

Calorie chart: berries (PDF)

Calories, protein, carbohydrate and fat for 32 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Black Currants	1 cup (112 g)	71	63	1.4	15.4	0.4
Blackberries	1 cup (144 g)	62	43	1.4	9.6	0.5
Blueberries	1 cup (148 g)	84	57	0.7	14.5	0.3
Canned Blackberries Heavy Syrup	1 cup (256 g)	236	92	1.3	23.1	0.1
Canned Blueberries Heavy Syrup	1 cup (256 g)	225	88	0.7	22.1	0.3
Canned Blueberries Light Syrup Drained	1 cup (244 g)	215	88	1	22.7	0.4
Canned Boysenberries Heavy Syrup	1 cup (256 g)	225	88	1	22.3	0.1
Canned Gooseberries Light Syrup	1 cup (252 g)	184	73	0.7	18.8	0.2
Canned Red Raspberries Heavy Syrup	1 cup (256 g)	233	91	0.8	23.4	0.1
Canned Strawberries Heavy Syrup	1 cup (254 g)	234	92	0.6	23.5	0.3
Canned Wild Blueberries Heavy Syrup Drained	1 cup (319 g)	341	107	0.6	28.3	0.3
Cranberries	1 cup, whole (100 g)	46	46	0.5	12	0.1
Elderberries	1 cup (145 g)	106	73	0.7	18.4	0.5
Frozen Blackberries	1 cup, unthawed (151 g)	97	64	1.2	15.7	0.4
Frozen Blueberries	1 cup, unthawed (155 g)	79	51	0.4	12.2	0.6
Frozen Boysenberries	1 cup, unthawed (132 g)	66	50	1.1	12.2	0.3
Frozen Loganberries	1 cup, unthawed (147 g)	81	55	1.5	13	0.3
Frozen Raspberries	1 cup, unthawed (140 g)	78	56	1.2	12.6	0.8
Frozen Strawberries	1 cup, unthawed (149 g)	52	35	0.4	9.1	0.1
Frozen Sweetened Blueberries	1 cup, thawed (230 g)	196	85	0.4	22	0.1
Frozen Sweetened Raspberries	1 cup, thawed (250 g)	258	103	0.7	26.2	0.2
Frozen Sweetened Sliced Strawberries	1 cup, thawed (255 g)	245	96	0.5	25.9	0.1
Gooseberries	1 cup (150 g)	66	44	0.9	10.2	0.6
Ground Cherries	1 cup (140 g)	74	53	1.9	11.2	0.7
Mulberries	1 cup (140 g)	60	43	1.4	9.8	0.4
Ohelo Berries	1 cup (140 g)	39	28	0.4	6.8	0.2
Raspberries	1 cup (123 g)	64	52	1.2	11.9	0.7
Raspberry Puree with Seeds	100 g	55	55	1.1	11.5	1
Red Currants	1 cup (112 g)	63	56	1.4	13.8	0.2
Seedless Raspberry Puree	100 g	41	41	1	8	0.9
Strawberry	1 cup, whole (144 g)	46	32	0.7	7.7	0.3
Wild Blueberries	1 cup, frozen (140 g)	80	57	0	13.9	0.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.

Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/berries/>