



## **CALORIE CHART**

<b>Food item</b>	<b>Serving</b>	<b>Calories per serving</b>
Almonds	1 ounce (30 g)	165
Apple	1	80
Angel food cake	1 piece	125
Brownie	1 piece	100
Devil's food cake	1 piece	235
Fruit juice	1 cup	115
Ice cream	1 cup	350
Macadamia nuts	1 ounce (30 g)	22
Mayonnaise	1 tablespoon	100
Mustard (yellow)	1 teaspoon	5
Potato chips	10	105
Pretzels	10	240
Soda	1 can	150
Yogurt, frozen (low-fat)	1 cup	230

[www.caloriechart.org](http://www.caloriechart.org).