

# BEST LOW-CALORIE FOODS FOR WEIGHT LOSS

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No.	Food	Calories/100 gm	Type
1	Spinach	41	Vegetable
2	Cabbage	25	Vegetable
3	Celery	8	Vegetable
4	Broccoli	33	Vegetable
5	Mushroom	25	Vegetable
6	Watercress	11	Vegetable
7	Cucumbers	13	Vegetable
8	Beetroot	43	Vegetable
9	Carrots	41	Vegetable
10	Cauliflower	25	Vegetable
11	Lettuce	15	Vegetable
12	Radishes	16	Vegetable
13	Tomatoes	13	Vegetable
14	Zucchini	7.5	Vegetable
15	Brussels Sprouts	36	Vegetable
16	Rolled Oats	389	Cereal
17	Steel Cut Oats	375	Cereal
18	Muesli	413	Cereal
19	Wheat Flakes	355	Cereal
20	Watermelon	30	Fruit
21	Apple	52	Fruit
22	Orange	47	Fruit
23	Kiwi	61	Fruit
24	Berries	57	Fruit
25	Grapefruit	42	Fruit

26	Papaya	32	Fruit
27	Strawberries	32	Fruit
28	Raspberries	53	Fruit
29	Clementine	47	Fruit
30	Green Peas	81	Bean
31	Black Beans	140	Bean
32	Kidney Beans	140	Bean
33	Lentils	115	Bean
34	Chicken Breast	165	Meat
35	Turkey Breast	169	Meat
36	Pork Tenderloin	136	Meat
37	Venison	160	Meat
38	Ham	165	Meat
39	Salmon	208	Fish
40	Shrimp	100	Fish
41	Crayfish	77	Fish
42	Lobster	98	Fish
43	Crab	30	Fish
44	Green Tea	One	Beverage
45	Black Coffee	One	Beverage
46	Soups	–	Beverage
47	Apple Cider Vinegar	21	Beverage
48	Protein Drinks	380	Beverage
49	Black Tea	One	Beverage
50	Eggs	142	Non-veg
51	Cottage Cheese	84	Diary
52	Popcorn	375	Cereal
53	Greek Yogurt	55	Diary

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