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USDA Pocket Guide

Calories & Weight



United States
Department of
Agriculture

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Science and
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Calories & Weight

The USDA Pocket Guide

Calories measure how much energy you get from the foods you eat. Every food provides some energy, but different foods provide different amounts. To control your weight, you will need to control the amount of energy (the number of calories) you get from food and the amount of energy you use up in exercise and normal activity.

Whether you gain weight, lose weight, or stay the same depends on how well you balance the calories furnished by the foods you eat against the calories your body uses. If your food furnishes more calories than you use, you gain weight. If it furnishes fewer calories, you lose. If it furnishes just enough, your weight should stay about the same.

For every 3,500 extra calories you get and do not use, you gain about 1 pound of weight. This pound represents stored food energy in the form of fat. To lose excess fat you have to somehow use up stored energy. You can—

- Eat less food (fewer calories), to force your body to draw energy from its stored fat.

- Increase your activity, to use up more energy.

- Do both. Many dieters find a combination of eating less food and getting more exercise the best way to lose weight.

But before undertaking any weight-control program, compare your present weight with the acceptable weight given for your height and body frame on the next page. See if you really do need to lose weight.

Suggested Body Weights

Range of Acceptable Weight

Height (Feet-inches)	Men (Pounds)	Women (Pounds)
4'10"		92-119
4'11"		94-122
5'0"		96-125
5'1"		99-128
5'2"	112-141	102-131
5'3"	115-144	105-134
5'4"	118-148	108-138
5'5"	121-152	111-142
5'6"	124-156	114-146
5'7"	128-161	118-150
5'8"	132-166	122-154
5'9"	136-170	126-158
5'10"	140-174	130-163
5'11"	144-179	134-168
6'0"	148-184	138-173
6'1"	152-189	
6'2"	156-194	
6'3"	160-199	
6'4"	164-204	

NOTE: Height without shoes; weight without clothes.

SOURCE: Fogarty Conference on Obesity, 1973.

The table of acceptable weight ranges for adults (p. 3) can help you estimate how much weight you need to lose. If you have a small frame, your ideal weight probably is at the low end of the range; if medium, at the middle; if large, at the high end of the range.

Remember—the weight that is best for you in your midtwenties is best for you in later years, too.

If you have a number of pounds to lose . . .

Check with a doctor. He can tell you if you are in good enough physical condition for reducing. If you are, he will tell you how much weight to lose and how best to go about doing it. He will help you set the number of calories to include in your diet each day.

If you have only a few pounds to lose . . .

Keep track of everything you eat for several days. Remember to include between-meal snacks and beverages.

Next, refer to the calorie tables in the back of this booklet and estimate the number of calories you have been getting each day. If your servings

are larger than the portions given, increase the calorie counts accordingly. And if you find that a food is not listed, use the calorie value given for a similar food.

To lose weight at the recommended rate of 1 to 2 pounds a week, allow yourself 500 to 1,000 fewer calories per day than you are now getting. You will need to cut down more than that, however, if you are gaining weight on the amount of food you now eat. But don't cut calories to fewer than 1,200 a day unless you are under a doctor's supervision. The fewer calories you eat, the more difficult it is to get the minerals and vitamins you need.

Choosing foods for weight control . . .

Once you have decided on the number of calories to have each day, refer to the calorie lists in the back of this guide when choosing your foods. It is important that you stay within your calorie quota.

Keep in mind that weight-watchers need the same kinds of foods for health as everyone else. This means you should have foods from each of the first four basic food groups each day. You will find that you can easily fit some from each of

these groups into your calorie quota, because foods in each group vary in the number of calories they provide.

Vegetable - Fruit Group

Eat a variety of vegetables and fruits daily. Many are low in calories, yet they provide most of the vitamin C and a large share of the vitamin A in the diet. In addition, dark green vegetables supply riboflavin, folacin, iron, and magnesium and some greens provide calcium. Many fruits and vegetables, especially those with edible peelings and seeds, are good sources of fiber.

Include a source of vitamin C daily. Vitamin C is found in citrus fruits, melons, strawberries, tomatoes, and most dark green vegetables. Frequently include dark green or deep yellow vegetables and fruits—such as broccoli, greens (spinach, kale, collards, etc.), apricots, cantaloups, carrots, pumpkin, sweetpotatoes, and squash—for vitamin A.

Avoid extra calories. Season vegetables with spices and herbs instead of rich sauces or fats; have fruits without sugar or cream; have salads without dressing—or use a low-calorie dressing that you buy or make yourself.

Bread - Cereal Group

Select whole-grain, enriched, or fortified products. Those foods are important sources of B-vitamins and iron. They also provide protein. Whole-grain products are important for other vitamins and minerals, as well as fiber. Some fortified grain products—such as breakfast cereals—provide nutrients not normally found in cereals, such as vitamins A, B₁₂, C, and D. Check the nutrition label on the package.

Milk - Cheese Group

Milk and milk products supply the major portion of your calcium needs for the day. These foods also provide riboflavin, protein, and vitamins A, B₆, and B₁₂. They also furnish vitamin D, when fortified with this vitamin.

Skim milk, lowfat milk, buttermilk, and cheese or yogurt made from skim milk or low-fat milk are lower in calories than other types of milk, cheese, or yogurt.

Meat - Poultry - Fish - Bean Group

These foods are valued for protein, vitamin B₆, and other vitamins and minerals. Meats and dry beans and peas are good sources of iron, and meats also contribute zinc to the diet. Dry beans,

dry peas, and nuts are worthwhile sources of magnesium. Foods of animal origin supply vitamin B₁₂.

Remember that all of those foods have fewer calories when you eat them without added fats, gravies, or sauces. Trimming visible fats from meat can reduce calories considerably. Most nuts are high in calories because they are high in fat.

Fats - Sweets - Alcohol Group

Foods included in this group are butter, margarine, mayonnaise, other salad dressings, other fats and oils; candy, sugar, jam, jellies, sirups, sweet toppings, other sweets; alcoholic beverages, soft drinks, and other highly sugared beverages; refined breads, pastries, and other flour products which are not enriched.

Generally, these foods provide mainly calories and little—if any—protein, vitamins, and minerals. These foods often add unwanted calories. The amounts of these foods to include in the diet depends upon the total calories you need each day. Dieters, especially, should use these foods sparingly and concentrate first on foods from the other food groups as the basis for the daily diet.

To cut down on calories . . .

- Take small servings and omit seconds. No matter how many calories there are in a serving of food, a smaller serving—or fewer servings—means fewer calories.

- Substitute lower-calorie foods for higher-calorie ones. But you do not have to omit completely your favorite high-calorie foods. Just eat them less often and have smaller servings.

- Watch between-meal snacks. Many of the most tempting snack foods pack a lot of calories into small portions (see p.48). Snacks can be part of your diet for weight control, however, if you plan for them. Be sure to include the calories they provide in your total for the day.

- Budget your calories to allow for special occasions, such as parties. Save on calories at other meals, so you can afford extra calories for these events.

But remember . . .

- Each meal is important. Don't skip breakfast or lunch to cut down on calories. Skipping meals often leads to unplanned snacking. Such snacking often leads to more calories than you want—and less of some of the nutrients you need.

- There is more to foods than calories. Make selections from the first four food groups to be reasonably sure of getting needed vitamins, minerals, protein, and other nutrients.

- “Crash” and “fad” diets may be hazardous to health. Unusual food combinations may seem glamorous or sure solutions to a dieter's problem, but they are not the answer.

- Rapid weight loss is not desirable. Be satisfied to reach your target weight gradually, by making small adjustments in your eating habits.

- Once you have reached the weight that is best for you, you will be able to eat a little more food. But continue to choose foods with an eye to calorie values, so you will not go back to the old eating habits that resulted in unwanted pounds.

Calorie Tables

Calorie values given for foods in the following tables do not include calories from added fat, sugar, sauce, or dressing—unless such items are included in the listing. Cup measure refers to a standard 8-ounce measuring cup, unless otherwise stated. Foods are listed in the following groups:

Beverages (carbonated and alcoholic; fruit drinks)

Breads and cereals

Desserts and other sweets

Fats, oils, creams, and related products (includes salad dressings)

Meat, poultry, fish, eggs, dried beans and peas, and nuts

Milk and cheese (includes milk desserts)

Snacks and other “extras”

Soups

Vegetables and fruits (includes fruit juices).

BEVERAGES

(Not including milk and fruit juices)

Fruit drinks	Calories
Apricot nectar, $\frac{1}{2}$ cup	70
Cranberry juice cocktail, $\frac{1}{2}$ cup	80
Grape drink, $\frac{1}{2}$ cup	70
Lemonade, frozen concentrate, sweetened, ready-to-serve, $\frac{1}{2}$ cup	55
Orange juice-apricot juice drink, $\frac{1}{2}$ cup	60
Peach nectar, $\frac{1}{2}$ cup	60
Pear nectar, $\frac{1}{2}$ cup	65
Pineapple juice-grapefruit juice drink, $\frac{1}{2}$ cup	70

Fruit drinks —Continued	Calories
--------------------------------	----------

Pineapple juice-orange juice drink, <i>½ cup</i>	70
--	-----------

Carbonated beverages	Calories
-----------------------------	----------

Cola-type, 8-ounce glass	95
<i>12-ounce can or bottle</i>	145

Fruit flavors, 10–13% sugar	
<i>8-ounce glass</i>	115
<i>12-ounce can or bottle</i>	170

Ginger ale, 8-ounce glass	75
<i>12-ounce can or bottle</i>	115

Root beer, 8-ounce glass	100
<i>12-ounce can or bottle</i>	150

(Check the label of “low-calorie” drinks for the number of calories provided.)

Alcoholic beverages

Calories

Beer , 3.6% alcohol, <i>8-ounce glass</i>	100
<i>12-ounce can or bottle</i>	150

Whiskey, gin, rum, vodka	
80-proof, <i>1½-ounce jigger</i>	95
86-proof, <i>1½-ounce jigger</i>	105
90-proof, <i>1½-ounce jigger</i>	110
100-proof, <i>1½-ounce jigger</i>	125

Wines, table (Chablis, claret, Rhine wine, sauterne, etc.), <i>3½-ounce glass</i>	85
--	-----------

Wines, dessert (muscatel, port, sherry, Tokay, etc.), <i>3½-ounce glass</i>	140
--	------------

BREADS AND CEREALS

Bread

Calories

Cracked wheat , 18 slices per pound loaf, <i>1 slice</i>	65
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Raisin , 18 slices per pound loaf, <i>1 slice</i>	65
--	-----------

Rye , 18 slices per pound loaf, <i>1 slice</i>	60
---	-----------

White

soft crumb

regular slice, 18 slices per pound loaf, <i>1 slice</i>	70
---	-----------

thin slice, 22 slices per pound loaf, <i>1 slice</i>	55
--	-----------

firm crumb, 20 slices per pound loaf, <i>1 slice</i>	65
--	-----------

Whole wheat

soft crumb, 16 slices per pound loaf, <i>1 slice</i>	65
--	-----------

firm crumb, 18 slices per pound loaf, <i>1 slice</i>	60
--	-----------

Biscuits, muffins, rolls

Calories

Baking powder biscuit

home recipe, <i>2-inch diameter, one</i>	105
mix, <i>2-inch diameter, one</i>	90

Muffin

plain, <i>3-inch diameter, one</i>	120
blueberry, <i>2³/₈-inch diameter, one</i>	110
bran, <i>2⁵/₈-inch diameter, one</i>	105
corn, <i>2³/₈-inch diameter, one</i>	125

Roll

hamburger or frankfurter, (16 per pound), <i>one</i>	120
hard, round, or rectangular, (9 per pound), <i>one</i>	155
plain, pan, (16 per pound), <i>one</i>	85
sweet, pan, (11 per pound), <i>one</i>	135

Other flour-based foods

Calories

Cakes, cookies, pies—See Desserts.

Cracker

butter, about <i>2-inch diameter, one</i>	15
cheese, about <i>2-inch diameter, one</i>	15
graham, <i>2½-inches square, two</i>	55
matzo, <i>6-inch diameter piece, one</i>	80
oyster, <i>ten</i>	35
pilot, <i>one</i>	75
rye, <i>1⅞ x 3½ inches, two</i>	45
saltines, <i>1⅞-inches square, four</i>	50

Doughnut

Cake-type, plain, <i>3¼-inch diameter (1½ ounces) one</i>	165
Yeast-leavened, raised, <i>3¾-inch diameter (1½ ounces) one</i>	175
Danish pastry, plain, <i>4½-inch diameter, one</i>	275

Other flour-based foods —Continued	Calories
------------------------------------	----------

Pancake (griddle cakes)	
--------------------------------	--

Wheat (home recipe or mix), 4-inch cake, one	60
---	----

Buckwheat (mix), 4-inch cake, one	55
-----------------------------------	----

Pizza , plain cheese, 5 $\frac{1}{3}$ -inch sector of 13 $\frac{3}{4}$ -inch pie	155
--	-----

Pretzel	
----------------	--

Dutch, twisted, one	60
---------------------	----

Stick, 5 regular (3 $\frac{1}{8}$ -inches long) or 10 small (2 $\frac{1}{4}$ -inches long)	10
---	----

Spoonbread , $\frac{1}{2}$ cup	235
---------------------------------------	-----

Waffle , 7 inch	210
------------------------	-----

Breakfast cereals

Calories

Bran flakes

(40% bran) 1 ounce, (about $\frac{4}{5}$ cup)	85
with raisins, 1 ounce (about $\frac{3}{5}$ cup)	80

Corn

puffed, presweetened, 1 ounce (about 1 cup)	115
shredded, 1 ounce (about $1\frac{1}{6}$ cups)	110

Corn flakes

plain, 1 ounce (about $1\frac{1}{6}$ cups)	110
sugar-coated, 1 ounce (about $\frac{2}{3}$ cup)	110

Farina, cooked, quick-cooking, $\frac{3}{4}$ cup	80
--	----

Oats, puffed

plain, 1 ounce (about $1\frac{1}{6}$ cups)	115
sugar-coated, 1 ounce (about $\frac{4}{5}$ cup)	115

Oatmeal or rolled oats, cooked, $\frac{3}{4}$ cup	100
--	-----

Breakfast cereals —Continued

Calories

Rice

flakes, <i>1 ounce (about 1 cup)</i>	110
puffed, <i>1 ounce (about 2 cups)</i>	115
pre-sweetened, <i>1 ounce (about $\frac{2}{3}$ cup)</i>	110
shredded, <i>1 ounce (about $1\frac{1}{8}$ cups)</i>	115

Wheat

puffed, <i>1 ounce (about $1\frac{7}{8}$ cups)</i>	105
puffed, pre-sweetened, <i>1 ounce (about $\frac{4}{5}$ cup)</i>	105
rolled, cooked, <i>$\frac{3}{4}$ cup</i>	135
shredded, plain, <i>1 ounce (1 large biscuit or $\frac{1}{2}$ cup bite-size)</i>	100
flakes, <i>1 ounce (about 1 cup)</i>	100

Other grain products	Calories
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Corn grits , degermed, cooked, $\frac{3}{4}$ cup	95
---	-----------

Macaroni , cooked	
plain, $\frac{3}{4}$ cup	115
with cheese	
home recipe, $\frac{1}{2}$ cup	215
canned, $\frac{1}{2}$ cup	115

Noodles , cooked, $\frac{3}{4}$ cup	150
--	------------

Rice , cooked, instant, $\frac{3}{4}$ cup	135
--	------------

Spaghetti , cooked	
plain, $\frac{3}{4}$ cup	115
in tomato sauce, with cheese,	
home recipe, $\frac{3}{4}$ cup	195
in tomato sauce, with cheese,	
canned, $\frac{3}{4}$ cup	140
with meat balls, home recipe,	
$\frac{3}{4}$ cup	250
with meat balls, canned, $\frac{3}{4}$ cup	195

Wheat germ , toasted, 1 tablespoon	25
---	-----------

DESSERTS AND OTHER SWEETS

Cakes

Calories

Angelcake, *2½-inch sector of 9¾-inch round cake* **135**

Boston cream pie, *2⅛-inch sector of 8-inch round cake* **210**

Chocolate cake, with chocolate icing, *1¾-inch sector of 9-inch round layer cake* **235**

Fruitcake, dark, *2 x 1½ x ¼-inch slice* **55**

Gingerbread, *2¾ x 2¾ x 1⅜-inch slice* **175**

Cakes —Continued

Calories

Plain cake

without icing

3 x 3 x 2-inch slice 315

2¾-inch diameter cupcake 115

with chocolate icing

*1¾-inch sector of 9-inch
round layer cake* 240

2¾-inch diameter cupcake 170

Pound cake, old fashion,

3½ x 3 x ½-inch slice 140

Sponge cake, *1⅞-inch sector of*

9¾-inch round cake 145

Candies

Calories

Caramels, (1 ounce) 3 medium 115

Chocolate creams, 35 to a pound,

2 to 3 pieces (1 ounce) 125

Candies —Continued

Calories

Chocolate , milk, sweetened, <i>1-ounce bar</i>	145
---	------------

Chocolate , milk, sweetened, with almonds, <i>1-ounce bar</i>	150
---	------------

Chocolate mints , 20 to a pound, <i>1 to 2 mints (1 ounce)</i>	115
--	------------

Fondant

candy corn, <i>20 pieces (1 ounce)</i>	105
--	------------

mints, <i>three 1½-inch mints</i> <i>(1 ounce)</i>	105
---	------------

Fudge, vanilla or chocolate

plain <i>1 ounce</i>	115
-------------------------	------------

<i>1-inch cube</i>	85
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with nuts <i>1 ounce</i>	120
-----------------------------	------------

<i>1-inch cube</i>	90
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Candies —Continued

Calories

Gumdrops , about $2\frac{1}{2}$ large or 20 small (1 ounce)	100
--	------------

Hard candy , three or four $\frac{3}{4}$ -inch-diameter candy balls (1 ounce)	110
--	------------

Jellybeans , 10 (1 ounce)	105
----------------------------------	------------

Marshmallows , 4 large	90
-------------------------------	-----------

Peanut brittle , $1\frac{1}{2}$ pieces, $2\frac{1}{2} \times 1\frac{1}{4} \times \frac{3}{8}$ -inch (1 ounce)	120
--	------------

Other sweets

Calories

Chocolate

bittersweet, 1-ounce square	135
-----------------------------	------------

semisweet, 1-ounce square	145
---------------------------	------------

Chocolate sirup

thin type, 1 tablespoon	45
-------------------------	-----------

fudge type, 1 tablespoon	60
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Other sweets —Continued	Calories
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Cranberry sauce , canned <i>1 tablespoon</i>	25
--	-----------

Honey , <i>1 tablespoon</i>	65
------------------------------------	-----------

Jam , preserves, <i>1 tablespoon</i>	55
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Jelly , marmalade, <i>1 tablespoon</i>	50
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Molasses , <i>1 tablespoon</i>	50
---------------------------------------	-----------

Sirup , table blends, <i>1 tablespoon</i>	55
--	-----------

Sugar , white, granulated, or brown (packed) <i>1 teaspoon</i>	15
--	-----------

Cookies	Calories
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Chocolate chip , <i>2 1/3-inch</i> cooky, <i>1/2-inch thick</i>	50
---	-----------

Figbar , <i>1 small</i>	50
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Cookies —Continued

Calories

Sandwich , chocolate or vanilla, <i>1¾-inch cooky, ⅜-inch thick</i>	50
Sugar , <i>2¼-inch cooky</i>	35
Vanilla wafer , <i>1¾-inch cooky</i>	20

Pies

Calories

Apple , <i>⅛ of 9-inch pie</i>	300
Blueberry , <i>⅛ of 9-inch pie</i>	285
Cherry , <i>⅛ of 9-inch pie</i>	310
Chocolate meringue , <i>⅛ of 9-inch pie</i>	285
Coconut custard , <i>⅛ of 9-inch pie</i>	270
Custard , plain, <i>⅛ of 9-inch pie</i>	250

Pies —Continued

Calories

Lemon meringue , $\frac{1}{8}$ of 9-inch pie	270
Mince , $\frac{1}{8}$ of 9-inch pie	320
Peach , $\frac{1}{8}$ of 9-inch pie	300
Pecan , $\frac{1}{8}$ of 9-inch pie	430
Pumpkin , $\frac{1}{8}$ of 9-inch pie	240
Raisin , $\frac{1}{8}$ of 9-inch pie	320
Rhubarb , $\frac{1}{8}$ of 9-inch pie	300
Strawberry , $\frac{1}{8}$ of 9-inch pie	185

Other desserts

Calories

Apple betty , $\frac{1}{2}$ cup	160
Bread pudding , with raisins, $\frac{1}{2}$ cup	250

Other desserts —Continued	Calories
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Brownie , with nuts, $1\frac{3}{4}$ -inches square, $\frac{7}{8}$ -inch thick	90
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Custard , baked, $\frac{1}{2}$ cup	150
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Fruit ice , $\frac{1}{2}$ cup	125
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Gelatin	
----------------	--

plain, $\frac{1}{2}$ cup	70
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with fruit, $\frac{1}{2}$ cup	80
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Ice cream , plain	
--------------------------	--

regular (about 10% fat), $\frac{1}{2}$ cup	130
--	-----

rich (about 16% fat), $\frac{1}{2}$ cup	165
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Ice milk	
-----------------	--

hardened, $\frac{1}{2}$ cup	100
-----------------------------	-----

soft serve, $\frac{1}{2}$ cup	135
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Prune whip , $\frac{1}{2}$ cup	70
---------------------------------------	----

Other desserts —Continued

Calories

Puddings

cornstarch, vanilla, $\frac{1}{2}$ cup	140
chocolate, from a mix, $\frac{1}{2}$ cup	160
rennet desserts, ready-to-serve, $\frac{1}{2}$ cup	115
tapioca cream, $\frac{1}{2}$ cup	110

Sherbet, $\frac{1}{2}$ cup	130
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**FATS, OILS, CREAMS AND
RELATED PRODUCTS****Fats and oils**

Calories

Butter or margarine

1 pat, 1-inch square, $\frac{1}{3}$ -inch thick	35
1 tablespoon	100

Margarine, whipped, soft, tub

1 tablespoon	100
--------------	-----

Fats and oils—Continued

Calories

Cooking fats

vegetable, <i>1 tablespoon</i>	110
lard, <i>1 tablespoon</i>	115

Peanut butter, see MEAT GROUP;

Other high-protein foods.

Salad dressings

regular	
blue cheese, <i>1 tablespoon</i>	75
French, <i>1 tablespoon</i>	65
home-cooked, boiled, <i>1 tablespoon</i>	25
Italian, <i>1 tablespoon</i>	70
mayonnaise, <i>1 tablespoon</i>	100
salad dressing, commercial, plain (mayonnaise-type), <i>1 tablespoon</i>	55
Russian, <i>1 tablespoon</i>	75
thousand island, <i>1 tablespoon</i>	60
low calorie	
French, <i>1 tablespoon</i>	20
Italian, <i>1 tablespoon</i>	15
thousand island, <i>1 tablespoon</i>	25

Fats and oils —Continued	Calories
---------------------------------	----------

Salad oil, 1 tablespoon	120
--------------------------------	------------

Cream	Calories
--------------	----------

Half-and-half (milk and cream)	
1 tablespoon	20
1 cup	315

Light, coffee or table, 1 tablespoon	30
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Sour, 1 tablespoon	25
---------------------------	-----------

Whipped topping, pressurized, 1 tablespoon	10
--	-----------

Whipping	
heavy, 1 tablespoon	50
light, 1 tablespoon	45

Imitation cream products (made with vegetable fat)

Calories

Creamers

liquid (frozen), <i>1 tablespoon</i>	20
powdered, <i>1 teaspoon</i>	10

Sour dressing (nonbutterfat sour cream) *1 tablespoon*

20

Whipped topping

pressurized, <i>1 tablespoon</i>	10
frozen, <i>1 tablespoon</i>	15
powdered, made with whole milk, <i>1 tablespoon</i>	10

MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, AND NUTS

Beef

Calories

Beef and vegetable stew

canned, *1 cup* 195

homemade, with lean beef, *1 cup* 220

Beef potpie, home prepared, baked,
¼ of 9-inch diameter pie

385

Chili con carne, canned

with beans, *½ cup* 170

without beans, *½ cup* 240

Corned beef, canned, *3 ounces*

185

Corned beef hash, *⅔ cup (3 ounces)*

155

Dried beef

chipped, *⅓ cup (2 ounces)* 115

creamed, *½ cup* 190

Hamburger, broiled, panbroiled, or sauteed

regular, <i>3 ounces</i>	245
lean, <i>3 ounces</i>	185

Oven roast, cooked, without bone

cuts relatively fat, such as rib

lean and fat, <i>3 ounces</i>	375
lean only, <i>3 ounces</i>	205

cuts relatively lean, such as round

lean and fat, <i>3 ounces</i>	220
lean only, <i>3 ounces</i>	160

Pot roast, cooked, braised or
simmered, without bone

lean and fat, <i>3 ounces</i>	245
lean only, <i>3 ounces</i>	165

Steak, broiled, without bone

cuts relatively fat, such as sirloin

lean and fat, <i>3 ounces</i>	330
lean only, <i>3 ounces</i>	175

cuts relatively lean, such as round

lean and fat, <i>3 ounces</i>	220
lean only, <i>3 ounces</i>	160

Beef —Continued

Calories

Veal cutlet , broiled, without bone, trimmed, <i>3 ounces</i>	185
--	------------

Veal roast , cooked, without bone, <i>3 ounces</i>	230
---	------------

Lamb

Calories

Loin chop , broiled, without bone lean and fat, <i>3 ounces</i>	305
lean only, <i>3 ounces</i>	160

Leg , roasted, without bone lean and fat, <i>3 ounces</i>	235
lean only, <i>3 ounces</i>	160

Shoulder , roasted, without bone lean and fat, <i>3 ounces</i>	285
lean only, <i>3 ounces</i>	175

Pork

Calories

Bacon , broiled or fried, crisp	
<i>2 thin slices</i>	60
<i>2 medium slices</i>	85

Bacon , Canadian, cooked, one <i>3³/₈ x 3¹/₁₆-inch slice</i>	60
--	-----------

Chop , broiled without bone	
lean and fat, <i>3 ounces</i>	335
lean only, <i>3 ounces</i>	230

Ham , cured, cooked, without bone	
lean and fat, <i>3 ounces</i>	245
lean only, <i>3 ounces</i>	160

Roast , loin, cooked, without bone	
lean and fat, <i>3 ounces</i>	310
lean only, <i>3 ounces</i>	215

Sausage

Calories

bologna, 2 ounces (2 very thin 4½-inch-diameter slices)	170
braunschweiger, 2 ounces (two 3⅛-inch-diameter slices)	180
pork	
link, cooked, four 4-inch links (4 ounces, uncooked)	250
bulk, cooked, two 3⅞ x ¼-inch patties (4 ounces, uncooked)	260
salami, 2 ounces (two 4½-inch- diameter slices)	175
Vienna, canned, 2 ounces (3½ sausages)	135

Variety and luncheon meats

Calories

beef heart, braised, trimmed, 3 ounces (4 x 2½-inch piece)	160
beef liver, fried, 3 ounces (6½ x 2⅜ x ⅜-inch piece)	195
beef tongue, braised, 3 ounces (3 x 2 x ⅜-inch piece)	210
frankfurter, cooked, (8 per pound), one	170

Variety and luncheon meats—Continued **Calories**

boiled ham, <i>2 ounces (2 very thin 6¼ x 4-inch slices)</i>	135
spiced ham, canned, <i>2 ounces (2 thin 3 x 2-inch slices)</i>	165

Poultry **Calories**

Chicken

roasted (no skin) breast, <i>one-half</i>	140
fried (no skin)	
breast, <i>½</i>	160
thigh, <i>one</i>	115
drumstick, <i>one</i>	80
canned, meat with broth, <i>½ cup (3½ ounces)</i>	165

Poultry pie , home prepared, baked, <i>¼ of 9-inch diameter pie</i>	410
---	------------

Turkey, roasted (no skin)

light meat, <i>3 ounces</i>	135
dark meat, <i>3 ounces</i>	160

Fish and shellfish

Calories

Bluefish , baked, <i>3 ounces</i> <i>(3½ x 2 x ½-inch piece)</i>	135
--	------------

Clams , shelled	
canned, <i>3 medium clams and juice</i> <i>(3 ounces)</i>	45
raw, meat only, <i>4 medium</i> <i>(3 ounces)</i>	65

Crabmeat , canned or cooked, <i>½ cup</i> <i>(3 ounces)</i>	80
---	-----------

Fish sticks , breaded, cooked, frozen, <i>three 4 x 1 x ½-inch</i> <i>sticks (3 ounces)</i>	150
--	------------

Haddock , breaded, fried, <i>3 ounces</i> <i>(4 x 2½ x ½-inch fillet)</i>	140
---	------------

Mackerel	
broiled with fat, <i>3 ounces</i> <i>(4 x 3 x ½-inch piece)</i>	200
canned, <i>⅔ cup with liquid (3 ounces)</i>	155

Fish and shellfish—Continued

Calories

Ocean perch , breaded, fried, <i>3 ounces, (4 x 2½ x ½-inch piece)</i>	195
--	------------

Oysters , raw, meat only, ½ cup <i>(6 to 10 medium)</i>	80
---	-----------

Salmon broiled or baked, <i>3 ounces</i>	155
canned, pink, ⅔ cup with liquid <i>(3 ounces)</i>	120

Sardines , canned in oil, drained, <i>7 medium (3 ounces)</i>	170
---	------------

Shrimp , canned, <i>27 medium</i> <i>(3 ounces)</i>	100
---	------------

Tunafish , canned in oil, drained, ½ cup <i>(3 ounces)</i>	170
--	------------

Eggs

Calories

Fried in fat, <i>large, one</i>	95
--	-----------

Hard or soft cooked, "boiled", <i>large, one</i>	80
---	-----------

Omelet, plain, <i>1 large egg, milk, and fat for cooking</i>	110
---	------------

Poached, <i>large, one</i>	80
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Scrambled in fat, <i>1 large egg and milk</i>	110
--	------------

Dried beans and peas

Calories

Baked beans, canned	
with pork and tomato sauce, <i>½ cup</i>	155
with pork and sweet sauce, <i>½ cup</i>	190

Limas, cooked, <i>½ cup</i>	130
------------------------------------	------------

Red kidney beans, canned or cooked, <i>½ cup, with liquid</i>	110
--	------------

Nuts

Calories

Almonds, 15 (2 tablespoons)	105
------------------------------------	------------

Brazil nuts, 4-5 large (2 tablespoons)	115
---	------------

Cashews, 11-12 medium (2 tablespoons)	100
--	------------

Coconut, fresh, shredded, 2 tablespoons	55
--	-----------

Peanuts, 2 tablespoons	105
-------------------------------	------------

Peanut butter, 1 tablespoon	95
------------------------------------	-----------

Pecans, halves, 10 jumbo or 15 large	95
---	-----------

Walnuts

black, chopped, 2 tablespoons	100
-------------------------------	-----

English or Persian

halves, 6 or 7	80
----------------	----

chopped, 2 tablespoons	105
------------------------	-----

MILK AND CHEESE

Milk

Calories

Buttermilk, 1 cup	100
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Condensed, sweetened, undiluted 1/2 cup	490
--	-----

Evaporated, whole, undiluted, 1/2 cup	170
---------------------------------------	-----

Lowfat, 2% fat, nonfat milk solids added, 1 cup	125
--	-----

Skim, 1 cup	85
-------------	----

Whole, 1 cup	150
--------------	-----

Yogurt

Calories

Made from skim milk, 1 cup	125
----------------------------	-----

Made from whole milk, 1 cup	140
-----------------------------	-----

Milk beverages

Calories

Chocolate, homemade, 1 cup	240
-----------------------------------	------------

Chocolate milkshake, one 12-ounce container	405
--	------------

Cocoa, homemade, 1 cup	220
-------------------------------	------------

Malted milk, 1 cup	235
---------------------------	------------

Milk desserts

Calories

Custard, baked, 1 cup	305
------------------------------	------------

Ice cream

regular (about 10% fat) 1 cup	270
-------------------------------	-----

rich (about 16% fat), 1 cup	350
-----------------------------	-----

Ice milk

hardened, 1 cup	185
-----------------	-----

soft-serve, 1 cup	225
-------------------	-----

Sherbet, ½ cup	135
-----------------------	------------

Cheese

Calories

American

process

1 ounce 105

1-inch cube 60

process cheese food

1 tablespoon 45

1-inch cube 55

process cheese spread

1 tablespoon 40

1 ounce 80

Blue or roquefort-type

1 ounce 100

1-inch cube 60

Camembert, 1 wedge of a 4-ounce package containing 3 wedges

115

Cheddar, natural

1 ounce 115

1-inch cube 70

½ cup, grated (2 ounces) 225

Cheese —Continued

Calories

Cottage

creamed

2 tablespoons (1 ounce) 30*1 cup, packed* 250

uncreamed

2 tablespoons (1 ounce) 25*1 cup, packed* 170**Cream***1 ounce* 100*1-inch cube* 55**Parmesan, grated***1 tablespoon* 25*1 ounce* 130**Swiss, natural***1 ounce* 105*1-inch cube* 55**Swiss, process***1 ounce* 95*1-inch cube* 60

SNACKS AND OTHER “EXTRAS”

Calories

Bouillon cube , <i>1 cube, ½ inch</i>	5
--	----------

Cheese sauce (medium white sauce with 2 tablespoons grated cheese per cup) <i>½ cup</i>	205
--	------------

Corn chips , <i>1 cup</i>	230
----------------------------------	------------

Doughnut

cake-type, plain, <i>3¼-inch diameter (1½ ounces), one</i>	165
--	------------

yeast-leavened, raised, <i>3¾-inch diameter (1½ ounces), one</i>	175
--	------------

French fries

fresh, <i>ten 3½ x ¼-inch pieces</i>	215
--------------------------------------	------------

frozen, <i>ten 3½ x ¼-inch pieces</i>	170
---------------------------------------	------------

Gravy , <i>2 tablespoons</i>	35
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Hamburger (with roll), <i>2-ounce patty</i>	280
--	------------

SNACKS AND OTHER

“EXTRAS” —Continued

Calories

Hot dog (with roll), <i>1 average</i>	290
--	------------

Olives

green, <i>5 small or 3 large or 2 giant</i>	15
---	-----------

ripe, <i>3 small or 2 large</i>	15
---------------------------------	-----------

Pickles

dill, <i>1¾ x 4-inch pickle</i>	15
---------------------------------	-----------

sweet, <i>¾ x 2½-inch pickle</i>	20
----------------------------------	-----------

Pizza , plain cheese, <i>5⅓-inch sector of 13¾-inch pie</i>	155
--	------------

Popcorn , large-kernel, popped with oil and salt, <i>1 cup</i>	40
---	-----------

Potato chips , <i>ten 1¾ x 2½-inch chips</i>	115
---	------------

Pretzel

Dutch, twisted, <i>one</i>	60
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stick, 5 regular (<i>3⅛-inches long</i>) or 10 small (<i>2¼-inches long</i>)	10
---	-----------

SNACKS AND OTHER

“EXTRAS” —Continued

Calories

Tomato catsup or chili sauce, <i>1 tablespoon</i>	15
---	-----------

White sauce, medium (1 cup milk, 2 tablespoons fat, 2 tablespoons flour), <i>½ cup</i>	200
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SOUPS

Calories

*(Canned, condensed, prepared with
equal volume of water unless other-
wise stated)*

Bean with bacon, <i>1 cup</i>	175
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Beef noodle, <i>1 cup</i>	85
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Bouillon, broth, or consomme, <i>1 cup</i>	15
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Chicken gumbo, <i>1 cup</i>	55
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Chicken noodle, <i>1 cup</i>	75
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SOUPS —Continued

Calories

Chicken with rice, 1 cup	60
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Clam chowder, manhattan, 1 cup	80
---------------------------------------	-----------

Cream of asparagus	
with water, 1 cup	85
with milk, 1 cup	160

Cream of chicken	
with water, 1 cup	115
with milk, 1 cup	190

Cream of mushroom	
with water, 1 cup	130
with milk, 1 cup	205

Minestrone, 1 cup	85
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Oyster stew	
with water, 1 cup	60
with milk, 1 cup	135

Pea, split, 1 cup	190
--------------------------	------------

SOUPS —Continued

Calories

Tomato

with water, 1 cup	85
with milk, 1 cup	160

Vegetable with beef broth, 1 cup	80
---	-----------

VEGETABLES AND FRUITS

Good sources of vitamin C are marked (CC), fair sources are marked (C), and good sources of vitamin A are marked (A)

Vegetables (Raw):

Calories

Cabbage (C)

plain, shredded, chopped, or sliced, 1/2 cup	10
coleslaw	
with mayonnaise, 1/2 cup	85
with mayonnaise-type salad dressing, 1/2 cup	60

Vegetables (Raw):—Continued

Calories

Carrots (A)*7½ x 1⅛-inch carrot* 30*½ cup, grated* 25**Celery, three 5-inch stalks** 10**Chicory, ½ cup, ½ inch-pieces** 5**Chives, 1 tablespoon** Trace**Cucumbers, pared, 6 center slices,
⅛-inch thick** 5**Endive, ½ cup, small pieces** 5**Lettuce***leaves, large, two* 5*shredded or chopped, ½ cup* 5*wedge, ⅙ head, one* 10

Vegetables (Raw): —Continued

Calories

Onions

young green

chopped, *1 tablespoon*

5

without tops, *2 medium or 6 small*

15

mature

chopped, *1 tablespoon*

5

Parsley, chopped, *1 tablespoon*

Trace

Peppers, greenchopped, *1 tablespoon*

Trace

ring, *¼-inch thick, one*

Trace

Radishes, *5 medium*

5

Tomatoes (C), *2⅔-inch diameter**tomato*

20

Turnips, cubed or sliced, *½ cup*

20

Watercress, *10 sprigs*

5

Vegetables (cooked, canned, or frozen)

Calories

Asparagus spears (C), 6 medium or $\frac{1}{2}$ cup cut	20
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Beans

green lima, $\frac{1}{2}$ cup	90
snap, green, wax, or yellow, $\frac{1}{2}$ cup	15

Beets, diced, sliced, or small whole, $\frac{1}{2}$ cup	30
---	-----------

Beet greens (A), $\frac{1}{2}$ cup	15
--	-----------

Broccoli (A, CC)	
chopped, $\frac{1}{2}$ cup	25
stalks, three $4\frac{1}{2}$ to 5-inch	25

Brussels sprouts (CC), $\frac{1}{2}$ cup (four $1\frac{1}{4}$ to $1\frac{1}{2}$-inch sprouts)	25
---	-----------

Cabbage (C), $\frac{1}{2}$ cup	15
--	-----------

Carrots (A), $\frac{1}{2}$ cup	25
--	-----------

**Vegetables (cooked,
canned, or frozen)—Continued**

Calories

Cauliflower (C), flower buds, $\frac{1}{2}$ cup	15
Celery, diced, $\frac{1}{2}$ cup	10
Chard (A), $\frac{1}{2}$ cup	15
Collard (A,C), $\frac{1}{2}$ cup	25
Corn	
on cob, <i>one 5-inch ear</i>	70
kernels, drained, $\frac{1}{2}$ cup	70
cream-style, $\frac{1}{2}$ cup	105
Cress, garden (A,C), $\frac{1}{2}$ cup	15
Dandelion greens (A), $\frac{1}{2}$ cup	15
Eggplant, diced, $\frac{1}{2}$ cup	20
Kale (A,C), $\frac{1}{2}$ cup	20
Kohlrabi (C), $\frac{1}{2}$ cup	20

**Vegetables (cooked,
canned, or frozen) —Continued**

Calories

Mushrooms , canned, $\frac{1}{2}$ cup	20
--	-----------

Mustard greens (A,C), $\frac{1}{2}$ cup	15
--	-----------

Okra

cuts and pods, $\frac{1}{2}$ cup	35
----------------------------------	-----------

sliced, $\frac{1}{2}$ cup	25
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Onions , mature, $\frac{1}{2}$ cup	30
---	-----------

Parsnips

diced, $\frac{1}{2}$ cup	50
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mashed, $\frac{1}{2}$ cup	70
---------------------------	-----------

Peas , green, $\frac{1}{2}$ cup	65
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Peppers , green (CC), 1 medium	15
---------------------------------------	-----------

Vegetables (cooked, canned, or frozen)—Continued

Calories

Potatoes

au gratin, $\frac{1}{2}$ cup	180
baked (C), $2\frac{1}{3}$ -inch diameter, $4\frac{3}{4}$ - inch long, one	145
boiled, $2\frac{1}{2}$ -inch diameter whole, one	90
diced, $\frac{1}{2}$ cup	55
chips, ten $1\frac{3}{4}$ x $2\frac{1}{2}$ -inch	115
french fries	
fresh, ten $1\frac{1}{2}$ x $\frac{1}{4}$ -inch pieces	215
frozen, ten $3\frac{1}{2}$ x $\frac{1}{4}$ -inch pieces	170
hash-browned, $\frac{1}{2}$ cup	175
mashed	
milk added, $\frac{1}{2}$ cup	70
milk and fat added, $\frac{1}{2}$ cup	100
made from granules with milk and fat added, $\frac{1}{2}$ cup	100
pan-fried from raw, $\frac{1}{2}$ cup	230
salad	
made with cooked salad dressing $\frac{1}{2}$ cup	125
made with mayonnaise or French dressing and eggs, $\frac{1}{2}$ cup	180
scalloped without cheese, $\frac{1}{2}$ cup	125
sticks, pieces $\frac{3}{4}$ to $2\frac{3}{4}$ -inch long, $\frac{1}{2}$ cup	95

Vegetables (cooked, canned, or frozen) —Continued	Calories
Pumpkin (A), $\frac{1}{2}$ cup	40
Rutabagas (C), sliced or diced, $\frac{1}{2}$ cup	30
Sauerkraut , canned, $\frac{1}{2}$ cup	20
Spinach (A,C), $\frac{1}{2}$ cup	25
Squash	
summer, $\frac{1}{2}$ cup	15
winter	
baked (A), mashed, $\frac{1}{2}$ cup	65
boiled (A), mashed, $\frac{1}{2}$ cup	45
Sweetpotatoes (A)	
baked in skin (C), 5 x 2-inch, one	160
candied, 2½ inches long, one-half	160
canned, mashed, $\frac{1}{2}$ cup	140
Tomatoes (C), $\frac{1}{2}$ cup	30
Tomato juice (C), $\frac{1}{2}$ cup	25

Vegetables (cooked, canned, or frozen)—Continued	Calories
---	----------

Tomato juice cocktail, $\frac{1}{2}$ cup	25
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Turnips, diced, $\frac{1}{2}$ cup	20
---	-----------

Turnip greens (A,C), $\frac{1}{2}$ cup	15
--	-----------

Vegetable juice cocktail, $\frac{1}{2}$ cup	20
---	-----------

Fruits (raw)	Calories
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Apples, $2\frac{3}{4}$-inch-diameter, one	80
---	-----------

Apricots (A), 3 (about $\frac{1}{4}$ pound)	55
---	-----------

Avocados

California varieties, 10 ounce, one-half	190
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Florida varieties, 16 ounce, one-half	205
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Fruits (raw)—Continued

Calories

Bananas

<i>one 6- to 7-inch banana (about 1/3 pound)</i>	85
<i>one 8- to 9-inch banana (about 2/5 pound)</i>	100

Berries

blackberries, 1/2 cup	40
blueberries, 1/2 cup	45
raspberries	
black, 1/2 cup	50
red, 1/2 cup	35
strawberries (CC), 1/2 cup	30

Cantaloup (A,CC), 5-inch melon,
one-half

80**Cherries**

sour, 1/2 cup	30
sweet, 1/2 cup	40

Dates, “fresh” and dried, pitted, cut,
1/2 cup

245

Fruits (raw)—Continued

Calories

Figs

fresh, <i>3 small</i>	95
dried, <i>1 large</i>	60

Grapefruit (CC)

white

<i>half of a 3¾-inch fruit</i>	45
sections, <i>½ cup</i>	40
pink or red, <i>half of 3¾-inch fruit</i>	50

Grapes

slip skin (Concord, Delaware, Niagara, etc.), <i>½ cup</i>	35
adherent skin (Malaga, Thompson, seedless, Flame Tokay, etc.), <i>½ cup</i>	55

**Honeydew melon (C), 2 x 7-inch
wedge**

50

Oranges (CC), 2⅝-inch orange

65

Fruits (raw) —Continued

Calories

Peachesslices, $\frac{1}{2}$ cup 30whole, $2\frac{1}{2}$ -inch peach (about
 $\frac{1}{4}$ pound) 40

Pears, $3\frac{1}{2} \times 2\frac{1}{2}$ inch, one 100

Pineapple, diced, $\frac{1}{2}$ cup 40

Plums

damson, 1 inch (2 ounces), five 35

Japanese, $2\frac{1}{8}$ -inch (about $2\frac{1}{2}$
ounces), one 30

Raisins, packed, $\frac{1}{2}$ cup 240

Tangerines (C), $2\frac{3}{8}$ -inch tangerine
(about $\frac{1}{4}$ pound), one 40

Watermelon (C), one 2-pound wedge 110

Fruits (cooked, canned, or frozen)

Calories

Applesauce

unsweetened, $\frac{1}{2}$ cup	50
sweetened, $\frac{1}{2}$ cup	115

Apricots (A)

canned in water, halves and liquid, $\frac{1}{2}$ cup	45
canned in heavy sirup, halves and sirup, $\frac{1}{2}$ cup	110
dried, cooked, unsweetened, fruit and juice, $\frac{1}{2}$ cup	105

Berries

blueberries, frozen	
unsweetened, $\frac{1}{2}$ cup	45
sweetened, $\frac{1}{2}$ cup	120
raspberries, red, frozen, sweetened, $\frac{1}{2}$ cup	120
strawberries, frozen, sweetened (CC), sliced, $\frac{1}{2}$ cup	140

Fruits (cooked, canned, or frozen)—Continued

Calories

Cherries

sour, canned in water, $\frac{1}{2}$ cup	50
sweet	
canned in water, $\frac{1}{2}$ cup	65
canned in sirup, $\frac{1}{2}$ cup	105

Figs , canned in heavy sirup, $\frac{1}{2}$ cup	110
--	-----

Fruit cocktail , canned in heavy sirup, $\frac{1}{2}$ cup	95
---	----

Grapefruit , canned (CC)	
water pack, $\frac{1}{2}$ cup	35
sirup pack, $\frac{1}{2}$ cup	90

Peaches

canned in water, $\frac{1}{2}$ cup	40
canned in heavy sirup, $\frac{1}{2}$ cup	100
dried, cooked, unsweetened, $\frac{1}{2}$ cup	100
frozen, sweetened, $\frac{1}{2}$ cup	110

Fruits (cooked, canned, or frozen) —Continued

Calories

Pears

canned in water, $\frac{1}{2}$ cup 40

canned in heavy sirup, $\frac{1}{2}$ cup 95

Pineapple, canned

crushed, tidbits or chunks, in heavy sirup, $\frac{1}{2}$ cup 95

sliced, in heavy sirup, *2 small or 1 large slice and 2 tablespoons juice* 80

Plums, canned in sirup, $\frac{1}{2}$ cup 105

Prunes, dried, cooked

unsweetened, fruit and liquid, $\frac{1}{2}$ cup 125

sweetened, fruit and liquid, $\frac{1}{2}$ cup 205

Rhubarb, cooked, sweetened, $\frac{1}{2}$ cup 190

Fruit juices

Calories

Apple , canned, $\frac{1}{2}$ cup	60
--	-----------

Grape

bottled, $\frac{1}{2}$ cup	85
----------------------------	-----------

frozen, diluted, $\frac{1}{2}$ cup	65
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Grapefruit (CC)

fresh, $\frac{1}{2}$ cup	50
--------------------------	-----------

canned

unsweetened, $\frac{1}{2}$ cup	50
--------------------------------	-----------

sweetened, $\frac{1}{2}$ cup	65
------------------------------	-----------

frozen concentrate, ready-to-serve

unsweetened, $\frac{1}{2}$ cup	50
--------------------------------	-----------

sweetened, $\frac{1}{2}$ cup	60
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Lemon , raw or canned, 1 tablespoon	5
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Orange (CC)

fresh, $\frac{1}{2}$ cup	55
--------------------------	-----------

canned, unsweetened, $\frac{1}{2}$ cup	60
--	-----------

frozen concentrate, ready-to-serve, $\frac{1}{2}$ cup	55
--	-----------

Fruit juices—Continued

Calories

Pineapple , canned, unsweetened, $\frac{1}{2}$ <i>cup</i>	70
<hr/>	
Prune , canned, $\frac{1}{2}$ <i>cup</i>	100
<hr/>	
Tangerine , canned (C)	
unsweetened, $\frac{1}{2}$ <i>cup</i>	55
sweetened, $\frac{1}{2}$ <i>cup</i>	60

A Guide for Estimating Serving Sizes of Meat

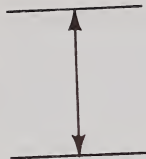
Calorie counts for many meats in the calorie table (pp. 34–41) are for 3 ounces of cooked meat. Dieters often have difficulty judging how their servings compare with a 3-ounce serving and how many calories to count for the meats they eat.

To help estimate serving sizes of meats, study the sketches on the following pages. The sketches of hamburger patty, round steak, and veal cutlet represent the **actual size** of a 3-ounce serving of cooked lean meat (without bone). For the other meats—roast beef, ham, lamb chops, pork chops, and roast turkey—it takes **two pieces** of cooked lean meat (without bone) of the size pictured to make 3 ounces.

If your serving sizes are larger or smaller than the servings in the table, adjust the number of calories accordingly.

Hamburger (lean)

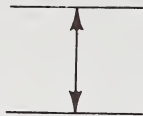
this thick



One patty this size: About 185 calories

Round Steak (lean only)

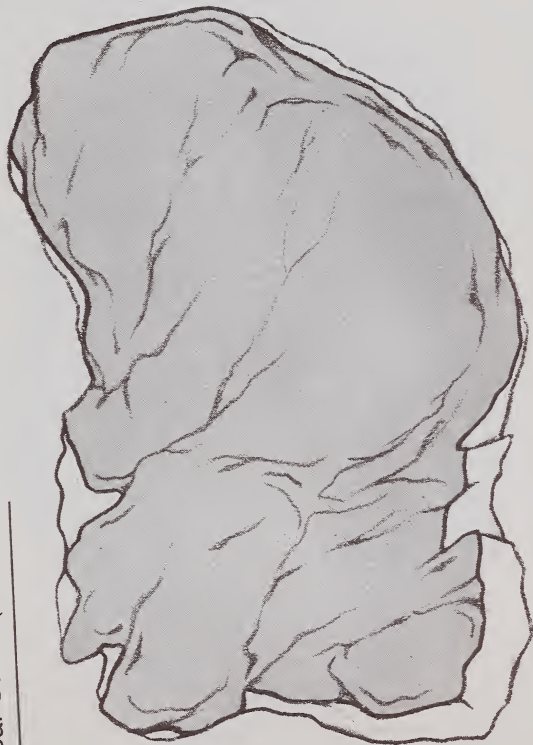
this thick



One piece this size: About **160** calories

Veal Cutlet (trimmed)

this thick



One cutlet this size: About **185** calories

Roast Beef Round (lean only)

this thick



Two slices this size: About **160** calories

Ham (lean only)

this thick



Two slices this size: About 160 calories

Lamb Chop (lean only)

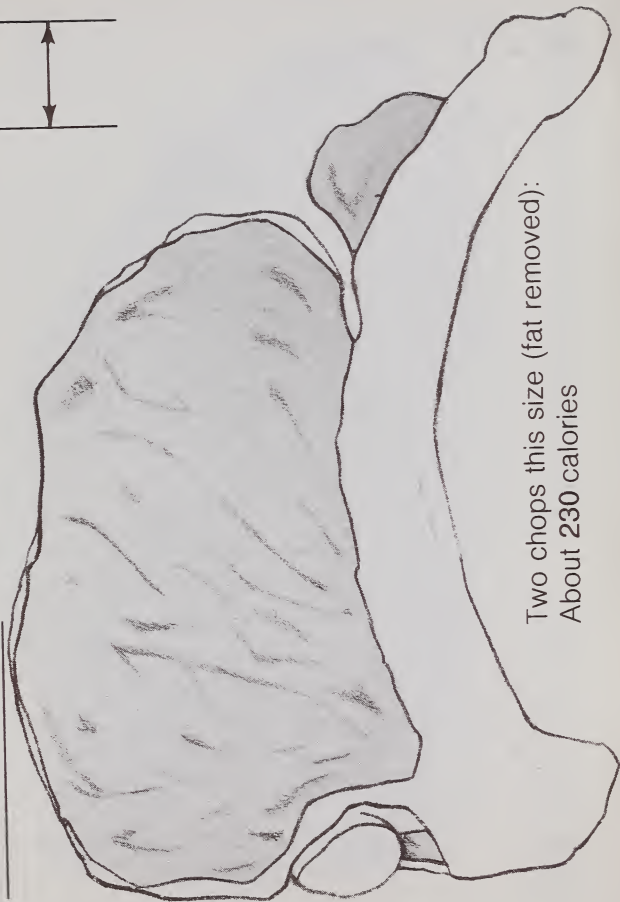
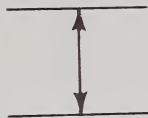
this thick



Two chops this size (fat removed): About 160 calories

Pork Chop (lean only)

this thick



Two chops this size (fat removed):
About **230** calories

Roast Turkey

this thick



Two slices of light meat this size: About 150 calories

Two slices of dark meat this size: About 175 calories

General Index to Calorie Tables

	Page
Beans and peas, dry	42
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