

Fruits and Vegetables Calorie List

Food Serving	Size	Calories
Juices		
Apple juice or cider	1 cup	120
Apricot nectar	1 cup	140
Cranberry cocktail	1 cup	145
Cranberry cocktail, reduced-calorie	1 cup	45
Grape juice	1 cup	150
Grapefruit juice	1 cup	95
Lemon juice	2 tablespoon	10
Lime juice	2 tablespoon	10
Orange juice	1 cup	110
Pineapple juice	1 cup	140
Prune juice	1 cup	180
Tomato juice	1 cup	50
Vegetable juice	1 cup	50
Fruits		
Apple	1 medium	80
Applesauce, sweetened	1/2 cup	100
Applesauce, unsweetened	1/2 cup	50
Apricots, dried	4 halves	40
Apricots, fresh	1 medium	20
Avocado	1/4 medium	80
Banana	1 medium	110
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, dried	1/4 cup	100
Cranberries, fresh	1/2 cup	25

Fruit cocktail, canned in heavy syrup	1/2 cup	90
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	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 medium	100
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
Raisins	1/4 cup	125
Raspberries	1 cup	60
Strawberries	1 cup	50
Tangerine	1 medium	35
Watermelon	1 cup	50

Vegetables

Artichokes, cooked	1 medium	60
Artichoke, marinated hearts	1/2 cup	110
Asparagus, cooked	1/2 cup	20
Broccoli, cooked	1/2 cup	20
Broccoli, raw	1/2 cup	10
Brussel sprouts, cooked	1/2 cup	30
Carrots, cooked	1/2 cup	35
Carrots, raw	1 large	30
Celery, raw	1 stalk	5
Corn, cooked	1/2 cup	65
Cucumber, raw	1/2 medium	20

Green beans, cooked	1/2 cup	25
Jicama, raw	1/2 cup	25
Lettuce, raw	1 cup	5
Mixed vegetables, frozen	1/2 cup	55
Mushrooms, canned	1/2 cup	20
Mushrooms, raw	1/2 cup	10
Onions, raw	1/2 cup	30
Pea pods, cooked	1/2 cup	35
Peas, cooked	1/2 cup	65
Peppers, sweet, raw	1/2 cup	20
Potato, baked	1 (4 ounces)	125
Potato, French fries	10 medium	100
Potatoes, mashed With lowfat milk	1/2 cup	90
Spinach, cooked	1/2 cup	20
Spinach, raw	1 cup	10
Sweet potatoes, baked	1 (4 ounces)	115
Tomato, canned	1/2 cup	25
Tomato, dried	1/2 cup	70
Tomato, raw	1 medium	25