

Food & Macro Reference

A printable companion to the Coach Ivy calorie and macro tracker. Values are listed per gram so you can multiply by the portion weight. Example: 120 g of a 1.648 kcal/g food is about 198 kcal.

Protein foods

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Eggs	Egg Whites (1g) (35g = per egg)	0.486	0.110	0.002	0.007
Eggs	Eggs (1g) (1 large = 50g)	1.448	0.130	0.100	0.007
Dairy	Protein Powder (1g) (30g = MP)	4.001	0.780	0.073	0.056
Dairy	Milk [<1%], (1g)	0.426	0.034	0.010	0.050
Dairy	Full-Fat Milk, (1g)	0.653	0.033	0.037	0.047
Dairy	Plain Low-Fat Greek Yoghurt (1g)	0.580	0.100	0.004	0.036
Dairy	Plain Skyr (1g)	0.598	0.110	0.002	0.035
Dairy	Cheese, Low-Fat Cottage (1g)	0.678	0.120	0.010	0.027
Dairy	Cheese, Mozzarella (1g)	2.774	0.280	0.170	0.031
Dairy	Cheese, Feta (1g)	2.614	0.140	0.210	0.041
Dairy	Cheese, Regular (1g)	3.518	0.250	0.270	0.022
Fish	Salmon Fillet, Raw (1g)	1.970	0.200	0.130	0.000
Fish	Salmon Fillet, Cooked (1g)	2.795	0.260	0.195	0.000
Fish	Cod, Raw (1g)	0.783	0.180	0.007	0.000
Fish	Cod, Cooked (1g)	1.062	0.234	0.014	0.000
Fish	Canned Tuna in Water (1g)	1.028	0.255	0.001	0.000
Fish	Shellfish, Raw (1g)	0.845	0.200	0.005	0.000
Fish	Shellfish, Cooked (1g)	1.130	0.260	0.010	0.000
Fish	Other Lean Fish [<5%], Raw (1g)	0.935	0.200	0.015	0.000
Fish	Other Lean Fish [<5%], Cooked (1g)	1.310	0.260	0.030	0.000
Meat	Chicken Breast, Raw (1g)	1.100	0.230	0.020	0.000
Meat	Chicken Breast, Cooked (1g)	1.648	0.322	0.040	0.000
Meat	Lean Steak, Raw (1g)	1.290	0.210	0.050	0.000
Meat	Lean Steak, Cooked (1g)	1.992	0.273	0.100	0.000
Meat	Lean Ground Beef, Raw (1g)	1.290	0.210	0.050	0.000
Meat	Lean Ground Beef, Cooked (1g)	1.812	0.273	0.080	0.000
Meat	Ground Turkey, Raw (1g)	1.290	0.210	0.050	0.000
Meat	Ground Turkey, Cooked (1g)	1.902	0.273	0.090	0.000

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Meat	Other Lean Meat [<5%], Raw (1g)	1.320	0.240	0.040	0.000
Meat	Other Lean Meat [<5%], Cooked (1g)	1.968	0.312	0.080	0.000
Meat_Substitute	Quorn (1g)	1.030	0.145	0.030	0.045
Meat_Substitute	Tofu (1g)	0.865	0.090	0.045	0.025
Meat_Substitute	Tempeh (1g)	2.110	0.190	0.110	0.090

Carbohydrate foods

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Starchy_Veggies	Potato, Raw (1g)	0.769	0.020	0.001	0.170
Starchy_Veggies	Potato, Cooked (1g)	0.949	0.025	0.001	0.210
Starchy_Veggies	Sweet Potato, Raw (1g)	0.873	0.016	0.001	0.200
Starchy_Veggies	Sweet Potato, Cooked (1g)	0.938	0.020	0.002	0.210
Starchy_Veggies	Corn (1g)	1.095	0.030	0.015	0.210
Legumes	Lentils, Raw (1g)	3.539	0.260	0.011	0.600
Legumes	Lentils, Cooked (1g)	1.196	0.090	0.004	0.200
Legumes	Beans, Raw (1g)	3.468	0.210	0.012	0.630
Legumes	Beans, Cooked (1g)	1.205	0.080	0.005	0.210
Grains	Plain Oats, Raw (1g)	3.780	0.160	0.060	0.650
Grains	Plain Oatmeal, Cooked (1g)	0.702	0.024	0.014	0.120
Grains	Buckwheat, Raw (1g)	3.678	0.133	0.034	0.710
Grains	Unpopped Popcorn Kernels (1g)	4.037	0.129	0.045	0.778
Grains	Buckwheat, Cooked (1g)	0.990	0.034	0.006	0.200
Grains	Bulgur, Raw (1g)	3.637	0.120	0.013	0.760
Grains	Bulgur, Cooked (1g)	0.902	0.031	0.002	0.190
Grains	Pasta, Raw (1g)	3.655	0.130	0.015	0.750
Grains	Pasta, Cooked (1g)	1.561	0.060	0.009	0.310
Grains	Barley, Raw (1g)	3.628	0.100	0.012	0.780
Grains	Barley, Cooked (1g)	1.248	0.023	0.004	0.280
Grains	Quinoa, Raw (1g)	3.681	0.141	0.061	0.642
Grains	Quinoa, Cooked (1g)	1.199	0.044	0.019	0.213
Grains	Rice, Raw (1g)	3.543	0.070	0.007	0.800
Grains	Rice, Cooked (1g)	1.255	0.027	0.003	0.280
Grains	Whole-Wheat Wrap (1g) (1 large = 70g)	2.706	0.088	0.066	0.440
Grains	Whole-Wheat Bread (1g) (1 slice = 40g)	2.635	0.100	0.035	0.480
Grains	Bun (1g) (1 bun = 70g)	2.520	0.090	0.040	0.450
Grains	Rice Cakes (1g) (1 cake = 9g)	3.830	0.090	0.030	0.800

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Grains	Cereal (1g)	3.870	0.130	0.070	0.680
Grains	Granola (1g)	4.350	0.090	0.110	0.750
Sweets	Candy (1g)	4.020	0.045	0.080	0.780
Sweets	Chocolate (1g)	5.380	0.080	0.300	0.590
Sweets	Soda (1g)	0.440	0.000	0.000	0.110
Sweets	Cookies (1g)	4.710	0.060	0.190	0.690

Vegetables

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Leafy_Veggies	Brussels Sprouts (1g)	0.436	0.013	0.003	0.089
Leafy_Veggies	Cabbage (1g)	0.292	0.014	0.001	0.056
Leafy_Veggies	Romaine Lettuce (1g)	0.207	0.012	0.003	0.033
Leafy_Veggies	Spinach (1g)	0.295	0.029	0.004	0.036
Veggies	Asparagus (1g)	0.254	0.022	0.001	0.039
Veggies	Beets (1g)	0.462	0.016	0.002	0.096
Veggies	Broccoli (1g)	0.412	0.028	0.004	0.066
Veggies	Cauliflower (1g)	0.300	0.020	0.001	0.053
Veggies	Carrots (1g)	0.442	0.009	0.002	0.096
Veggies	Celery (1g)	0.162	0.007	0.002	0.030
Veggies	Cucumber (1g)	0.181	0.007	0.001	0.036
Veggies	Eggplant (1g)	0.285	0.010	0.002	0.057
Veggies	Green Beans (1g)	0.361	0.018	0.001	0.070
Veggies	Green Peas (1g)	0.796	0.050	0.004	0.140
Veggies	Green Peppers (1g)	0.235	0.009	0.002	0.046
Veggies	Mushrooms (1g)	0.285	0.031	0.003	0.033
Veggies	Leeks (1g)	0.653	0.015	0.003	0.142
Veggies	Onions (1g)	0.448	0.009	0.001	0.101
Veggies	Pumpkin (1g)	0.309	0.010	0.001	0.065
Veggies	Squash (1g)	0.393	0.009	0.001	0.086
Veggies	Sweet Red Peppers (1g)	0.308	0.010	0.003	0.060
Veggies	Tomatoes (1g)	0.210	0.009	0.002	0.039
Veggies	Zucchini (1g)	0.199	0.012	0.002	0.034
Veggies	Yellow Sweet Corn (1g)	0.996	0.032	0.012	0.190
Veggies	Yellow Sweet Peppers (1g)	0.312	0.010	0.002	0.063
Mixed_Veggies	Mixed Veggies (Frozen) (1g)	0.540	0.023	0.005	0.100
Mixed_Veggies	Mixed Veggies (Canned) (1g)	0.364	0.014	0.003	0.071
Mixed_Veggies	Cooked Veggies (1g)	0.812	0.028	0.021	0.127

Fruits

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Fruit	Apples (1g)	0.578	0.003	0.002	0.138
Fruit	Avocados (50g in half) (1g)	1.741	0.020	0.147	0.085
Fruit	Bananas (120g in 1 medium) (1g)	0.987	0.011	0.003	0.228
Fruit	Dates (9g in 1 date) (1g)	3.134	0.025	0.004	0.750
Fruit	Dried Fruit Mix (1g)	2.720	0.022	0.004	0.648
Fruit	Figs (1g)	0.824	0.007	0.003	0.192
Fruit	Kiwi (1g)	0.679	0.011	0.005	0.147
Fruit	Tangerines (80g in 1 medium) (1g)	0.594	0.008	0.003	0.133
Fruit	Mangos (1g)	0.725	0.005	0.003	0.170
Fruit	Oranges (1g)	0.518	0.009	0.001	0.117
Fruit	Peaches (1g)	0.441	0.009	0.003	0.095
Fruit	Pears (1g)	0.644	0.004	0.001	0.155
Fruit	Raisins (1g)	3.331	0.031	0.005	0.792
Fruit	Watermelon (1g)	0.340	0.006	0.002	0.075
Berries	Mixed Berries (1g)	0.547	0.010	0.003	0.120
Berries	Blueberries (1g)	0.639	0.007	0.003	0.145
Berries	Blackberries (1g)	0.484	0.014	0.005	0.096
Berries	Cranberries (1g)	0.515	0.004	0.001	0.122
Berries	Raspberries (1g)	0.584	0.012	0.007	0.119
Berries	Strawberries (1g)	0.361	0.007	0.003	0.077

Fats, nuts, seeds, and oils

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Nuts	Almonds (1g)	6.198	0.213	0.506	0.197
Nuts	Brazil Nuts (1g)	7.042	0.143	0.664	0.123
Nuts	Cashew Nuts (1g)	5.883	0.182	0.439	0.302
Nuts	Macadamia Nuts (1g)	7.689	0.079	0.758	0.138
Nuts	Mixed Nuts (1g)	6.591	0.165	0.563	0.216
Nuts	Peanuts (1g)	6.109	0.258	0.492	0.161
Nuts	Pistachio Nuts (1g)	5.943	0.206	0.444	0.280
Nuts	Pecan Nuts (1g)	7.399	0.092	0.720	0.139
Nuts	Walnuts (1g)	7.027	0.152	0.652	0.137
Seeds	Mixed Seeds (1g)	5.969	0.236	0.477	0.183
Seeds	Chia Seeds (1g)	5.150	0.170	0.310	0.420
Seeds	Pumpkin Seeds (1g)	5.648	0.330	0.421	0.134
Seeds	Sunflower Seeds (1g)	6.335	0.201	0.513	0.229
Seeds	Flax Seeds (1g)	5.681	0.183	0.422	0.289
Oil	Canola Oil (1g)	8.910	0.000	0.990	0.000
Oil	Coconut Oil (1g)	8.910	0.000	0.990	0.000
Oil	Flaxseed Oil (1g)	8.910	0.000	0.990	0.000
Oil	Olive Oil (1g)	8.910	0.000	0.990	0.000
Oil	Sesame Oil (1g)	8.910	0.000	0.990	0.000
Butter	Butter (1g)	7.336	0.009	0.811	0.001
Butter	Any Nut Butter (Plain) (1g)	6.321	0.251	0.504	0.196

Condiments

Food Category	Food Item	Total Calories (Kcal)	Protein (Grams)	Fats (Grams)	Carbs (Grams)
Savory	Chili Sauce (1g)	1.090	0.000	0.010	0.250
Savory	Guacamole (1g)	1.707	0.020	0.143	0.085
Savory	Hummus (1g)	1.772	0.049	0.086	0.201
Savory	Ketchup (1g)	1.168	0.030	0.005	0.251
Savory	Mayonnaise (1g)	3.998	0.009	0.334	0.239
Savory	Mustard (1g)	0.749	0.040	0.031	0.078
Savory	Soy Sauce (1g)	0.559	0.063	0.000	0.076
Savory	Teriyaki Sauce (1g)	2.940	0.090	0.020	0.600
Sweet	Honey (1g)	3.308	0.003	0.000	0.824
Sweet	Maple Syrup (1g)	2.702	0.000	0.002	0.671
Sweet	Sugar (1g)	3.999	0.000	0.000	1.000