

GUIDE TO FOOD CHART OF HIGHEST CALORIC VALUE PER OUNCE

Food	Calories per ounce (28.35 grams)
Canola or Olive Oil	240
Mayonnaise	200
Brazil nuts	185
French fried onions	180
Fried pork rinds	175
Mixed nuts	170
Cashews (shelled)	170
Cocktail peanuts	170
Sunflower seeds (shelled)	170
Pringles	170
Peanut Butter	166
Almond Roca	163
Dry roasted peanuts	160
Fritos Corn Chips	160
Ruffles potato chips	160
Ritz crackers	158
Reese's PB Cup	157
Hershey's Milk Chocolate	152
Little Debbie Nutty Bars	152
Hershey Kisses	151
Lays potato chips	150
Chips Ahoy cookies	150
Peanut M&M's	147
Coconut (dried, sweetened, shredded)	143
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
Snickers candy bar	136
Oreo cookies	136
Jiffy-Pop popcorn	135
Goldfish crackers	135
Triscuits	135
Milky Way candy bar	135
Chocolate covered donuts	135

Baby Ruth candy bar	132
Pepperoni	130
Chex mix (prepared per instructions)	130
Chow Mein Noodles	130
Quaker 100% Natural Cereal	129
Nabisco Aircrisp Cheese Nip Crackers	125
Ramen noodles	124
Little Debbie fudge brownies	124
Saltine crackers	120
Cracker Jack	120
Powdered doughnuts	120
Pop Tarts (Frosted Brown Sugar, etc.)	117
Lipton Noodles & Sauce	116
Hot Cocoa mix	115
Trix Cereal	115
Little Debbie cream filled cupcakes	113
Cap'n Crunch	112
Balance Bars	112
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
Pop Tarts (All Other Flavors)	108
Sugar-sweetened lemon drink mix	107
Nutri-Grain Bars	106
Spaghetti (100% Semolina)	105
Egg Noodles	105
Brown sugar	105
Jelly Beans	105
Fruitcake	100 - 110
Kraft original Mac & Cheese	104
Corn Chex	103
Cheerios	103
Fortune Cookies	103
Stove Top Stuffing Mix	103
Instant rice (e.g. Minute Rice)	102
Lipton Rice & Sauce	102
Wheat Chex	101

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
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
Summer sausage	95
Polska Kielbasa (Pork)	95
Rice A Roni	95
Raisin Bran	92
Raisins	92
Craisins (Dried cranberries)	91
Ballpark franks	90
Bologna	90
Velveeta	90
Brie cheese	90
Marshmallows	90
Flour tortillas	89
Spam	85
Pitted Dates	84
Cheese Whiz	83
Deviled ham spread	80
Beef Jerky (store bought)	80
Turkey jerky (store bought)	80
Honey	80

Jams and jellies	80
Sun Maid Dried Fruit Mix	77
Bagels	74
Pita bread (white)	74
Turkey bacon	70
Roman Meal bread	70
Dried apricots	70
Corn tortillas	67
Smuckers Grape Jelly	63
Sour dough English muffins	61
Fresh avocado	60
Canned Smoked Oysters in Oil	55
Tuna (in oil)	52
Cooked ham	50
Corned beef hash	49
Hummus (prepared)	47
Turkey Kielbasa	45
Canned Chicken in water	40
Beef or Chicken bullion	40
Tuna (in spring water)	30
Ketchup	30
Canadian bacon	30
Bananas	26
Tofu	18
Fresh apples	15
Raw carrots	13
Fresh peaches	12
Fresh strawberries	9
Fresh oranges	9
Asparagus	5
Coffee or Tea	0