

# Foods That Contain Almost Zero Calories (Per Serving)

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- Apple (medium): 95 calories
- Apricot: 17 calories
- Arugula: 5 calories/1 cup
- Asparagus: 3 calories/spear
- Beets: 35 calories/1/2 cup
- Bell Peppers (medium): 25 calories
- Blueberries: 42 calories/1/2 cup
- Broccoli: 31 calories/1 cup
- Cabbage: 10 calories/ 1/2 cup
- Cantaloupe: 27 calories/1/2 cup
- Cauliflower: 25 calories/1 cup
- Carrots: 25 calories/1/2 cup
- Celery: 6 calories/stalk
- Cranberries: 4 calories/1/2 cup
- Cucumber: 8 calories/1/2 cup
- Grapefruit (medium): 52 calories/1/2
- Green Beans: 31 calories/1 cup
- Guava: 37 calories/1/2 cup
- Honeydew Melon: 30 calories/1/2 cup
- Kale: 6 calories/1 cup
- Leeks: 32 calories/1/2 cup
- Lemon/Limes (medium): 4 calories
- Mango: 60 calories/1/2 cup
- Mushrooms: 15 calories/1 cup
- Onions: 32 calories/1/2 cup
- Oranges (medium): 62 calories
- Papaya: 59 calories/1/2 cup
- Peaches (medium): 30 calories
- Pineapple: 41 calories/1/2 cup
- Plums (medium): 46 calories
- Radishes: 4 calories/1/2 cup
- Raspberries: 32 calories/1/2 cup
- Spinach: 7 calories/1 cup
- Strawberries: 25 calories/1/2 cup
- Tangerine (medium): 47 calories
- Tomatoes: 5 calories/1/2 cup
- Turnips: 18 calories/1/2 cup
- Water Cress: 4 calories/1 cup
- Watermelon: 30 calories/1 cup
- Zucchini: 18 calories/1 cup

