

FRUIT	Calories		Calories
<b>Apples (1 Medium)</b>		Pork Tenderloin - lean	119
Red Delicious (5.4 oz)	80	Veal, loin - very lean	115
Fuji (5.4 oz)	80	<b>SEAFOOD (3.5 oz when raw)</b>	
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
<b>Strawberries (6 Large)</b>		Flounder	90
6 Large (1-3/8" diameter)	35	Grouper	91
<b>Oranges (1 Medium)</b>		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
<b>Grapefruit (white, red, or pink)</b>		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
<b>Cantaloupe (1 cup)</b>		Scallops	87
Balls (177g/6.24 oz)	60	<b>VEGETABLES</b>	
Cubes (160g/5.64 oz)	54	Fresh or Frozen (3.5 oz)	
Diced (156g/5.5 oz)	53	Asparagus	20
<b>Other Berries (1/2 cup)</b>		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
<b>Miscellaneous</b>		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
<b>PROTEIN</b>		Cucumbers (peeled/ with peel)	12/15
<b>Meat (3.5 oz when raw)</b>		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