

Calories and Weight

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Calories and Weight

What is a calorie? It is the unit of measurement that tells you how much energy you get from the foods you eat. Every food provides some of the energy that enables you to do the things you do every day. 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, 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 desirable weight given for your height and body frame on the next page. See if you really do need to lose weight.

Desirable Weight Ranges for Adults

	Height (without shoes) <i>Inches</i>	Weight (without clothes) <i>Pounds</i>
Men:	64	122-144
	66	130-154
	68	137-165
	70	145-173
	72	152-182
	74	160-190
Women:	60	100-118
	62	106-124
	64	112-132
	66	119-139
	68	126-146
	70	133-155

The table of desirable weight ranges for adults 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 mid-twenties 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.

Allow yourself 500 to 1,000 fewer calories a day than you are now getting, to lose weight at the recommended rate of 1 to 2 pounds a week. You will need to cut down more than this on calories, 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.* At calorie levels lower than this, it is difficult 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 following four basic food groups each day. You will find that you can easily fit some from each group into your calorie quota, because foods in each group vary in the number of calories they provide.

MILK GROUP—You get most of your calcium from milk and milk products, along with significant amounts of protein, riboflavin, vitamin A, and other important nutrients.

Fluid or dry skim milk, buttermilk, and cheese made from skim milk are lower in calories than other types of milk and cheese.

MEAT GROUP—Meat, poultry, fish, and eggs are valued for the protein they provide, and for iron, thiamine, riboflavin, and niacin. Dry beans, dry peas, and nuts—sometimes used as alternates for meat—are important for these nutrients, too.

Remember that all of these foods have fewer calories when you eat them without added fats, gravies, or sauces. Trimming fat from meat also reduces calories considerably.

VEGETABLE-FRUIT GROUP—Most of the vitamin C and a large share of the vitamin A furnished by foods come from vegetables and fruits. Eat a variety of them daily. Include a serving of citrus or some other fruit or vegetable valued for vitamin C. At least every other day, include a serving of a dark-green or deep-yellow vegetable for vitamin A.

Eat these foods plain and you will save calories. Have vegetables without rich sauces or fats for seasonings; have fruits without sugar and cream; have salads without dressings—or use a low-calorie dressing that you buy or make yourself.

BREAD AND CEREAL GROUP—From these foods you get worthwhile amounts of protein, iron, B vitamins, and food energy.

Choose whole-grain, enriched and restored products; they are more nutritious and are no higher in calories than other kinds.

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 completely omit 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. 45). 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. Follow the four basic food groups in making selections, to be reasonably sure of getting needed vitamins, minerals, protein, and other nutrients.

- “Crash” and “Fad” diets may be hazardous to health. Unusual foods and 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)
- Bread and cereal group
- Desserts and other sweets
- Fats, oils, and related products (includes salad dressings)
- Meat group (includes fish, eggs, nuts, dry beans and peas)
- Milk group (includes cheeses, milk desserts)
- Snacks and other “extras”
- Soups
- Vegetable-fruit group (includes fruit juices).

BEVERAGES

[Not including milk and fruit juices]

Carbonated beverages:

Cola-type	12-ounce can or bottle	145
	8-ounce glass	95
Fruit flavors, 10-13 percent sugar.	12-ounce can or bottle	170
	8-ounce glass	115
Ginger ale	12-ounce can or bottle	115
	8-ounce glass	70
Root beer	12-ounce can or bottle	150
	8-ounce glass	100

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

Wines:

Table wines (Chablis, claret, Rhine wine, sauterne, etc.).	3-ounce glass	75
Dessert wines (muscatel, port, sherry, etc.).	3-ounce glass	125

Alcoholic beverages:

Beer, 3.6 percent alcohol.	12-ounce can or bottle	150
Beer, 3.6 percent alcohol.	8-ounce glass	100
Whiskey, gin, rum, vodka:		
70-proof	1½-ounce jigger	85
80-proof	1½-ounce jigger	95
86-proof	1½-ounce jigger	105
90-proof	1½-ounce jigger	110
100-proof	1½-ounce jigger	125

BREAD AND CEREAL GROUP

Bread:

Calories

1-pound loaf, 16 slices:

Cracked wheat . . .	slice	75
Raisin	slice	75
Rye	slice	70
White	slice	75
Whole wheat	slice	70

1-pound loaf, 20 slices:

Cracked wheat . . .	slice	60
Raisin	slice	60
Rye	slice	55
White	slice	60
Whole wheat	slice	55

Biscuits, muffins, rolls:

Baking powder biscuit.	2½-inch-diameter biscuit . .	140
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Muffins:

Bran	2¾-inch-diameter muffin . .	130
Corn	2¾-inch-diameter muffin . .	150
English	3½-inch-diameter muffin . .	135
Plain	2¾-inch-diameter muffin . .	140

Rolls:

Hamburger or frankfurter.	1 roll (18 ounces per dozen)...	120
Hard, round.....	1 roll (22 ounces per dozen)...	160
Plain, pan.....	1 roll (16 ounces per dozen)...	115
Sweet, pan.....	1 roll (18 ounces per dozen)...	135

Other flour-based foods:

Cakes, cookies, pies . . . (See Desserts).

Crackers:

Graham	4 small, or 2 medium	55
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Crackers—Continued

Matzoth	6-inch-diameter piece	80
Oyster	10	45
Pilot	1	75
Rye wafers	2	45
Saltines	Two, 2 inches square	35
Soda	Two, 2½ inches square	50
Doughnuts:		
Cake-type, plain	1 average	125
Yeast-leavened, “raised.”	2½- to 2¾-inch diameter.	175
Pancakes (griddle cakes):		
Wheat	4-inch cake	60
Buckwheat	4-inch cake	55
Pizza, plain cheese	5½-inch sector of 14-inch pie.	185
Pretzels	5 small sticks	20
Spoonbread	½ cup	235
Waffles	1 average	210
Breakfast cereals:		
Bran flakes	1 cup	105
Corn, puffed and presweetened.	1 cup	115
Corn flakes	1 cup	95
Farina, cooked	1 cup	105
Oat cereal, puffed (mixture with mainly oat flour).	1 cup	100
Oatmeal or rolled oats, cooked.	1 cup	130
Rice, puffed	1 cup	60
Rice, flakes	1 cup	115
Wheat, puffed	1 cup	55
Wheat, puffed and presweetened.	1 cup	130

Breakfast cereals—Continued

Wheat, shredded, plain.	2 large, oblong biscuits . . .	175
	1 cup spoon-size	160
Wheat flakes	1 cup	105
Grain products:		
Corn grits, cooked . .	$\frac{3}{4}$ cup	95
Macaroni, cooked:		
Plain	$\frac{3}{4}$ cup	115
With cheese	$\frac{3}{4}$ cup	360
Noodles, cooked	$\frac{3}{4}$ cup	150
Rice, cooked	$\frac{3}{4}$ cup	140
Spaghetti, cooked:		
Plain	$\frac{3}{4}$ cup	115
In tomato sauce, with cheese.	$\frac{3}{4}$ cup	195
With meat balls . .	$\frac{3}{4}$ cup	250
Wheat germ, toasted.	1 tablespoon	25

DESSERTS AND OTHER SWEETS

Cakes:

Angelcake	2-inch sector of 8½-inch tube cake.	105
Boston cream pie . . .	2-inch sector of 8-inch round layer cake.	210
Chocolate cake, with chocolate icing.	2-inch sector of 10-inch round layer cake.	345
Fruitcake, dark	2- x 2- x ½-inch slice	140
Gingerbread	2-inch square	170
Plain cake:		
Without icing	3- x 2- x 1½-inch slice . . .	155
	2¾-inch-diameter cupcake.	120
With chocolate icing.	2-inch sector of 10-inch round layer cake.	345

	<i>Calories</i>
	2 $\frac{3}{4}$ -inch-diameter cupcake. 175
Pound cake	2 $\frac{3}{4}$ - x 3- x $\frac{5}{8}$ -inch slice .. 140
Sponge cake	2-inch sector of 8 $\frac{1}{2}$ -inch tube cake. 135
Yellow cake, with- out icing.	2-inch sector of 8-inch round cake. 205
Candies:	
Caramels	3 medium 115
Chocolate creams . . .	2 or 3 small 110
Chocolate mints	2 small (1 $\frac{1}{2}$ -inches in diameter). 90
Fudge, milk choco- late, plain.	1 ounce 120
Gumdrops	About 20 small (1 ounce). 100
Hard candy	1 ounce 110
Jellybeans	10 105
Marshmallows	4 large 90
Milk chocolate, sweetened.	1-ounce bar 150
Milk chocolate, sweetened, with almonds.	1-ounce bar 150
Peanut brittle	1 ounce 120
Other sweets:	
Chocolate:	
Bittersweet	1-ounce square 135
Semisweet	1-ounce square 145
Chocolate sirup	1 tablespoon 50
Honey	1 tablespoon 65
Jam, jelly, marmal- ade, or preserves.	1 tablespoon 55
Molasses	1 tablespoon 50
Sirup, table blends . .	1 tablespoon 55
Sugar, white or brown.	1 teaspoon 15

Cookies:

Plain and assorted . . .	3-inch cookie	120
Figbars	1 small	55

Pies:

Apple.....	1/8 of 9-inch pie.....	300
Blueberry.....	1/8 of 9-inch pie.....	285
Cherry.....	1/8 of 9-inch pie.....	310
Chocolate meringue .	1/8 of 9-inch pie.....	290
Coconut custard.....	1/8 of 9-inch pie.....	270
Custard, plain.....	1/8 of 9-inch pie.....	250
Lemon meringue.....	1/8 of 9-inch pie.....	270
Mince.....	1/8 of 9-inch pie.....	320
Peach.....	1/8 of 9-inch pie.....	300
Pecan.....	1/8 of 9-inch pie.....	430
Pumpkin.....	1/8 of 9-inch pie.....	240
Raisin.....	1/8 of 9-inch pie.....	320
Rhubarb.....	1/8 of 9-inch pie.....	300
Strawberry.....	1/8 of 9-inch pie.....	185

Other desserts:

Apple betty	1/2 cup	170
Bread pudding, with raisins.	1/2 cup	250
Cornstarch pudding..	1/2 cup	140
Custard, baked	1/2 cup	140
Gelatin:		
Plain	1/2 cup	70
With fruit	1/2 cup	80
Ice cream, plain	1/2 cup	145
Ice milk, hard-serve . .	1/2 cup	110
Prune whip	1/2 cup	100
Sherbet	1/2 cup	130
Tapioca cream pudding	1/2 cup	110

FATS, OILS, AND RELATED PRODUCTS

		<i>Calories</i>
Butter or margarine . . .	1 pat, 16 per ¼ pound stick.	50
	1 tablespoon	100
Peanut butter	(See Meat Group; other high-protein foods.)	
Salad dressings:		
Blue cheese	1 tablespoon	75
French	1 tablespoon	65
Home-cooked, boiled.	1 tablespoon	25
Low-calorie	1 tablespoon	15
Mayonnaise	1 tablespoon	100
Russian	1 tablespoon	75
Salad dressing, commercial-type, plain.	1 tablespoon	65
Thousand island	1 tablespoon	80
Salad oil	1 tablespoon	125

MEAT GROUP

[For help in estimating serving sizes for meat,
see illustrations p. 31 through p. 35]

Beef:

Beef and vegetable stew:

Canned	1 cup	185
Homemade, with lean beef.	1 cup	210
Beef potpie, baked . .	4½ inch, 8-ounce pie	560

Beef—Continued

Calories

Chili con carne, canned:		
With beans	½ cup	170
Without beans	½ cup	255
Corned beef, canned.	3 ounces	185
Corned beef hash	½ cup (about 3 ounces)	155
Dried beef, chipped.	⅓ cup (about 2 ounces)	115
Hamburger, broiled:		
Regular ground beef.	3 ounces	245
Lean ground round	3 ounces	185
Meat loaf	3 ounces	170
Oven roast, cooked, without bone:		
<i>(Cuts relatively fat, such as rib)</i>		
Lean and fat	3 ounces	375
Lean only	3 ounces	205
<i>(Cuts relatively lean, such as round)</i>		
Lean and fat	3 ounces	165
Lean only	3 ounces	140
Pot roast, cooked, or braised beef, with- out bone:		
Lean and fat	3 ounces	245
Lean only	3 ounces	165
Steak, broiled, with- out bone:		
<i>(Cuts relatively fat, such as sirloin)</i>		
Lean and fat	3 ounces	330

Calories

Lean only	3 ounces	175
<i>(Cuts relatively lean, such as round)</i>		
Lean and fat	3 ounces	220
Lean only	3 ounces	160
Veal cutlet, broiled, without bone.	3 ounces, trimmed	185
Lamb:		
Chop, broiled, with- out bone:		
Lean and fat	3 ounces	305
Lean only	3 ounces	160
Roast, leg, cooked, without bone:		
Lean and fat	3 ounces	235
Lean only	3 ounces	160
Pork:		
Bacon, broiled or fried.		
	2 thin slices	60
	2 medium slices	90
Chop, cooked, with- out bone:		
Lean and fat	3 ounces	335
Lean only	3 ounces	230
Ham, cured, cooked, without bone:		
Lean and fat	3 ounces	245
Lean only	3 ounces	160
Roast, loin, cooked, without bone:		
Lean and fat	3 ounces	310
Lean only	3 ounces	215
Sausage:		
Bologna	2 ounces	170

	<i>Calories</i>
Liver sausage (liverwurst).	2 ounces 175
Pork sausage, bulk, cooked.	2 ounces 270
Vienna sausage, canned.	4 or 5 135
Variety and luncheon meats:	
Beef heart, braised, trimmed.	3 ounces 160
Beef liver, fried	3 ounces 195
Beef tongue, braised .	3 ounces 210
Frankfurter, cooked .	1 155
Boiled ham, luncheon style.	2 ounces 135
Spiced ham, canned .	2 ounces 165
Poultry:	
Chicken:	
Broiled	¼ small broiler 185
Fried	½ breast 155
	1 whole leg 225
Canned, meat only.	½ cup (about 3 ounces) . . 200
Poultry pie (with potatoes, peas, gravy).	4½-inch, 8-ounce pie . . . 535
Turkey, roasted:	
Light meat	3 ounces 150
Dark meat	3 ounces 175
Fish and shellfish:	
Bluefish, baked	3 ounces 135
Clams:	
Canned	3 medium clams, and juice (3 ounces). 45

Clams—Continued		
Raw, meat only ..	4 medium (3 ounces)	65
Crab meat, canned ..	½ cup (3 ounces)	85
Fish sticks, breaded, deep fried.	5 average	200
Haddock, fried in fat.	3 ounces	140
Mackerel:		
Broiled	3 ounces	200
Canned	3 ounces	155
Oysters, raw	6 to 10 medium	80
Perch, fried in egg and breadcrumb coating.	3 ounces	195
Salmon:		
Broiled or baked ..	3 ounces	155
Canned, pink	3/5 cup (3 ounces)	120
Sardines, canned in oil.	5 to 7 medium (3 ounces) .	175
Shrimp, canned	17 medium (3 ounces) . . .	100
Tuna, canned in oil, drained.	2/5 cup (3 ounces)	170
Eggs:		
Fried in fat	1 large	100
Hard or soft cooked, “boiled.”	1 large	80
Omelet, plain	1 large egg, milk, and fat for cooking.	110
Poached	1 large	80
Scrambled in fat	1 large egg and milk	110
Dry beans and peas:		
Baked beans, in tomato sauce:		
With pork	½ cup	160
Without pork	½ cup	155

Limas, cooked	½ cup, with liquid	130
Red kidney beans, canned or cooked.	½ cup, with liquid	115
Nuts:		
Almonds, whole	13 to 15	105
Brazil nuts	4	115
Cashews	5 large or 8 medium	60
Coconut:		
Fresh, shredded	2 tablespoons	40
Dried, shredded	2 tablespoons	45
Peanuts	2 tablespoons	105
Peanut butter	1 tablespoon	95
Pecans, halves	12 to 14	95
Walnuts:		
Black, chopped	2 tablespoons	100
English halves	4 to 9	90

MILK GROUP

Milk:		
Buttermilk	1 cup	90
Condensed, sweet- ened, undiluted.	½ cup	490
Evaporated, un- diluted.	½ cup	170
Half-and-half, milk and cream.	1 tablespoon	20
	1 cup	325
Skim, fresh or re- constituted dry.	1 cup	90
Whole	1 cup	160
Cream:		
Heavy whipping	1 tablespoon	55
Sour	1 tablespoon	30

Milk—Continued		<i>Calories</i>
	1 cup	505
Table, or coffee	1 tablespoon	30
Yoghurt, made from	1 tablespoon	10
partially skim milk.	1 cup	120
Milk beverages:		
Chocolate-flavored drink.	1 cup	190
Chocolate milk	1 cup	210
Chocolate milkshake .	12 ounces	520
Cocoa, all milk	1 cup	235
Malted milk	1 cup	280
Milk desserts:		
Custard, baked	½ cup	140
Ice cream, plain	½ cup	145
Ice cream soda, chocolate.	1 large	455
Ice milk:		
Hard-serve	½ cup	110
Soft-serve	½ cup	130
Sherbet, fruit	½ cup	130
Cheese:		
American, process ..	1 ounce	105
Blue	1 ounce	105
Cheddar, natural ...	1 ounce	115
	1-inch cube	70
	½ cup grated	225
Cottage, creamed ...	2 tablespoons	30
Cottage, not creamed.	2 tablespoons	25
Cream	2 tablespoons	105
Parmesan, dry, grated.	2 tablespoons	40
Swiss	1 ounce	105

SNACKS AND OTHER "EXTRAS"

Calories

Bouillon cube	1 average	5
Corn chips	1 cup	230
Doughnuts:		
Plain, cake-type	1 average	125
Yeast-leavened, "raised."	2½- to 2¾-inch diameter.	175
French fries	Ten 2- x ½- x ½-inch pieces.	155
Gravy	2 tablespoons	35
Hamburger (with roll) .	2-ounce patty (about 6 patties per pound of raw meat).	265
Hot dog (with roll)	1 average	245
Olives:		
Green	4 medium, or 3 extra large.	15
Ripe	3 small, or 2 large	15
Pickles, cucumber:		
Dill	1¾- x 4-inch pickle	15
Sweet	¾- x 1¾-inch pickle	30
Pizza, plain cheese	5½-inch sector of 14-inch pie.	185
Popcorn, large kernel, popped with oil and salt.	1 cup	40
Potato chips	10 medium	115
Pretzels	5 small sticks	20
Tomato catsup	1 tablespoon	15

SOUPS

[Canned, condensed, prepared with equal
volume of water unless otherwise stated]

		<i>Calories</i>
Bean with pork	1 cup	170
Beef noodle	1 cup	70
Bouillon, broth, or consomme.	1 cup	30
Chicken noodle	1 cup	60
Chicken with rice	1 cup	50
Clam chowder, Man- hattan style.	1 cup	80
Cream of asparagus	1 cup	85
Cream of mushroom	1 cup	135
Minestrone	1 cup	105
Oyster stew, home- made, with milk.	1 cup, with 3 or 4 oysters	205
Split pea	1 cup	145
Tomato:		
Prepared with an equal volume of water.	1 cup	90
Prepared with an equal volume of milk.	1 cup	170
Vegetable with beef broth.	1 cup	80

VEGETABLE-FRUIT GROUP

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

	<i>Calories</i>
Vegetables (raw):	
Cabbage (C):	
Plain	1/2 cup, shredded 10
	3 1/2- x 4 1/2-inch wedge ... 25
Coleslaw, with mayonnaise- type dressing.	1/2 cup 60
Carrots (A)	5 1/2- x 1-inch carrot 20
	1/2 cup, grated 20
Celery	Two 8-inch stalks 10
Cucumber, pared ...	3/4-inch slice 5
Lettuce	2 large leaves 10
Onions:	
Young, green	6 small 20
Mature	2 1/2-inch-diameter onion .. 40
	1 tablespoon, chopped 5
Peppers, green (CC) .	1 medium 15
Radishes	4 small 5
Tomatoes (C)	1 medium 35
Vegetables (cooked, canned, or frozen):	
Asparagus spears (C)	6 medium, or 1/2 cup cut .. 20
Beans:	
Green lima	1/2 cup 90
Snap, green, wax or yellow.	1/2 cup 15
Beets	1/2 cup, diced 30
Beet greens (A) ...	1/2 cup 15

Vegetables (cooked, etc.)—Continued

Broccoli (A, CC) . . .	½ cup flower stalks	20
Brussels sprouts (CC)	½ cup	20
Cabbage (C)	½ cup	20
Carrots (A)	½ cup diced	20
Cauliflower (C)	½ cup flower buds	10
Chard (A)	½ cup	15
Collards (A, C)	½ cup	30
Corn:		
On cob	One 5-inch ear	70
Kernels, drained . .	½ cup	70
Cress, garden (A, C) .	½ cup	20
Kale (A, C)	½ cup	15
Kohlrabi (C)	½ cup	20
Mushrooms, canned .	½ cup	20
Mustard greens (A,C)	½ cup	20
Okra	Four 3- x 5⁄8-inch pods . . .	10
Onions, mature	½ cup	30
Parsnips	½ cup	50
Peas, green	½ cup	60
Peppers, green (CC) .	1 medium	15
Potatoes:		
Baked (C)	2½-inch-diameter, 5-ounce potato.	90
Boiled	½ cup, diced	40
Chips	10 medium	115
French fries:		
Fresh cooked . . .	Ten 2- x ½- x ½-inch pieces.	155
Frozen	Ten 2- x ½- x ½-inch pieces.	125
Hash-browned . . .	½ cup	225

Vegetables (cooked, etc.)—Continued

Mashed:		
Milk added	½ cup	60
Milk and fat added.	½ cup	90
Pan-fried	½ cup	230
Sauerkraut, canned . .	½ cup	20
Spinach (A, C)	½ cup	20
Squash:		
Summer	½ cup	15
Winter, baked, and mashed (A).	½ cup	65
Sweetpotatoes (A):		
Baked in jacket (C)	5- x 2-inch, 6-ounce potato .	155
Canned	½ cup	120
Tomatoes (C)	½ cup	25
Tomato juice (C) . . .	½ cup	20
Turnips	½ cup	20
Turnip greens (A,C).	½ cup	15
Fruit (raw):		
Apples	2½-inch-diameter apple . .	70
Apricots (A)	3 (about ¼ pound)	55
Avocados:		
California varie- ties.	Half of a 10-ounce avocado	185
Florida varieties . .	Half of a 13-ounce avocado	160
Bananas	One 6- x 1½-inch banana .	80
Berries:		
Blackberries	½ cup	40
Blueberries	½ cup	45
Raspberries, red . .	½ cup	35
Raspberries, black.	½ cup	50
Strawberries (CC).	½ cup	30
Cantaloup (A, CC) .	Half of a 5-inch melon . . .	60

Fruit (raw)—Continued

Cherries:

Sour ½ cup 30

Sweet ½ cup 40

Dates, "fresh" and
dried, pitted, cut. ½ cup 245

Figs:

Fresh 3 small 90

Dried 1 large 60

Grapefruit (CC):

White Half of a 4¼-inch fruit ... 55

½ cup of sections 40

Pink or red Half of a 4¼-inch fruit ... 60

Grapes:

Slip skin (Concord
Delaware,
Niagara, etc.) ½ cup 30Adherent skin
(Malaga,
Thompson
seedless, Flame
Tokay, etc.) ½ cup 50Honeydew melon
(C). 2- x 7-inch wedge 50

Oranges (CC) 3-inch orange 75

Peaches 2-inch peach 35

Pears 3- x 2½-inch pear 100

Pineapple ½ cup, diced 40

Plums 2-inch plum 25

Raisins ½ cup 230

Tangerines (C) 2½-inch tangerine 40

Watermelon (C) ... One 2-pound wedge 115

Fruit (cooked, canned,
or frozen):

Calories

Applesauce:

Unsweetened	½ cup	50
Sweetened	½ cup	115

Apricots (A):

Canned in water . .	½ cup, halves and liquid . .	45
Canned in heavy sirup.	½ cup, halves and sirup . .	110
Dried, cooked, unsweetened.	½ cup, fruit juice	120
Frozen, sweetened.	½ cup	125

Berries:

Blueberries:

Canned in water.	½ cup	50
Canned in heavy sirup.	½ cup	130
Frozen, un- sweetened.	½ cup	45
Frozen, sweetened.	½ cup	120

Raspberries, red frozen, sweetened.	½ cup	120
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Strawberries, frozen, sweetened (CC).	½ cup	140
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Cranberry sauce, canned.	1 tablespoon	25
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Figs, canned in heavy sirup.	½ cup	110
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Fruit cocktail, canned in heavy sirup.	½ cup	100
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Fruit (cooked, etc.)—Continued

Grapefruit, canned		
(CC):		
Water pack	½ cup	35
Sirup pack	½ cup	90
Peaches:		
Canned in water . . .	½ cup	40
Canned in heavy sirup.	½ cup	100
Dried, cooked, unsweetened.	½ cup	110
Frozen, sweetened.	½ cup	105
Pears, canned in heavy sirup.	½ cup	100
Pineapple, canned:		
Crushed, in heavy sirup.	½ cup	100
Sliced, in heavy sirup.	2 small slices	90
Plums, canned in heavy sirup.	½ cup	100
Prunes, dried, cooked:		
Unsweetened	½ cup	150
Sweetened	½ cup (8 or 9 prunes and 2 tablespoons liquid).	250
Rhubarb, cooked, sweetened.	½ cup	190
Fruit juices:		
Cranberry juice cocktail.	½ cup	80
Grapefruit (CC):		
Fresh	½ cup	40

Fruit (cooked, etc.)—Continued

Canned:		
Unsweetened ..	½ cup	50
Sweetened	½ cup	65
Frozen concentrate, ready-to-serve:		
Unsweetened ..	½ cup	50
Sweetened	½ cup	55
Grape	½ cup	80
Lemonade, frozen concentrate, ready-to-serve.	½ cup	55
Lemon	1 tablespoon	5
Orange (CC):		
Fresh	½ cup	55
Canned, un- sweetened.	½ cup	60
Frozen concen- trate, ready- to-serve.	½ cup	55
Pineapple	½ cup	70
Prune	½ cup	100
Tangerine (C)	½ cup	50

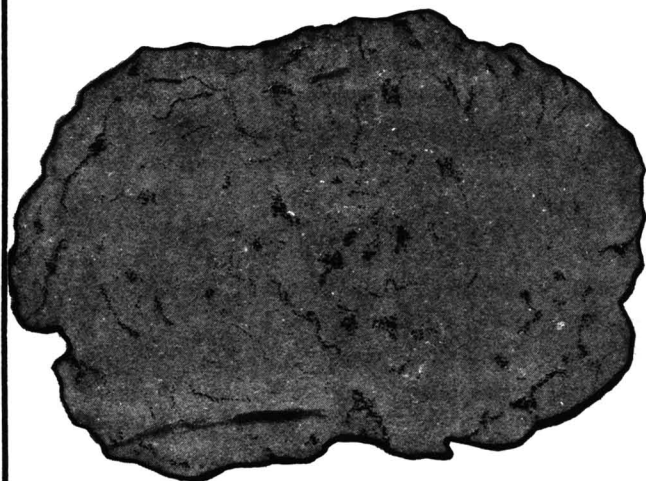
A Guide for Estimating Serving Sizes of Meat

Calorie counts for many meats in the calorie table 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.

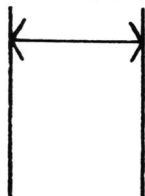
To help estimate serving sizes of meats, study the sketches on the following pages. The sketches of hamburger patty, round steak, and veal cutlet represent the **actual size** of a 3-ounce serving of cooked lean meat (without bone). For the other meats—roast beef, ham, lamb chops, meat loaf, pork chops,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



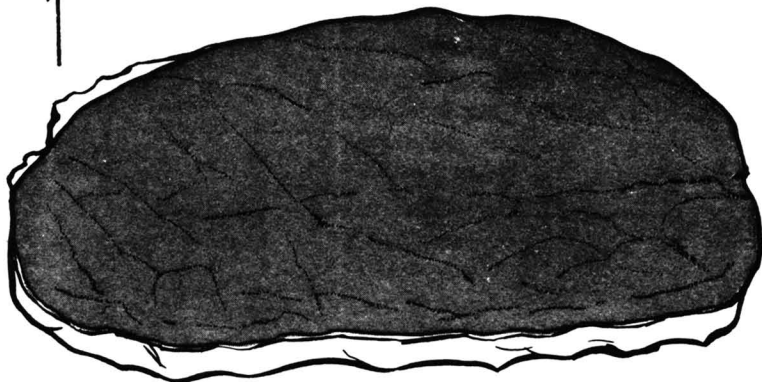
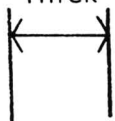
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THICK



One patty this size: About 185 calories

ROUND STEAK (lean only)

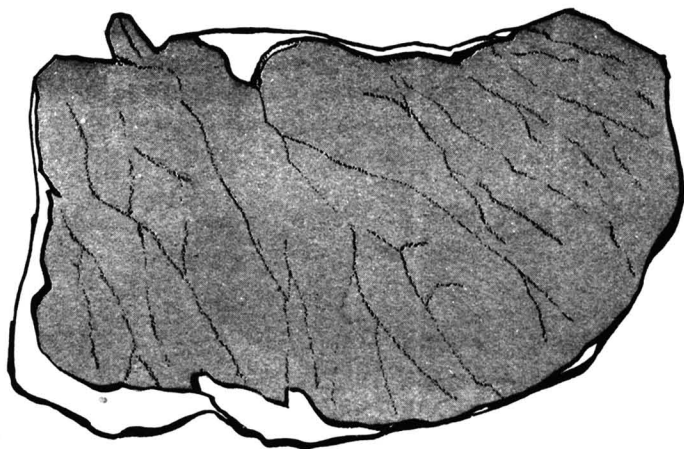
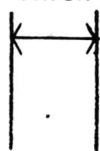
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One piece this size: About 160 calories

VEAL CUTLET (trimmed)

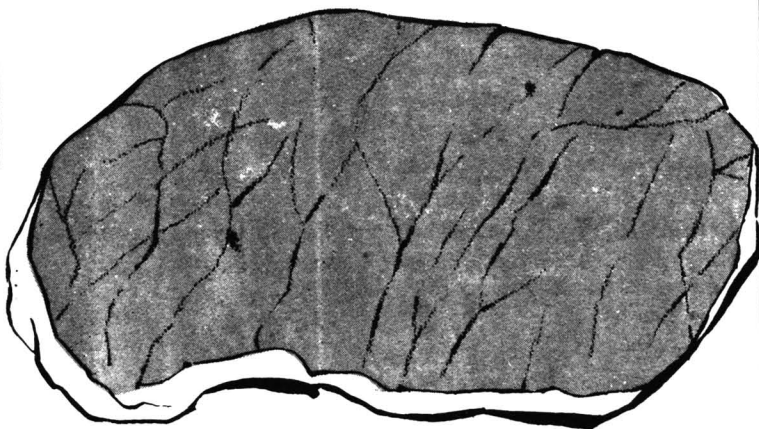
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One cutlet this size: About 185 calories

ROAST BEEF ROUND (lean only)

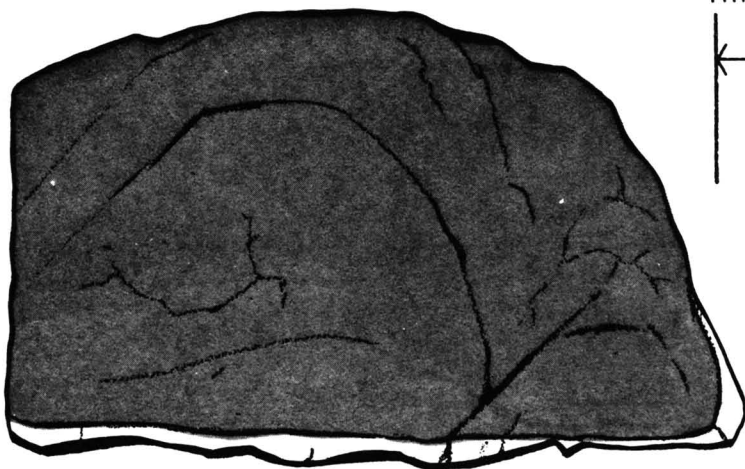
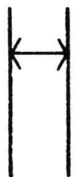
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Two slices this size: About 140 calories

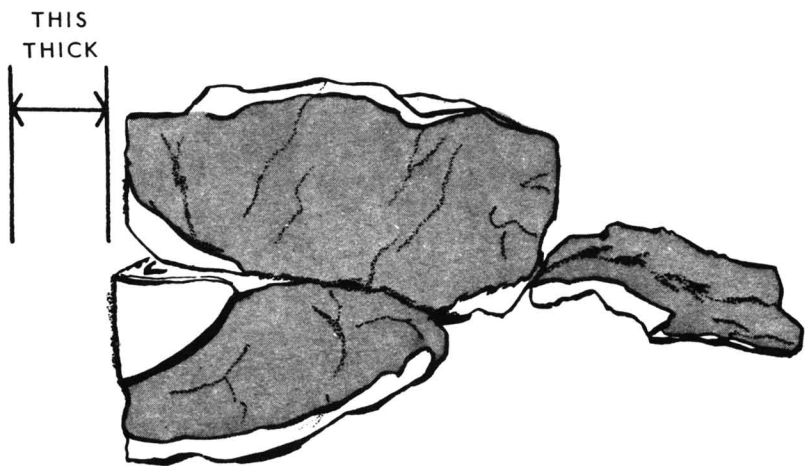
HAM (lean only)

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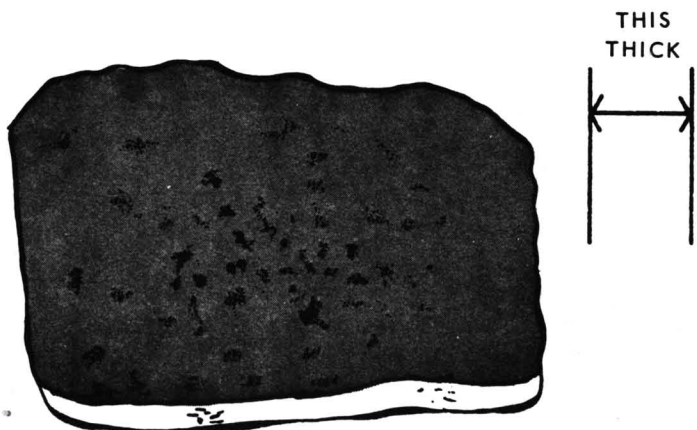
Two slices this size: About 160 calories

LAMB CHOP (lean only)



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

MEAT LOAF



Two slices this size: About 170 calories

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THICK

ROAST TURKEY

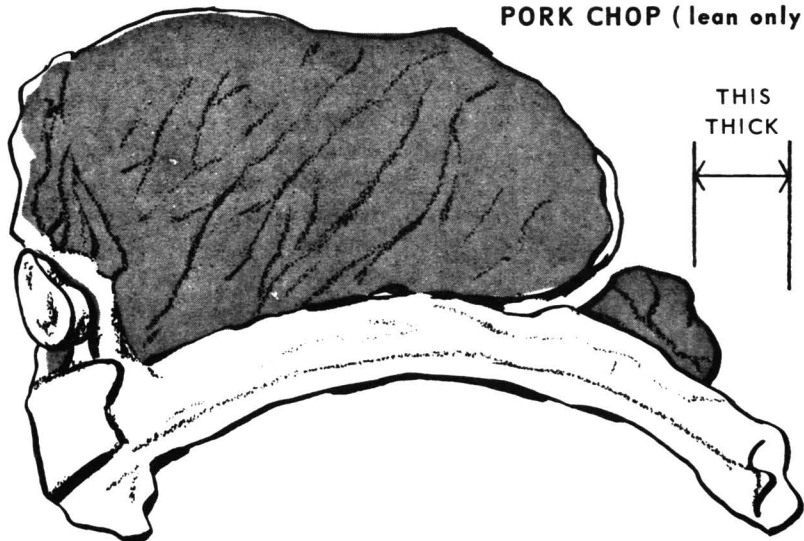
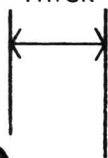


Two slices of light meat this size: About 150 calories

Two slices of dark meat this size: About 175 calories

PORK CHOP (lean only)

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THICK



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

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