Calories in Food Table: A Simple Guide to Daily Nutrition

This table gives you a quick look at the calorie content and basic macronutrient breakdown for a variety of common foods. It's a handy tool for anyone tracking their daily intake or just curious about what's in their meals.

FOOD ITEM	SERVING SIZE	CALORIES	MACRONUTRIENTS (C/P/F)
Apple	1 medium (182g)	95 kcal	C: 25g, P: 0.5g, F: 0.3g
Banana	1 medium (118g)	105 kcal	C: 27g, P: 1.3g, F: 0.4g
Broccoli	1 cup chopped (91g)	31 kcal	C: 6g, P: 2.6g, F: 0.3g
Chicken Breast (cooked)	3 oz (85g)	165 kcal	C: 0g, P: 31g, F: 3.6g
Salmon (cooked)	3 oz (85g)	177 kcal	C: 0g, P: 17g, F: 11g
Brown Rice (cooked)	1 cup (195g)	216 kcal	C: 45g, P: 5g, F: 1.8g
White Bread	1 slice (28g)	79 kcal	C: 15g, P: 2.6g, F: 1g
Egg (large)	1 egg (50g)	78 kcal	C: 0.6g, P: 6g, F: 5g
Milk (whole)	1 cup (240ml)	149 kcal	C: 12g, P: 8g, F: 8g
Avocado	Half (100g)	160 kcal	C: 9g, P: 2g, F: 15g
Olive Oil	1 tbsp (14g)	120 kcal	C: 0g, P: 0g, F: 14g
Plain Yogurt (non-fat)	1 cup (245g)	137 kcal	C: 19g, P: 14g, F: 0.4g
Sweet Potato (baked)	1 medium (114g)	103 kcal	C: 24g, P: 2g, F: 0.2g
Black Beans (cooked)	1 cup (172g)	227 kcal	C: 41g, P: 15g, F: 0.9g
Almonds	1 oz (28g)	164 kcal	C: 6g, P: 6g, F: 14g
Cheddar Cheese	1 oz (28g)	113 kcal	C: 0.4g, P: 7g, F: 9g
Orange Juice	1 cup (240ml)	112 kcal	C: 26g, P: 1.7g, F: 0.5g
Coca-Cola	1 can (355ml)	140 kcal	C: 39g, P: 0g, F: 0g
Pepperoni Pizza	1 slice (107g)	285 kcal	C: 36g, P: 12g, F: 10g
Oatmeal (cooked)	1 cup (234g)	166 kcal	C: 28g, P: 6g, F: 3g

20 rows