

<http://www.calorie-cash.com/0-calorie-snacks.html>

Description	Weight (g)	Measure	Calories (Calorie Cash™)
Dill weed, fresh	1	5 sprigs	0 (0.00)
Leavening agents, baking soda	4.6	1 tsp	0 (0.00)
Carbonated beverage, club soda	355	12 fl oz	0 (0.00)
Salt, table	6	1 tsp	0 (0.00)
Water, tap, municipal	237	8 fl oz	0 (0.00)
Carbonated beverage, low calorie, other than cola or pepper	355	12 fl oz	0 (0.00)
Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1 (0.00)
Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1 (0.00)
Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	1 (0.00)
Chives, raw	3	1 tbsp	1 (0.00)
Radishes, raw	4.5	1 radish	1 (0.00)
Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	1 (0.00)
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	2 (0.00)
Horseradish, prepared	5	1 tsp	2 (0.00)
Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2 (0.00)
Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	2 (0.00)
Spinach, raw	10	1 leaf	2 (0.00)
Peppers, sweet, green, raw	10	1 ring	2 (0.00)
Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	2 (0.00)
Tea, black, brewed, prepared with tap water	178	6 fl oz	2 (0.00)
Tea, herb, chamomile, brewed	178	6 fl oz	2 (0.00)
Tea, herb, other than chamomile, brewed	178	6 fl oz	2 (0.00)
Lettuce, cos or romaine, raw	10	1 leaf	2 (0.00)
Lettuce, green leaf, raw	10	1 leaf	2 (0.00)
Broccoli, flower clusters, raw	11	1 floweret	3 (0.00)
Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3 (0.00)
Pimento, canned	12	1 tbsp	3 (0.00)
Seaweed, spirulina, dried	0.93	1 tbsp	3 (0.00)
Description	Weight (g)	Measure	Calories (Calorie Cash™)
Mustard, prepared, yellow	5	1 tsp or 1 packet	3 (0.00)
Cauliflower, raw	13	1 floweret	3 (0.00)
Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	3 (0.00)
Lemon juice, canned or bottled	15.2	1 tbsp	3 (0.00)
Vinegar, cider	15	1 tbsp	3 (0.00)
Garlic, raw	3	1 clove	4 (0.00)
Sauce, salsa, ready-to-serve	16	1 tbsp	4 (0.00)
Seaweed, kelp, raw	10	2 tbsp	4 (0.00)
Spices, oregano, dried	1.5	1 tsp	4 (0.00)
Strawberries, raw	12	1 strawberry	4 (0.00)
Spices, parsley, dried	1.3	1 tbsp	4 (0.00)
Tomatoes, red, ripe, raw, year round average	20	1 slice	4 (0.00)

Parsley, fresh	10	10 sprigs	4 (0.00)
Coffee, instant, regular, prepared with water	179	6 fl oz	4 (0.00)
Carrots, baby, raw	10	1 medium	4 (0.00)
Spices, pepper, black	2.1	1 tsp	5 (0.00)
Tomatoes, sun-dried	2	1 piece	5 (0.00)
Leavening agents, baking powder, low-sodium	5	1 tsp	5 (0.00)
Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	5 (0.00)
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	5 (0.00)
Celery, raw	40	1 stalk	6 (0.00)
Tomatoes, sun-dried, packed in oil, drained	3	1 piece	6 (0.00)
Spices, paprika	2.1	1 tsp	6 (0.00)
Catsup	6	1 packet	6 (0.00)
Strawberries, raw	18	1 strawberry	6 (0.00)
Spices, cinnamon, ground	2.3	1 tsp	6 (0.00)
Onions, raw	14	1 slice	6 (0.00)
Beets, canned, drained solids	24	1 beet	7 (0.00)
Spices, chili powder	2.6	1 tsp	7 (0.00)
Shallots, raw	10	1 tbsp	7 (0.00)
Spices, onion powder	2.1	1 tsp	7 (0.00)
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	7 (0.00)
Spinach, raw	30	1 cup	7 (0.00)
Celery, cooked, boiled, drained, without salt	37.5	1 stalk	7 (0.00)
Spices, curry powder	2	1 tsp	7 (0.00)
Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	7 (0.00)
Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	7 (0.00)
Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	8 (0.00)
Lettuce, green leaf, raw	56	1 cup	8 (0.00)
Spices, celery seed	2	1 tsp	8 (0.00)
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	8 (0.00)
Lettuce, iceberg (includes crisphead types), raw	55	1 cup	8 (0.00)
Pickles, cucumber, dill or kosher dill	65	1 pickle	8 (0.00)
Leavening agents, cream of tartar	3	1 tsp	8 (0.00)
Cream, whipped, cream topping, pressurized	3	1 tbsp	8 (0.00)
Alfalfa seeds, sprouted, raw	33	1 cup	8 (0.00)
	Weight (g)	Measure	Calories (Calorie Cash™)
Spices, garlic powder	2.8	1 tsp	9 (0.00)
Hearts of palm, canned	33	1 piece	9 (0.00)
Endive, raw	50	1 cup	9 (0.00)
Lime juice, raw	38	juice of 1 lime	10 (0.00)
Lemon juice, raw	47	juice of 1 lemon	10 (0.00)
Lettuce, cos or romaine, raw	56	1 cup	10 (0.00)
Tomatillos, raw	34	1 medium	11 (0.00)

