



# Calorie list of all foods

This PDF is generated from: <https://mhlengwesecurityservices.co.za/09-06-21-5646.html>

Title: Calorie list of all foods

Generated on: 2026-04-20 22:29:16

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Which foods are high in calories?

Consider these examples: Nuts are among the highest-calorie foods per gram, yet they provide healthy fats and a wide range of essential vitamins and minerals. Cheese is high in calories, but it's one of the best dietary sources of calcium and offers a high protein content.

How many calories should you eat a day?

For example, the United States Food and Drug Administration estimates that most adults require between 1,800 and 3,200 calories per day, depending on factors such as sex, age, and activity levels (1). However, this doesn't mean that high-calorie foods are "bad" and low-calorie foods are "good."

How many cups of vegetables equal a hundred calories?

But one hundred calories of vegetables can equal several cups! Calories are a unit of measurement to show how much energy you will get from a serving of food. Therefore, to lose weight, it's best to limit any calorie-dense foods - anything where you get a lot for a little - so you can eat enough food to really feel full.

Where do calorie data come from?

In this guide, you'll find calorie information for a wide range of popular and commonly consumed foods. The data is provided as calories (kcal) per 100 grams and per typical serving, with the foods listed in alphabetical order. Most of the nutritional data comes from the USDA's FoodData Central database.

**CALORIE CHART: All categories INTERACTIVE CALORIE CHART:** We have selected the most common 1000 foods and ingredients to provide you with an interactive calorie chart that can be sorted in every aspect!

Calories in Food: Calorie Chart Database How many calories are in the foods you eat? You'll find thousands of foods and their calorie values in the calorie charts on calories . Whether you're looking to ...

Description of food Fat Food Energy Carbohydrate Protein Cholesterol Weight Saturated Fat (Grams) (calories) (Grams) (Grams) (Milligrams) (Grams) (Grams) RHUBARB, COOKED, ADDED SUGAR 1 ...

In the Yazio database for nutrition facts you can find nutritional information, including calorie, vitamin and mineral content, for thousands of foods - available online and completely free of charge!



## Calorie list of all foods

Find the calorie content of 1000 common foods and ingredients in an interactive and sortable chart. Filter by categories, nutrients, and values, and see the missing ...

Caloric food tables list calories by portion size for hundreds of your favorite foods.

Get the nutrition lowdown on all your meals and everything in between. Find out the calories, carbs, fat, fiber, and more in over 37,000 foods and drinks. Whether you're eating out or dining in ...

Track calories & nutrition for 100+ foods. Perfect for weight loss, muscle gain & healthy eating. Start tracking today!

Please let us know if you have any suggestions on how to make this website better. Nutritional Values For Common Foods And Products. Daily values are based on a 2000 calorie a day diet. Recommended daily ...

If you're often wondering how many calories in food, here it is: the best-ever food calories chart. Put together by our expert nutritionist, this list helps you understand exactly what you're eating. It's ideal if you're a self ...

Many people are curious about how many calories are in specific foods. In this guide, you'll find calorie information for a wide range of popular and commonly consumed foods. The data is provided as ...

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