Calorie Count by Ounce of Item – Counts from CalorieKing.com

Food Item	ca/Oz	Oz eaten	TOTAL
Apple, raw	15		
Grapefruit, raw	9		
Orange, raw	13		
Strawberries, raw	9		
Asparagus, raw	6		
Beet Greens	6		
Cabbage	7		
Chard	7		
Chicory	7		
Celery	1		
Cucumber	3		
Fennel	9		
Lettuce,Cos,Romaine	5		
Lettuce, Iceburg	4		
Onion, bulb raw	12		
Onion, green	9		
Radish	5		
Spinach	7		
Tomatoes, raw	5		
Chicken, raw	31		
Hamburger 85% lean	60		
Hamburger 90% Lean	50		
Hamburger 95% Lean	38		
Steak, sirloin	37		
Scallops	25		
Shrimp, shelled	30		
Halibut	31		
Flounder/Sole	26		
Lemon Juice-Wedge	1		
	0		
DAILY CALORIE TOTAL			
Water			
Tea			

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