

GUIDELINES FOR CALORIES

Guidelines for calories employs two principles: (1) average calories based on food groups or categories rather than calorie counting of individual recipes; and (2) controlling calories by simple modifications. These modifications include serving method, smaller portion sizes, and eliminating or minimizing high calorie accompaniments such as gravy and sauces and the fat added in food preparation.

Food Categories and portion sizes follow: ¹

BREAKFAST APPETIZERS (Small fruit serving)

The sample meal pattern on the last card of this guideline information suggests one of the following fruit servings with the breakfast meal. (Items in bold face are good sources of Vitamin C). Average calories per serving = 60:

Canned fruit	1/2 cup, drained of syrup
Fruit juice, unsweetened	1/2 cup
(orange, grapefruit, grapefruit and orange, pineapple, apple, tomato, vegetable, grape	

¹Army users can refer to a listing of weight control portion sizes of AFRS recipes by recipe number in "Nutrition Education and Calorie Awareness."

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Apple	1 small
Banana	1/2 small
Berries, except strawberry	1/2 cup
Berries, strawberry (unsweetened)	3/4 cup
Cranberry juice cocktail	1/2 cup
Fruit cup	1/2 cup
Grapefruit	1/2
Grapefruit sections	1/2 cup
Grapefruit and pineapple juice cocktail	1/2 cup
Grapes	12
Melon	
Cantaloupe	1/4
Honeydew	1/8
Orange	1 small
Orange and pineapple juice cocktail	1/2 cup
Pear	1 small
Plums	2 medium
Prunes	2 medium
Raisins	2 tablespoons
Tangerine	1 medium

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GUIDELINES FOR CALORIES**BREAKFAST ENTREES** (Equivalent to one-ounce meat serving)

Average calories per serving = 75-100

*Bacon, crisp	2 strips
Cheese	1 ounce slice or 1 inch cube
Egg (poached, soft cooked, hard cooked)	1
*Egg (fried, scrambled)	1
Ham or other lean meat	1 ounce slice
Peanut butter	2 tablespoons
Sausage	1 link or pattie
Corned beef hash or	1/3 cup (No. 12 scoop)
*Creamed ground beef	
*Creamed chipped beef	

*Higher in fat and higher in calories. As little fat as possible should be used in egg preparation. (Shortening compound used for pan coating can be used to reduce fat in foods requiring grill preparation.) Poached, soft cooked and hard cooked eggs are lowest in calories, because no fat is involved in their preparation. Hot sandwiches may be served at breakfast for variety. Two slices of bread or 1 English muffin, 1 ounce of meat or cheese and 1 strip bacon (250 to 300 calories), form a complete breakfast except for milk and Breakfast Appetizer servings.

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STARCH SERVINGS (Bread/Cereal foods, principally)

This menu category includes breads, cereal and cereal products, legumes and starchy vegetables.

Average calories per serving = 80.

A. Breads

Bagel (whole wheat or plain)	1/2
Biscuit (2" diameter)	1
Bread (white, French, Italian, whole wheat, rye, pumpernickel, raisin)	1 slice
English muffin	1/2
Roll, dinner	1 medium (1 ounce)
Roll, hamburger, hot dog, Kaiser (2 oz roll)	1/2
Tortilla/taco shell (6" diameter)	1
Cornbread	2 inch square
Dumplings	1 average
Pancakes	1/4 inch (without butter or syrup)
French toast	1 slice without butter is equivalent to one breakfast entree plus one starch serving
Coffee cake	2 inch square

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GUIDELINES FOR CALORIES**B. Cereal Products**

Baked macaroni and cheese	1/3 cup (counts as one starch serving and one fat)
Cereal, cooked	1/2 cup
Cereal, ready-to-eat, unsweetened	1 individual box or 1 ounce
Crackers, saltine, 2 inch square	6
Crackers, soda, 2 ¹ / ₂ inch square	4
Grits	1/2 cup
Mexican rice	1/2 cup
Pasta, cooked (spaghetti, noodles, macaroni)	1/2 cup
Rice, steamed	1/2 cup
Rice pilaf	1/2 cup
Spanish rice	1/2 cup (counts as one starch serving and one fat)

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C. Starchy Vegetables

Beans (lima, pinto, kidney, white)	1/3 cup
Corn	1/2 cup
Corn on the cob	1 medium ear
Potato, baked or boiled	1 small
*Potatoes, hashed brown, lyonnaise, cottage fried	1/2 cup
*Potato griddle cake (German)	1 cake
Sweet potato, baked	1/2 potato
Sweet potato, mashed	1/2 cup
Succotash	1/2 cup
Peas	1/2 cup
Winter squash	1/2 cup

*Fat serving should be eliminated from the meal

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GUIDELINES FOR CALORIES**FAT SERVINGS**

Fats are concentrated sources of calories. Average calories per serving = 45.

Avocado (4" diameter)	1/8
Bacon, crisp	1 strip
Bacon fat	1 teaspoon
Blue Cheese Dressing	1 tablespoon
Butter or margarine	1 pat or 1 teaspoon
Cream for coffee	2 tablespoons
Cream, sour	2 tablespoons
Cream, whipping	1 tablespoon
Cream cheese	1 tablespoon
Creamy Italian dressing	1 tablespoon
French dressing	1 tablespoon
Green Goddess dressing	1 tablespoon
Italian dressing	1 tablespoon
Low-calorie dressing	2 tablespoons
Salad dressing	1 teaspoon
Thousand Island dressing	1 tablespoon
Olives	5 small

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BEVERAGES**A. Milk Servings**

Two 8-ounce glasses of milk or other dairy product equivalent are recommended daily for adults to meet calcium requirements. One Milk Serving equals one 8-ounce glass milk or equivalent. Approximate calories per serving = 90.

Milk, skim	1 cup (1/2 pint or 8 fluid ounces)
Milk, low fat	3/4 cup (6 fluid ounces)
Milk, whole	1/2 cup (4 fluid ounces)
Buttermilk	1 cup
Yogurt, low fat (without fruit)	1 cup

B. Other Beverages

Unsweetened black coffee, unsweetened tea, sugar-free soft drinks, and bouillons range from 0 to 25 calories.

Sweetened soft drinks, milk shakes, and hot cocoa are high in sugar and calories. Milk shakes range in calories from approximately 290-450 calories depending on the ingredients used. Milk shakes contribute calcium. Dehydrated ice milk-milk shake mix (approximately 290 calories per serving) is a source of both calcium and Vitamin A—a consideration for Navy afloat patrons when milk is not available to supply these nutrients.

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GUIDELINES FOR CALORIES**APPETIZERS** (lunch/dinner)

A fruit or fruit juice or vegetable juice serving, large or small, is a good appetizer. Other possible appetizers containing about 120 calories include:

Soup

Broth-based soups (e.g., chicken noodle)	1 cup
Creamy soups	1/2 cup
Stuffed celery (filled with cheese spread or peanut butter)	2-4 sticks
Fruit cup	1/2 cup

LARGE FRUIT SERVINGS (for lunch/dinner appetizer or dessert)

Serve fresh fruits whenever possible to avoid the sugar added to most canned and frozen fruits. When only canned fruits are available, serve 1/2 cup and drain off the syrup. The following fruit servings are twice the size of the breakfast fruit servings and provide about 120 calories per serving.

Apple	1 medium
Banana	1 small or 1/2 large
Berries (except strawberry)	1 cup
Grapes	10
Melon	
Cantaloupe	1/2
Honeydew	1/4
Watermelon	2 cups (chunks)
Nectarine	1 large

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Orange	1 medium
Peach	1 large
Pear	1 medium
Pineapple	1 cup (chunks)
Plums	2 large or 4 medium
Prunes	2 large or 4 medium
Raisins	1/4 cup
Tangerine	1 large
Fruit juice, unsweetened	1 cup
Tomato or vegetable juice	1 cup

MEAT SERVINGS (3 ounce lunch/dinner entree)

An ounce of cooked meat provides approximately 75 calories. Lean meats such as bottom round, roast veal, chicken without skin and fish contain approximately 55 calories per ounce. High-fat meats such as cold cuts, spareribs, sausage, corned beef and frankfurters have about 100 calories per ounce.

Serve lean meats whenever possible to reduce saturated fats, cholesterol and calories. Trim off visible fat. Remember that sauces and gravies, except tomato, seafood cocktail, and mustard, should be avoided by weight-conscious personnel. The following meats have about 225 calories per serving. For the most part, plain meat portions are 3 ounces cooked (4 ounces raw meat makes a 3-ounce portion when cooked); mixed dishes (casseroles) are 1 cup. Use slotted spoon to serve casserole dishes such as beef stew to minimize calories from the gravy.

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<u>A. Beef</u>	<u>Portion Size</u>
Beef, ground, meatballs	3-1 ¹ / ₃ ounce meatballs
Beef, ground, meat loaf	3 ounces (1 inch thick slice)
Beef, ground, pattie	1 pattie
Beef, oven roast	3 ounces
Beef, pot roast	3 ounces
Beef stew	1 cup (use slotted spoon)
Chili con carne	1 cup
Liver	4 ounces
Meat sauce (for spaghetti)	1 cup
Steak, grilled	3 ounces
Steak, Swiss	3 ounces
<u>B. Fish/Seafood</u>	
Baked fish	4-4 ¹ / ₂ ounces
Salmon cakes	1 cake
Salmon loaf	1 inch slice
Scallop creole	1 cup
Seafood newburg	1 cup
Shrimp creole	1 cup
Shrimp curry	3/4 cup
Tuna salad	3/4 cup
Baked tuna and noodles (counts as entree plus starch serving)	1 cup

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<u>C. Pork</u>	
Ham, sliced	3 ounces
Ham, chunks	1 cup
Ham, loaf	3 ounces
Pork chop	1 small
Pork chop suey	1 cup (use slotted spoon)
Pork roast	3 ounces
<u>D. Poultry</u>	
Chicken, baked	1/4 chicken (thigh and drumstick or 1 breast piece and wing)
Chicken, BBQ, without extra sauce	1/4 chicken
Chicken (or turkey) salad	3/4 cup
Duck, roast (high in fat)	1/4 duck
Rock Cornish hen	1/2 hen
Turkey, cutlet	1 cutlet
Turkey, roast, sliced	3 ounces
<u>E. Veal</u>	
Veal steak, breaded	1 small steak
Veal parmesan	3 ounces
Veal roast, sliced	3 ounces

Cottage cheese, 3/4 cup, is nutritionally similar to 3 ounces of meat.

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GUIDELINES FOR CALORIES**VEGETABLE SERVINGS** (cooked)

Vegetables prepared without added fats or sugar are very low in calories, about 25 per half-cup serving. The somewhat starchy vegetables, such as green peas and winter squash, contain about 70 calories per half-cup serving. Dark green and deep yellow vegetables are good sources of Vitamin A. Most dark green vegetables, if not overcooked, are also reliable sources of Vitamin C.

Asparagus	6 to 7 spears
Beans, green or wax	1/2 cup
Beets, sliced	1/2 cup
Broccoli	1 large stalk or 1/2 cup
Brussels sprouts	5 to 6 sprouts
Cabbage	1/2 cup
Carrots, sliced	1/2 cup
Cauliflower	1/2 cup
Eggplant	1/2 cup
Greens	1/2 cup
Mushrooms	1/2 cup
Okra	1/2 cup
Onions	1/2 cup
Peas, green	1/2 cup
Spinach	1/2 cup
Squash, yellow or zucchini, sliced	1/2 cup
Tomatoes, stewed	1/2 cup

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SALADS (including raw vegetables)

Most salads fall into the Vegetable/Fruit Group of the Basic Four Food Groups. Salads can be low in calories, if consumption of dressings and starchy salad bar items is limited. Fruits and vegetables add fiber to the diet; raw vegetables have negligible calories. For a tossed salad of very few calories, lemon juice, vinegar and seasonings, or Zero Dressing can be substituted for regular salad dressings. The following Armed Forces Recipe Service salads provide 45 to 80 calories per 1/2 cup serving.

Carrot salad (shredded carrots with dressing, raisins or pineapple)	1/2 cup
Cole slaw	1/2 cup
Cottage cheese	1/4 cup plus 3 slices fruit as desired
Cucumber and onion salad	1/2 cup
Fruit salad	1/2 cup
Pickled beet and onion salad	1/2 cup
Pickled green bean salad	1/2 cup
Three bean salad	1/3 cup drained
Tossed salads	Greens as desired plus 1 tablespoon dressing or 2 tablespoons low-calorie dressing
Waldorf salad	1/2 cup

Relishes: celery sticks, carrot sticks, green peppers, radishes, cherry tomatoes and tomato wedges, cucumber and dill pickles have negligible calories.

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GUIDELINES FOR CALORIES**DESSERTS**

Fruit is a low fat, low calorie dessert with a greater ratio of essential vitamins and minerals to calories than many other common desserts, and is preferable for weight-conscious personnel as a dessert choice. Generally, the portions for cake, brownies, cookies and pie are one-half the Armed Forces Recipe Service portion. Approximate calories per serving is 150.

Cake, angel food, plain	4 inch square, 1 1/2 inches thick
Cake, unfrosted	2 inch square
Cobbler, any flavor	2 inch square
Cookie, 3 inch diameter	1
Cookie, bar type	2 inch square
Doughnut (not filled)	1 small or 1/2 large (1 ounce)
Gelatin dessert, plain	1/2 cup or a 3 inch square
Ice cream, sherbet, or frozen yogurt, plain	1/2 cup
Pie	1/12 of 9 inch pie (1/2 regular serving)
Pudding or custard without topping	1/2 cup

Sandwiches—Portions Recommended for Weight Control

Sandwiches provide entree variety for dieters. They replace the usual entree, starch, and fat serving of a meal. One sandwich or 1/2 submarine is a portion. (The exception is Beef Tacos. Two tacos equal the entree, starch, and fat serving.) Butter and salad dressing should be omitted from the recipe. Breads—rye, French, whole wheat, sandwich and pumpernickel that weigh about 1 ounce per slice are permitted. One-half of a 6-inch submarine roll equals 2 slices of bread. One Kaiser roll, hamburger bun, hot dog roll, or English muffin is equivalent to 2 slices of bread.

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SAMPLE 1500-1700 CALORIE MEAL PLAN**Breakfast Pattern**

- 1—Breakfast Appetizer (Fruit or Juice)
- 1—Breakfast Entree
- 2—Starch Servings
- 1—Fat Serving¹
- 1 Cup Skim or 2% Lowfat Milk, or 1/2 cup whole
- Coffee or Tea—as desired (without cream or sugar)

Lunch Pattern

- 1—Lunch Appetizer
- 1—Lunch Entree
- 1—Starch Serving
- Vegetables—(plain—as desired or 1/2 cup buttered or starchy vegetable)
- 1—Salad (lettuce—as desired plus 2 tbsp low calorie salad dressing or 1/2 cup fruit or other vegetable salad)
- 1—Fat serving¹
- 1 Cup Skim or 2% Lowfat Milk or 1/2 cup whole
- Coffee or Tea—as desired (without cream or sugar)

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Dinner Pattern

1–Dinner Entree

1–Starch Serving

Vegetables (plain–as desired or 1/2 cup buttered or starchy vegetable)

1–Salad (lettuce–as desired plus 2 tbsp low calorie salad dressing or 1/2 cup fruit or other vegetable salad)

1–Fat Serving¹

1–Dessert Serving

Coffee or Tea–as desired (without cream or sugar)

¹Fat servings are optional. By selecting those items at the lower end of the average calorie range, i.e., fresh fruit rather than a small portion of dessert, the meal plan more nearly approximates 1500 calories. (Lettuce salads and fresh fruit are not always available in Navy general messes afloat.)

NOTE: Navy and Marine Corps food service personnel can use this meal pattern as the basis of the Healthy Choices Plan. Army and Air Force users should refer to the Fitness and Short Order Menu Pattern in Department of the Army Supply Bulletin SB 10-260, and the Sensible Limited Intake Menu (SLIM) in United States Air Force Worldwide Menu AFP 146-17, respectively.

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