VEGETABLES CALORIES

Food Item	Portion	Calories	Fiber	Color
Acorn Squash, baked	1 cup	85	6	Orange
Artichoke	1 medium	60	6	White/Green
Asparagus	18 spears	60	4	White/Green
Beets, cooked	1 cup	75	3	Red/Purple
Broccoli, cooked	2 cups	85	9	Green
Brussels Sprouts	1 cup	60	4	Green
Cabbage, cooked	2 cups	70	8	Green
Cabbage, raw	2 cups	40	4	Green
Cauliflower, ckd	2 cups	55	6	Green
Carrot juice	1 cup	95	2	Orange
Carrots, cooked	1 cup	70	5	Orange
Carrots, raw	3 medium	75	6	Orange
Celery	3 large stalks	30	3	White/Green
Chinese Cabbage, ckd	2 cups	40	5	Green
Collard greens, ckd	2 cups	100	10	Yellow/Green
Corn	½ cup kernels or 1 ear	75	2	Yellow/Green
Cucumber	1 average	40	2	Yellow/Green
Eggplant, cooked	2 cups	60	5	Red/Purple
Endive, raw	1/2 head	45	8	White/Green
Green beans, ckd	2 cups	85	8	Yellow/Green
Green peas	½ cup	70	4	Yellow/Green
Green Peppers	1 large	45	3	Yellow/Green
Kale, cooked	2 cups	70	5	Green
Leeks, cooked	1 medium	40	1	White/Green
Mush rooms, cooked	1 cup	40	3	White/Green
Mustard greens, ckd	2 cups	40	6	Yellow/Green
Onion	1 large	60	3	White/Green
Peppers, red	1 large	45	3	Red/Purple
Pumpkin, cooked	1 cup	50	3	Orange
Red Cabbage, cooked	2 cups	60	6	Red/Purple
Romaine lettuce	4 cups	30	4	Yellow/Green
Spinach, cooked	2 cups	80	8	Yellow/Green
Spinach, raw	4 cups	30	4	Yellow/Green
Sweet potato	1 small 2"x5"	100	2	Orange
Swiss Chard	2 cups	70	7	Green
Tomato juice	1 cup	40	1	Red

How To Count Calories Guide

Maggie Powers, MS, RD, CDE

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