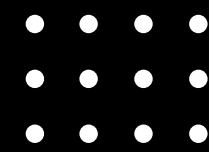
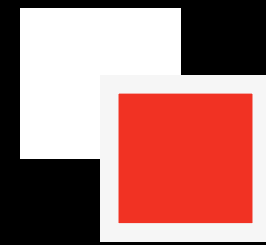


How Many Calories Do Apples Have? A Complete Breakdown by Size, Type, and Serving

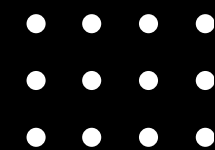


Date	Meal	Food
MON	Breakfast	Baked Egg, Apple
	Lunch	White Rice
	Dinner	Strawberry Banana, Tuna Pasta Salad
TUES	Breakfast	Chicken + Broccoli
	Snack	Green Smoothie
	Lunch	Blueberry Oats
WED	Breakfast	Chicken Salad
	Snack	Cheese + Crackers
	Dinner	Tilapia, Potato, Broccoli
THUR	Breakfast	Eggs, orange, toast
	Lunch	yogurt parfait
	Dinner	Caesar Salad
	Breakfast	Hummus Dip
	Lunch	New York Strip + Apple
	Dinner	Cream Cheese Bage

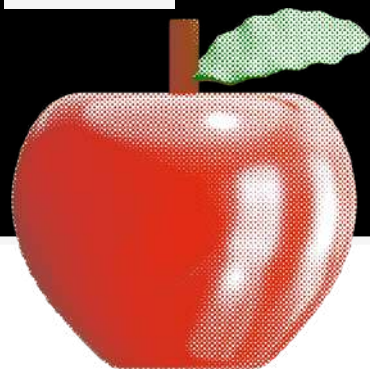
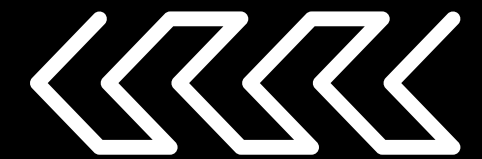
How Many Calories Do Apples Have Based on Size?



Yes, chocolate milk can help with cramps, especially muscle cramps caused by exercise, fatigue, or dehydration. It contains a balanced mix of carbohydrates, protein, electrolytes like potassium and calcium, and fluids—all of which support muscle recovery and relaxation. Just as people often ask [how many calories do apples have](#) when choosing a healthy snack, understanding the nutritional value of recovery drinks like chocolate milk helps in making informed dietary choices. However, its effectiveness can vary depending on the cause of the cramps and individual tolerance.

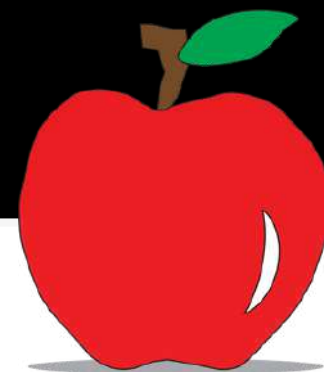


How Many Calories Do Apples Have Based on Size?



Small Apple

A small apple (around 150 grams) typically has 75–80 calories. This makes it a light, satisfying snack that can help curb hunger without adding many calories.



Medium Apple

A medium apple contains roughly 95 calories. For those wondering how many calories do apples have, it also provides fiber, vitamin C, and natural sugars that offer steady energy.



Large Apple

A large apple (about 220 grams) can have 110–115 calories. While slightly higher in calories, it also delivers more fiber, helping you feel full longer.

Conclusion



Apples are a smart choice for anyone looking to enjoy a naturally sweet snack without consuming too many calories. Their fiber and water content make them filling, while their calorie count remains relatively low. Whether eaten whole or added to meals, apples can easily support balanced, healthy eating.

<https://calorietrackerbuddy.com/blog/how-many-calories-are-in-an-apple/>

