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## EC9981 Revised 1954 Calories from Some Everyday Foods

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COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS

U. OF N. Agr. College & U. S. Dept. of Cooperating  
.....W: V. Lambert, Director, Lincoln

CALORIES FROM SOME EVERDAY FOODS

The following figures on the approximate calorie values of some common foods are based on the edible portion of the food. Raw and cooked foods are indicated whenever the calorie value would be noticeably different. Data are given in quantities that can be readily adjusted to servings of different sizes. Values for prepared foods and food mixtures have been calculated from typical recipes. Except when stated, no allowances are made for additions in preparation of serving, such as sugar, cream, butter, sauces, and dressings.

Foods are grouped according to the Basic 7 plan, which calls for selecting some food from each of the seven groups daily for a good diet. Additional foods not included in the Basic 7 are also given to show their caloric values.

GROUP 1 - LEAFY, GREEN, AND YELLOW VEGETABLES

CALORIES

Asparagus, 6 stalks, medium size .....	20
Beans, lima, cooked, 1 cup .....	150
Beans, snap, 1 inch pieces, cooked 1 cup .....	25
Broccoli, 1 cup .....	45
Brussels sprouts, cooked, 1 cup .....	60
Cabbage, green, 1 cup cooked .....	40
Carrots, 1 cup .....	45
Greens, all types-- $\frac{1}{2}$ cup cooked .....	25
Lettuce, 1/8 head .....	10
Peas, green, 1 cup .....	110
Pumpkin; winter squash, 1/2 cup mashed .....	40
Sweet potatoes, 1 medium .....	215

GROUP 2 -- CITRUS FRUITS, TOMATOES, RAW CABBAGE, other high vitamin C foods

Citrus juices, unsweetened, 1/2 cup .....	50.....
Grapefruit, 1/2 medium .....	50
Grapefruit juice, sweetened, 1/2 .....	80
Oranges, 1 medium .....	50
Tangerines 1 small .....	25
Tomatoes, 1 tomato, 3 inches in diameter .....	30
Tomato juice, 4 ounces .....	25
Cantaloups or muskmelons, 1/4, 5 inches in diameter .....	25
Pineapples, raw, diced, 1 cup .....	75
Strawberries, raw, 1 cup .....	55
Cabbage, raw, 1/2 cup chopped .....	10
Endive; chicory, raw, 1/2 cup .....	10
Peppers, green, raw, 1 pepper .....	15

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Group 3 - POTATOES, OTHER VEGETABLES AND FRUITS

Calories

Beets, cooked, diced, 1 cup .....	70
Cauliflower, cooked, 1 cup .....	30
Celery, 1/2 cup diced or 3 medium stalks .....	15
Corn, sweet, one 5-inch ear or 1/2 cup .....	85
Cucumbers, 6 slices .....	5
Eggplant, 1 slice .....	30
Onions, mature, 1 onion 2 1/2 inches diameter .....	50
Onions, young, green, 6 small .....	25
Parsnips, cooked, 1 cup .....	95
Potatoes, 1 medium .....	100
Potatoes, French fried, 8 pieces .....	155
Radishes, raw, 4 radishes .....	5
Squash, summer, 1 cup .....	30
Turnips; rutabagas, 1 cup cooked, diced .....	40
Vegetables, strained infant, 1 ounce .....	10
Apples, raw, 1 medium 2 1/2 inches in diameter .....	75
Apples, canned, sweetened, 1/2 cup .....	95
Apricots, raw, 2 medium, .....	40
Apricots, canned in sirup, 3 to 4 halves .....	95
Avocados, 1/2 avocado, 4 inches in diameter .....	265
Bananas, 1 medium .....	100
Berries; blackberries, blueberries, raspberries, 1 cup .....	85
Cherries, 1 cup .....	65
Cranberry sauce, sweetened 1/4 cup .....	100
Dates, 4 .....	90
Figs, fresh, 2 or 3 .....	90
Fruit cocktail canned, 1 cup .....	180
Grapes, 1 bunch of 20 to 25 .....	75
Peaches, raw, 1 medium .....	50
Peaches, canned in sirup, 2 halves and 2 tablespoons juice ..	95
Pears, raw, 1 medium .....	70
Pears, canned in sirup, 2 halves and 2 tablespoons juice ...	75
Persimmons, Japanese, 1 medium. 2-1/4 inches in diameter ....	95
Pineapples, canned in sirup, 1 slice and 1 tablespoon juice .	75
Plums, 2 to 3 medium .....	55
Prunes, dried, 4 medium .....	80
Raisins, 1/4 cup .....	90
Rhubarb sauce, sweetened, 1/2 .....	120
Watermelons, 1 slice, 6 x 3 x 1 inch .....	30

GROUP 4 - MILK, CHEESE, MILK DESSERTS

Milk, whole fluid, 1 cup .....	165
Milk, skim or buttermilk; fluid, 1 cup .....	85
Milk, condensed, sweetened, 1/2 cup .....	490
Milk, evaporated, unsweetened, 1/2 cup .....	175
Milk, dry, nonfat solids, 1 tablespoon .....	40
Cream, light, 20 per cent fat, 1 tablespoon .....	30
Cream, heavy, 1 tablespoon .....	50



Calories

Cheese, cottage, 1/4 .....	50
Cheese, cream, 1 ounce or 2 tablespoons .....	105
Cheese, all other, 1 ounce .....	105
Blanc mange, 1/2 cup .....	135
Custard, baked, 1/2 cup .....	140
Ice cream, plain, 1/2 cup .....	210
Malted milk, 1 cup .....	280

GROUP 5 - MEAT, POULTRY, FISH, DRIED BEANS AND PEAS, NUTS

Beef roast, lean, 1 medium serving .....	160
Beef, hamburger, 1 patty .....	240
Beef steak, 1 medium serving .....	255
Beef, dried, 2 thin slices .....	60
Beef, and vegetable stew, 1 cup .....	125
Frankfurter, 1 cooked .....	125
Lamb, leg roast, 1 medium serving .....	160
Liver, beef, fried 2 ounces .....	120
Luncheon meat, 2 ounces .....	165
Pork loin or chops, 1 medium serving .....	285
Pork ham, cooked, 1 medium serving .....	205
Pork sausage 1 patty .....	185
Poultry, 1 medium serving .....	160
Fish, broiled, 1 medium serving .....	105
Shellfish, 1/2 cup .....	90-100
Salmon, canned, 3 ounces or 1/2 cup .....	120
Sardines, canned, 4 sardines .....	90
Tuna fish, canned, 3 ounces or 1/2 cup .....	180
Eggs - medium	
1 whole .....	75
1 white .....	15
1 yolk .....	60
Dried beans and peas, - 1 ounce dry (scant 1/2 cup cooked) .....	100
Peanut butter, 1 tablespoon .....	90
Nuts, assorted, 10 to 15 .....	100

GROUP 6 - BREAD, FLOUR, CEREALS

Bread, all kinds, 1 slice .....	65
Biscuits, 1 biscuit, 2 1/2 inches in diameter .....	135
Muffins, 1 muffin, 2 3/4 inches in diameter .....	135
Rolls: plain; sweet, 1 roll, 3 inches in diameter .....	120
Crackers, assorted, 1 cracker .....	20
Cereals: corn; oats; rice; wheat; (about 3/4 cup cooked) ....	90-100
Macaroni; noodles; 1 ounce dry (about 3/4 cup cooked) .....	110
Rice, puffed, 1/2 ounce or 1 cup .....	55
Corn flakes, 3/4 ounce or 1 cup .....	95
Wheat flakes, 3/4 ounce or 1/2 cup .....	80
Shredded wheat, 1 ounce or 1 biscuit .....	70



GROUP 7 - BUTTER AND FORTIFIED MARGARINE

Calories

Butter; Margarine; 1 Tablespoon ..... 100

OTHER FOODS BESIDES THOSE IN THE BASIC 7 GROUPS

Beverages, carbonated, Kola type, 1 cup ..... 105

Cakes:

Angel food, 2-inch sector ..... 110

Doughnuts, cake type, 1 doughnut ..... 135

Fruit cake, dark, 2 x 2 x 1/2 inch ..... 105

Plain cake and cupcakes ..... 130

Candy, 1 ounce ...

Caramels ..... 120

Chocolate, sweetened, milk ..... 145

Fudge, plain ..... 115

Hard ..... 110

Marshmallows ..... 90

Cookies assorted, 1 3-inch cookie ..... 110

Gelatin dessert, plain, 1 serving ..... 55

Jams; marmalades; jellies; 1 tablespoon ..... 55

Olives, green, 1 olive ..... 7

Olives, ripe, 1 large olive ..... 18

Pickles, dill, 1 large ..... 15

Pies, 4-inch sector (9 inch diameter)

Apple ..... 330

Custard ..... 265

Lemon meringue ..... 300

Mince ..... 340

Pumkin ..... 265

Sugar; sirup; honey; 1 tablespoon ..... 50

Waffles, baked, 1 square ..... 215

Bacon, broiled, 2 slices ..... 95

Other fats; oils; 1 tablespoon ..... 125

Salad dressings, 1 tablespoon

French ..... 60

Home-cooked ..... 30

Mayonnaise ..... 90

This material was adapted from the table of Food Values in Common Portions, by U.S.D.A.