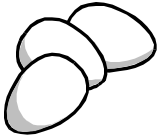


# Menu Choices



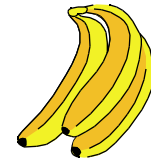
## Meat, Poultry, Fish, Dry Beans, Eggs & Nuts



	Amount	Calories
Almonds, whole	12 to 14	85
Bacon	2 slices	90
Beans, kidney, canned	1 cup	230
Beef:		
ground, lean	3 oz	185
sirloin, lean	3 oz	185
Bologna	1 oz	80
Chicken:		
breast, with skin	1 whole ( _ pound)	295
leg & thigh, with skin	1 small ( _ pound)	190
light meat, without skin	4 oz	115
dark meat, without skin	4 oz	130
Egg	1 medium	125
Flounder	4 oz	90
Frankfurter (all meat)	1.6 oz frankfurter	400
Haddock	4 oz	90
Halibut	4 oz	115
Lamb chop, lean	4 oz (with bone)	140
Lentil, dried, raw	2 _ tablespoons	85
Liver:		
beef or calf	4 oz	155
chicken	4 oz	145
Lobster	3 oz	80
Peanut butter	1 tablespoon	95
Peanuts, roasted	8 to 10	55
Pecans	9 medium halves	70
Pork:		
ham	3 oz	197
loin chop	3 oz	230
Sunflower seeds, shelled	1 tablespoon	45
Tuna, canned:		
in water	6 _ oz can	235
in oil	6 _ oz can	530
Turkey, roasted:		
light meat	4 oz	200
dark meat	4 oz	230
Veal, roasted	4 oz	185
Walnuts, English	8 halves	50



## Fruits



	Amount	Calories
Apple	1 medium	70
Apple juice	_ cup	60
Applesauce:		
sweetened	_ cup	50
unsweetened	_ cup	115
Apricots:		
canned in syrup	_ cup	110
dried	5 halves	50
fresh	3 medium	50
Apricot nectar (juice)	_ cup	70
Avocado	_ 10-oz avocado	185
Banana	1 medium	100
Blueberries, fresh or frozen, unsweetened	_ cup	40
Cantaloupe	_ (5-inch diameter)	60
Celery, raw	1 large stalk	15
Cherries:		
canned in syrup	_ cup	115
fresh, sweet	_ cup	40
Cranberries, raw	1 cup	45
Cranberry sauce	2 tablespoons	40
Fruit cocktail, canned	_ cup	95
Grapefruit	_ medium	45
Grapefruit juice	_ cup	50
Grape juice	_ cup	85
Grapes	20 grapes	50
Lemon or lime juice	_ cup	15
Orange	1 medium	65
Orange juice, fresh, frozen, canned	_ cup	55
Peach nectar	_ cup	60
Peaches:		
canned in syrup	_ cup halves with syrup	100
fresh	1 medium	35
Pears:		
canned in syrup	_ cup halves with syrup	100
fresh	1 medium	100
Pineapple, canned:		
slices, syrup-pack	2 slices	90
slices, juice-pack	2 slices	65
Pineapple juice	_ cup	65
Plums:		
canned syrup pack	_ cup with syrup	100

fresh	1 (2-inch diameter)	25
Strawberries, fresh	_ cup	20
Tangerine	1 (2 _ inch diameter)	40
Watermelon	1 wedge (4 x 8 inches)	115

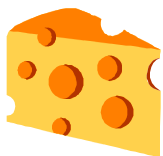


## Vegetables



	Amount	Calories
Asparagus	4 medium stalks	10
Beans, cooked:		
green, fresh or frozen	_ cup	15
lima, fresh or frozen	_ cup	95
wax, fresh, frozen	_ cup	45
Beets, fresh	2 (_ cup dried)	25
Broccoli, fresh or frozen, cooked	1 cup	20
Brussel sprouts, fresh or frozen, cooked	1 cup	55
Cabbage, fresh:		
boiled	_ cup	15
raw	_ cup (shredded)	10
Cauliflower, cooked	_ cup	15
Celery, raw	1 large stalk	15
Collards, cooked	_ cup	25
Corn, cooked:		
canned, whole kernel	_ cup	85
fresh or frozen	1 ear (5-inches long)	70
Cucumber, raw	1 medium (10 oz)	43
Eggplant, cooked	1 cup, diced	40
Lettuce, raw	1 cup, chopped	10
Mushrooms:		
canned	1 cup (solids and liquid)	40
fresh	1 pound	125
Olives, green, pitted	4 medium	20
Onion, raw	1 medium	40
Parsley, raw	5 tablespoons, chopped	5
Pea, green:		
canned	_ cup	60
frozen	_ cup	60
Pea, split, dry	_ cup	345

Peppers, green	1 medium	15
Pickle, dill	1 (4 inches x 1 _ inches)	15
Potatoes:		
baked	1 medium	90
boiled, pared	1 medium	90
french-fried	10 pieces	155
Spinach, frozen, cooked	_ cup	20
Squash, cooked:		
summer	_ cup	15
winter	_ cup	65
Tomato juice	_ cup	25
Tomatoes:		
canned	_ cup	25
fresh	1 medium	40
Vegetable juice	_ cup	20



## Milk, Yogurt & Cheese



	Amount	Calories
Cheese:		
American, processed	1 oz	105
Cheddar	1 oz	115
Cheese spread	1 oz	80
Cottage, creamed	1/3 cup	85
Cream	2 tablespoons (1 oz)	105
Mozzarella, whole milk	1 oz	90
Parmesan or romano, grated	2 tablespoons	50
Ricotta, partially skimmed	1/3 cup	85
Roquefort or bleu	1 oz	105
Swiss, processed or natural	1 oz	105
Cream:		
half-and-half	1 tablespoon	20
Heavy	1 tablespoon	55
Light	1 cup	840
sour	1 tablespoon	30
sour	1 cup	505
sour	1 tablespoon	25
Ice cream, vanilla (10% butterfat)	1 cup	255
Ice milk, vanilla	1 cup	200
Milk:		
Buttermilk	1 cup	90

Condensed, sweetened	_ cup	490
Evaporated, undiluted	_ cup	175
Low fat, 1% fat	1 cup	105
Skimmed	1 cup	90
Whole, 3.5% fat	1 cup	160
Milk, dry, non-fat instant	1/3 cup (makes 1 liquid cup)	80
Pudding, chocolate	_ cup	175
Whipped topping, frozen	1 tablespoon	15
Yogurt, plain	1 cup	150



## Bread, Cereal, Rice & Pasta

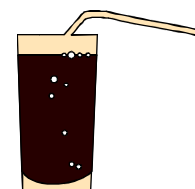


	Amount	Calories
Bagel	1 medium (2 oz)	100
Biscuits	1 biscuit	90
Bread:		
French or Italian	1 slice	65
rye	1 slice	60
white	1 slice	70
white, raisin	1 slice	65
whole wheat	1 slice	65
Bread crumbs, dry	_ cup	100
Cereals, ready to eat:		
All-Bran flakes	1 oz	70
corn flakes	1 oz	110
puffed rice, wheat	1 oz	110
Rice Krispies	1 oz	110
Raisin Bran	1 oz	105
Shredded Wheat	1 oz	110
Cornmeal, uncooked	1 cup	500
Crackers:		
graham	4 (2 _-inch diameter)	110
oyster	10 crackers	45
rye wafer	2 wafers	45
saltine	4 squares	50
Cream of Wheat, dry	1 oz	100
Flour:		
all purpose	1 cup	420
whole wheat	1 cup	400
Macaroni, uncooked	1 oz (_ cup uncooked)	105
Matzoh, plain	1 regular	120

Muffins:		
corn	1 (2 3/8-inch diameter)	125
bran	1 (3-inch diameter)	105
English	1 (3 _-inch diameter)	140
Noodles, uncooked	1 oz ( _ cup uncooked)	110
Oatmeal, uncooked	1 oz ( _ cup uncooked)	105
Pancakes, from mix	2 (4-inch diameter)	120
Rice, white, cooked	_ cup	131
Waffle	1 7-inch waffle	205
Wheat germ	1 tablespoon	15



## Fats, Oils & Sweets



	Amount	Calories
Butter	1 tablespoon	100
Cakes:		
angel food	1/12 of 10-inch cake	135
chiffon	1/16 of 10-inch cake	215
chocolate, fudge frosting	1/16 of a 9-inch layer cake	235
yellow, fudge frosting	1/16 of a 9-inch layer cake	275
Cupcake, plain	1 medium	90
Candy:		
caramel, plain	1 piece	40
chocolate, milk	1 oz	145
gum drop	1 small	10
sour ball	1 large	35
peanut brittle	1 oz	120
Chocolate:		
milk	1 oz	145
semi-sweet	1 oz	145
Cocoa or Hot Chocolate (dry mix)	1 envelope	102
Cola drink	12 oz	140
Cookies:		
chocolate chip	1 (1-inch diameter)	50
fig bar	1 square	50
ginger snap	1 small (2-inch diameter)	30
oatmeal	1 large (3-inch diameter)	65
sandwich, creme	1 cookie	50
vanilla wafer	1 cookie	20
Danish pastry, plain	4 _-inch piece	275
Doughnut, cake-type	1 medium	125
Gelatin dessert	_ cup	70

Gravy, canned beef	2 tablespoons	15
Honey	1 tablespoon	65
Jam or jelly	1 tablespoon	55
Marshmallows, plain	1 average	25
Molasses, light	1 tablespoon	50
Oils, vegetable: Corn, cottonseed, olive, soybean, etc.	1 tablespoon	125
Pies:		
apple, double crust	1/6 of 9-inch pie	405
cherry, double crust	1/6 of 9-inch pie	410
custard	1/6 of 9-inch pie	330
lemon meringue	1/6 of 9-inch pie	355
pecan	1/6 of 9-inch pie	575
Sugar:		
Brown	1 cup	820
Granulated	1 cup	770
	1 tablespoon	40
Powdered	1 cup	460
Syrup, maple	1 tablespoon	50

NOTE: Some foods can be placed in more than one group. For example, ice cream is found in the Milk, Yogurt & Cheese group. It can also be placed in the Fats, Oils & Sweets group.