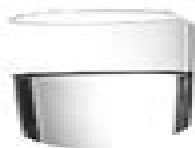


# The 10 Best Low Calorie Foods for Weight Loss

2000 of Calories = 100% of the Daily Value (%DV)

## 1 Water



0 Calories  
per 8oz cup

0 calories per 100g

## 2 Salad Greens (Watercress)



4 Calories  
per cup

11 calories per 100g

## 3 Broth



11 Calories  
per cup

5 calories per 100g

## 4 Vegetables (Mushrooms)



15 Calories  
per cup

22 calories per 100g

## 5 Fruits (Strawberries)



53 Calories  
per cup

32 calories per 100g

## 6 Vegetable Soup



67 Calories  
per cup

28 calories per 100g

## 7 Whole Grain Toast



69 Calories  
per slice

288 calories per 100g

## 8 Cod



71 Calories  
per 3oz fillet

84 calories per 100g

## 9 Eggs



78 Calories  
in 1 large egg

155 calories per 100g

## 10 Low-Fat Cottage Cheese



81 Calories  
per oz

72 calories per 100g

# Low Calorie Food Guide

**D Siedentop**



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