

Calorie Content in Various Vegetables and Fruits

Vegetable Subgroups:

Dark Green Vegetables	Calories in a ½ Cup Serving
Bok Choy (Raw)	4.2
Broccoli (Raw)	15
Collard Greens (Boiled, Drained, Without Salt)	24.5
Kale (Raw)	17
Romaine (Raw)	5
Spinach(Raw)	3.5
Turnip Greens (Boiled, Drained, Without Salt)	14.5
Watercress (Raw)	2

Red/Orange Vegetables	Calories in a ½ Cup Serving
Acorn Squash (Cooked, Baked, Without Salt)	47.5
Butternut Squash (Cooked, Baked Without Salt)	41
Carrots (Raw, Chopped)	26
Pumpkin (Mashed, Boiled, Drained, Without Salt)	24.5
Red Peppers (Raw)	23
Sweet Potatoes (Baked in Skin, Without Salt)	90
Tomatoes (Raw, Chopped)	15.5
Tomato Juice (Canned Without Added Salt)	20.5

Beans and Peas (Legumes)	Calories in a ½ Cup Serving
Black Beans (Cooked, Boiled, Without Salt)	114
Black-eyed Peas (Mature, Dry)	90
Garbanzo Beans (Cooked, Boiled, Without Salt)	135
Kidney Beans (Cooked, Boiled, Without Salt)	113
Lentils (Cooked, Boiled, Without Salt)	115
Pinto Beans (Cooked, Boiled, Without Salt)	123
Soy Beans (Frozen in Pods)	100
Split Peas (Dry)	180
White Beans (Cooked, Boiled, Without Salt)	105

Starchy Vegetables	Calories in a ½ Cup Serving
Black-eyed Peas/Cowpeas (Not Dry, Boiled, Drained, Without Salt)	80
Cassava (Boiled in Unsalted Water)	133
Corn (Cooked, Boiled, Drained, Without Salt)	88.5
Field Peas (Frozen)	110
Green Peas (Cooked, Boiled, Drained, Without Salt)	67
Green Lima Beans (Cooked, Boiled, Drained, Without Salt)	105
Plantains (Sliced)	90.5
Potatoes (Boiled, Cooked Without Skin, Without Salt)	67
Taro (Cooked, Without Salt)	93.5
Water Chestnuts (In Water)	20

Other Vegetables	Calories in a ½ Cup Serving
Artichokes (Hearts, Boiled, Drained, Without Salt)	45
Asparagus (Cooked, Boiled, Drained, Without Salt)	20
Avocado (Fresh, Cubes)	120
Bean Sprouts (In Water)	25
Beets (Sliced, Canned)	25
Brussels Sprouts (Cooked, Boiled, Drained, Without Salt)	28
Cabbage (Shredded, Boiled, Drained, Without Salt)	17
Cauliflower (Raw)	12.5
Celery (Raw)	9.5
Cucumber (Raw, Sliced)	8
Eggplant (Cubed, Boiled, Drained, Without Salt)	17.5
Green Beans (Cooked, Boiled, Drained, Without Salt)	22
Green Peppers (Chopped, Raw)	15
Iceberg (head) Lettuce (Raw)	4
Mushrooms (Raw)	7.5
Okra (Sliced, Boiled, Drained, Without Salt)	18

Onions (Cooked, Boiled, Drained Without Salt)	46
Parsnips (Sliced, Boiled, Drained, Without Salt)	55
Turnips (Cubed, Boiled, Drained, Without Salt)	17
Wax Beans	20
Zucchini (Includes Skin, Boiled, Drained, Without Salt)	14.5

Fruits:

Fruit	Calories in a ½ Cup Serving
Apples (Raw, Sliced)	28.5
Apple Juice (100%)	52
Apricots (Halved)	37
Bananas (Raw, Sliced)	67
Blueberries (Raw)	41.5
Cantaloupe (Raw, Cubed)	27
Cherries (Raw, With Pits)	37
Grapefruit (Raw, Sections)	48.5
Grapefruit Juice (100%)	48
Grape Juice (100%)	75.5
Grapes (Raw)	31
Honeydew (Raw, Cubed)	32
Kiwi (Raw, Sliced)	54
Mangos (Raw, Sliced)	53.5
Nectarines (Raw, Sliced)	30.5
Oranges (Raw, Sections)	42.5
Orange Juice (100%)	56
Peaches (Raw, Sliced)	33
Pears (Raw, Sliced)	48
Papaya (Raw, Cubed)	27.5
Pineapple (Raw, Cubed)	39
Plums (Raw, Sliced)	38
Raisins (Dried, Not Packed)	217
Raspberries (Raw)	32
Strawberries (Raw, Halved)	24.5
Tangerines (Raw, Sections)	51.5
Watermelon (Raw, Cubed)	23

*Be sure to note that these values are the calorie content for a ½ cup serving of each food during the indicated method of preparation. They **DO NOT** account for any fat or sugar that could be added during additional preparation, resulting in an increase in total calories.