewith fat-free milk8 fl. oz.55Club soda-8 fl. oz.55Club soda-8 fl. oz.55Hot cocoa mixwith water4 fl. oz.60Tonic water-8 fl. oz.55Sodadiet12 fl. oz.65			-		
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Hot cocoa mixwith water4 fl. oz.60Tonic water-8 fl. oz.85Sodadiet12 fl. oz.0		Club soda	-	8 fl. oz.	0
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Soda diet 12 fl. oz. 0			with water		
		Tonic water	-		85
			1	1ጋብ	0
5					
		Soda	regular	6 fl. oz.	73
		Soda Tea	regular brewed	6 fl. oz. 6 fl. oz.	73 5
		Soda Tea Tea	regular	6 fl. oz. 6 fl. oz. 8 fl. oz.	73 5 90
lea sweetened iced 8 fl.oz 90		Soda Tea	regular brewed	6 fl. oz. 6 fl. oz.	73 5
Teasweetened iced8 fl. oz.90Water-8 fl. oz.0		Soda Tea Tea	regular brewed	6 fl. oz. 6 fl. oz. 8 fl. oz.	73 5 90