

## What Does 200 Calories Look Like?

Some foods have significantly more Calories than others but what does the difference actually *look* like. Each of the photographs below represents 200 Calories of the particular type of food; the images are sorted from low to high calorie density. When you consider that an entire plate of broccoli contains the same number of Calories as a small spoonful of peanut butter, you might think twice the next time you decide what to eat. According to the U.S. Department of Agriculture, the average adult needs to consume about 2000 - 2500 Calories to maintain their weight. In other words, you have a fixed amount of Calories to "spend" each day; based on the following pictures, which would you eat?

### **Pictures of 200 Calories of Various Foods**

(After the page loads, you can click on thumbnails for full versions)



[Celery](#)

1425 grams = 200 Calories



Mini Peppers

740 grams = 200 Calories



Broccoli

588 grams = 200 Calories



Baby Carrots  
570 grams = 200 Calories



Honeydew Melon  
553 grams = 200 Calories



Coca Cola  
496 ml = 200 Calories



Red Onions  
475 grams = 200 Calories



Apples  
385 grams = 200 Calories



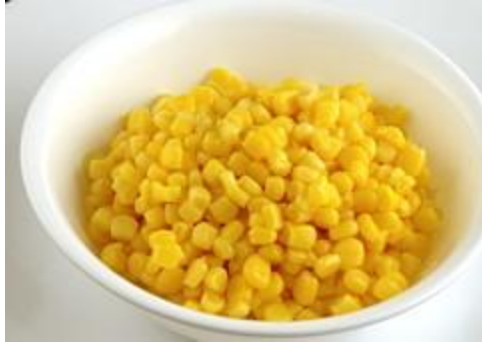
Canned Green Peas  
357 grams = 200 Calories



Whole Milk  
333 ml = 200 Calories



Kiwi Fruit  
328 grams = 200 Calories



Canned Sweet Corn  
308 grams = 200 Calories



Grapes  
290 grams = 200 Calories



Ketchup  
226 grams = 200 Calories



Sliced Smoked Turkey  
204 grams = 200 Calories



Balsamic Vinegar  
200 ml = 200 Calories



Lowfat Strawberry [Yogurt](#)  
196 grams = 200 Calories



Canned [Chili](#) con Carne  
189 grams = 200 Calories



Canned Black Beans  
186 grams = 200 Calories



Canned Pork and Beans  
186 grams = 200 Calories



Eggs  
150 grams = 200 Calories



Cooked Pasta  
145 grams = 200 Calories



Avocado  
125 grams = 200 Calories



Canned [Tuna](#) Packed in Oil  
102 grams = 200 Calories



Fiber One Cereal  
100 grams = 200 Calories



Flax Bread  
90 grams = 200 Calories



Dried Apricots  
83 grams = 200 Calories



Jack in the Box Cheeseburger  
75 grams = 200 Calories



Jack in the Box French Fries  
73 grams = 200 Calories



Jack in the Box Chicken Sandwich  
72 grams = 200 Calories



French Sandwich Roll  
72 grams = 200 Calories





Blueberry Muffin  
72 grams = 200 Calories



Sesame Seed [Bagel](#)  
70 grams = 200 Calories



Tootsie Pops  
68 grams = 200 Calories



Hot Dogs  
66 grams = 200 Calories



Wheat Dinner Rolls  
66 grams = 200 Calories



Corn Bran Cereal  
60 grams = 200 Calories



Bailey's Irish Cream  
60 ml = 200 Calories



Smarties Candy  
57 grams = 200 Calories



Uncooked Pasta  
56 grams = 200 Calories



Blackberry Pie  
56 grams = 200 Calories



Cranberry Vanilla Crunch Cereal  
55 grams = 200 Calories



Cornmeal  
55 grams = 200 Calories



Wheat Flour  
55 grams = 200 Calories



Peanut Butter Power Bar  
54 grams = 200 Calories



Puffed Rice Cereal  
54 grams = 200 Calories



Jelly Belly Jelly Beans  
54 grams = 200 Calories



Puffed Wheat Cereal  
53 grams = 200 Calories



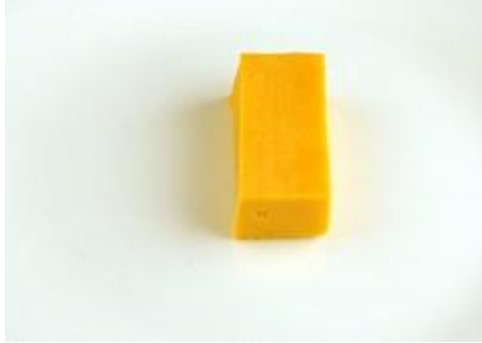
Brown Sugar  
53 grams = 200 Calories



Glazed Doughnut  
52 grams = 200 Calories



Salted Pretzels  
52 grams = 200 Calories



Medium Cheddar Cheese  
51 grams = 200 Calories



Fruit Loops Cereal  
51 grams = 200 Calories



Gummy Bears  
51 grams = 200 Calories



Splenda Artificial Sweetener  
50 grams = 200 Calories



Salted Saltines Crackers  
50 grams = 200 Calories



Werther's Originals Candy  
50 grams = 200 Calories



Snickers Chocolate Bar  
41 grams = 200 Calories



Doritos  
41 grams = 200 Calories



Marshmallow Treat  
40 grams = 200 Calories



M&M Candy  
40 grams = 200 Calories



Peanut Butter Crackers  
39 grams = 200 Calories



Cheetos  
38 grams = 200 Calories





Potato Chips  
37 grams = 200 Calories



Hershey Kisses  
36 grams = 200 Calories



Sliced and Toasted Almonds  
35 grams = 200 Calories



Fried Bacon  
34 grams = 200 Calories



Peanut Butter  
34 grams = 200 Calories



Salted Mixed Nuts  
33 grams = 200 Calories



Butter  
28 grams = 200 Calories



Canola Oil  
23 grams = 200 Calories