

LOW-CALORIE FOODS FOR *Weight Loss*

2000 of Calories = 100% of the Daily Value (%DV)

1. Water



0 Calories
per 8oz cup

0 calories per 100 g

6. Vegetable Soup



67 Calories
per cup

28 calories per 100 g

2. Salad Greens (Watercress)



4 Calories
per cup

11 calories per 100 g

7. Whole Grain Toast



69 Calories
per slice

288 calories per 100 g

3. Broth



11 Calories
per cup

5 calories per 100 g

8. Cod



71 Calories
per 3oz fillet

84 calories per 100 g

4. Vegetables (Mushrooms)



15 Calories
per cup

22 calories per 100 g

9. Eggs



78 Calories
in 1 large egg

155 calories per 100 g

5. Fruits (Strawberries)



53 Calories
per cup

32 calories per 100 g

10. Low-Fat Cottage Cheese



81 Calories
per oz

72 calories per 100 g

Low Calorie Foods Handbook

J Dewey



Low Calorie Foods Handbook:

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