

Compiled by Dr. Vradenburg 321 N Mall Dr Ste I 201 St George, UT 87483	Phone 435-674-1926 Mountain Lakes Chiropractic Clinic
Food	Calories per ounce
Coffee or Tea	0
Celery	4
Asparagus	5
Peppers	8
Fresh strawberries	9
Fresh oranges	9
Broccoli	10
Honeydew Melon	11
Fresh peaches	12
Kiwi Fruit	13
Raw carrots	13
Fresh apples	15
Whole Milk	16
Tofu	18
Canned Sweet Corn	18
Grapes	20
Bananas	26
Sliced Smoked Turkey	28
Balsamic Vinegar	29
Low fat Strawberry Yogurt	29
Tuna (in spring water)	30
Ketchup	30
Canned Black Beans	30
Canned Pork and Beans	30
Canadian bacon	30
Eggs	37
Cooked Pasta	38
Canned Chicken in water	40
Beef or Chicken bullion	40
Turkey Kielbasa	45
Hummus (prepared)	47
Corned beef hash	49
Cooked ham	50
Tuna (in oil)	52
Canned Smoked Oysters in Oil	55
Fresh avocado	55
Fiber One Cereal	60

Sour dough English muffins	61
Smuckers Grape Jelly	63
Flax Bread	64
Corn tortillas	67
Turkey bacon	70
Roman Meal bread	70
Dried apricots	70
Bagels	74
Pita bread (white)	74
Jack in the Box Cheeseburger	77
Sun Maid Dried Fruit Mix	77
Jack in the Box French Fries	80
Jack in the Box Chicken Sandwich	80
French Roll	80
Blueberry Muffin	80
Deviled ham spread	80
Beef Jerky (store bought)	80
Turkey jerky (store bought)	80
Honey	80
Jams and jellies	80
Jack in the Box French Fries	80
Tootsie Pops	82
Pitted Dates	84
Spam	85
Hot Dogs	87
Flour tortillas	89
Ballpark franks	90
Bologna	90
Velveeta	90
Brie cheese	90
Marshmallows	90
Craisins (Dried cranberries)	91
Raisin Bran	92
Raisins	92
Summer sausage	95
Corn Bran Cereal	95
Polska Kielbasa (Pork)	95
Bailey's Irish Cream	95
Rice A Roni	95
Sugar-sweetened Kool-Aid	98
Nonfat Dry Milk	98

Maple & Brown Sugar Instant Oatmeal	98
Quick Grits	98
Instant potato flakes	98
Instant Miso soup	98
Bulgur (uncooked)	100
Rold Gold Fat Free pretzels	100
Melba toast	100
Fig Newtons	100
Quick Cook Oats	100
Grape Nuts cereal	100
Corn Flakes	100
Jello Instant Chocolate Pudding	100
Fruit roll-ups (store bought)	100
Gainers Fuel 1000 (Protein Powder)	100
Power Bars	100
Clif Bars	100
Pasta Roni	100
Cous Cous	100
Coconut (raw)	100
Cream cheese	100
Wheat Chex	101
Instant rice (e.g. Minute Rice)	102
Lipton Rice & Sauce	102
Corn Chex	103
Cheerios	103
Fortune Cookies	103
Stove Top Stuffing Mix	103
Kraft original Mac & Cheese	104
Spaghetti (100% Semolina)	105
Egg Noodles	105
Brown sugar	105
Jelly Beans	105
Fruitcake	105
Cornmeal	105
Wheat Flour	105
Nutri-Grain Bars	106
Peanut Butter Power Bars	106
Sugar-sweetened lemon drink mix	107
Jelly Beans	108
Pop Tarts (All Other Flavors)	108
Brown Sugar	110

Blue cheese	110
Longhorn cheese	110
Monterrey Jack cheese	110
Sharp cheddar cheese	110
Grated canned parmesan cheese	110
Hard Candy	110
Quaker Chewy Granola Bars	110
Glazed Doughnut	110
Cap'n Crunch	112
Balance Bars	112
Little Debbie cream filled cupcakes	113
Hot Cocoa mix	115
Trix Cereal	115
Werther's Candy	115
Splenda Sweetener	115
Lipton Noodles & Sauce	116
Pop Tarts (Frosted Brown Sugar, etc.)	117
Saltine crackers	120
Cracker Jack	120
Powdered doughnuts	120
Ramen noodles	124
Little Debbie fudge brownies	124
Nabisco Aircrisp Cheese Nip Crackers	125
Quaker 100% Natural Cereal	129
Pepperoni	130
Chex mix (prepared per instructions)	130
Chow Mein Noodles	130
Doritos Plain	130
Baby Ruth candy bar	132
M & M Candy	135
Jiffy-Pop popcorn	135
Goldfish crackers	135
Triscuits	135
Milky Way candy bar	135
Chocolate covered donuts	135
Snickers candy bar	136
Oreo cookies	136
Pork bacon	140
Cheese & peanut butter crackers	140
Nacho Flavored Doritos	140
Wheat Thins	140

Plain M&M's	140
Semi-sweet chocolate chips	140
Nondairy Creamer powder	140
Coconut (dried, sweetened, shredded)	143
Cheetos	145
Peanut M&M's	147
Lays potato chips	150
Chips Ahoy cookies	150
Hershey Kisses	151
Hershey's Milk Chocolate	152
Little Debbie Nutty Bars	152
Toasted Almonds	155
Reese's PB Cup	157
Ritz crackers	158
Dry roasted peanuts	160
Fritos Corn Chips	160
Ruffles potato chips	160
Bacon	160
Almond Roca	163
Peanut Butter	166
Mixed nuts	170
Cashews (shelled)	170
Cocktail peanuts	170
Sunflower seeds (shelled)	170
Pringles	170
Fried pork rinds	175
French fried onions	180
Brazil nuts	185
Butter	200
Mayonnaise	200
Canola or Olive Oil	240