



| FOOD GROUP                             | SERVING SIZE   | CALORIES        |
|--|--|-----------------|
| <b>Vegetables (non-starchy)</b>        | 1 cup of non-starchy vegetables, raw or cooked, chopped<br><br><u>Exception:</u> "free" vegetables - raw leafy greens, celery, cucumber, zucchini, rapini  | <b>30 Kcal</b>  |
| <b>Fruits</b>                          | 1 small apple, orange, peach, pear, ½ banana<br>½ to 1 cup chopped, raw, cooked or canned fruit<br>1 cup berries<br>2 tbsp dried fruit<br><br><i>Tip: 1 small fruit is about the size of a tennis ball</i>   | <b>60 Kcal</b>  |
| <b>Grains &amp; Starchy Vegetables</b> | 1 slice of bread<br>1 small bread product (small dinner roll, 6-inch tortilla, English muffin)<br>½ large bread product (bagel, 10-inch tortilla, pita, Kaiser bun)<br>½ cup <u>cooked</u> grains (oatmeal, rice, pasta, barley, couscous, quinoa)<br><br>¼ – 1/3 cup dry dense cereal such as granola or muesli ( <b>varies, check labels, see page 3</b> )<br>½-1 cup dry flake or puffed cereal ( <b>varies, check labels, see page 3</b> )<br><br>½ cup mashed potato, sweet potato or yams<br>½ cup corn or 1 medium cob of corn (2" diameter x 5" long)<br>½ medium potato (a medium potato is about the size of a baseball)<br>1 cup beets, peas, parsnips, winter squash (acorn, butternut, pumpkin) | <b>100 Kcal</b> |
| <b>Dairy</b>                           | 1 oz full fat or part-skim cheese (18-35% MF)<br>1 cup low fat milk (skim, 1%, 2%)<br>1 cup low-fat plain yogurt, ¾ cup low-fat plain Greek yogurt<br>½ cup low fat cottage cheese<br><br><i>Tip: the calorie content in milk and milk products is largely determined by the fat content. Aim for lower fat milk products such as skim, 0% to 2% Milk Fat (MF).</i>  | <b>100 Kcal</b> |
| <b>Proteins</b>                        | 3 oz <u>cooked lean</u> meat, poultry, oily fish (salmon, trout)<br>1.5-2 oz <u>cooked fattier</u> meats<br>5 oz white fish (cod, haddock, sole, pickerel, halibut, tilapia)<br>4 oz tofu, ½ cup <u>cooked</u> beans, lentils, chickpeas, soybeans<br>2 eggs, large or 1 ¼ cup of egg whites<br><br><i>Tip: 3 oz of meat is about the size of a deck of cards.</i>   | <b>150 Kcal</b> |
| <b>Fats, Sugars, Alcohol</b>           | 1 tbsp oil, butter, margarine, mayo, peanut butter<br>2 tbsp most salad dressing ( <b>varies, check labels; see page 5</b> )<br>1/3 medium avocado<br><br>2 tbsp chopped nuts or ½ oz =12 almonds, 9 cashews, 14 peanuts, 10 pecan halves, 7 walnut halves, 25 pistachios<br>2 tbsp seeds (sunflower seeds, pumpkin seeds)<br>2 tbsp jam, sugar, honey, maple syrup, agave syrup<br><br>12 oz <u>light</u> beer, 5 oz glass wine, 1 ½ oz shot spirits<br>12 oz regular beer=150 Kcal, 1 pint (16 or 20 oz) draught =200 or 250 Kcal  | <b>100 Kcal</b> |

# CALORIE GUIDE

| VEGETABLES  |           |    | FRUITS   |            |    |
|---|-----------|----|--|------------|----|
| <p><b>1 serving is about 30 calories</b></p> <p>1 cup of non-starchy vegetables, raw or cooked</p> <p>Exception: "free" vegetables, 1 cup raw leafy greens, celery, cucumber, zucchini, rapini = 10-20 Kcal</p> |           |    | <p><b>1 serving is about 60 calories</b></p> <p>1 small apple, orange, peach, pear, ½ banana</p> <p>½ to 1 cup chopped, raw, cooked or canned fruit</p> <p>1 cup berries</p> <p>2 tbsp dried fruit</p> |            |    |
| NON-STARCHY VEGETABLES  |           |    | FRUITS   |            |    |
| asparagus   | 7 spears  | 33 | apple  | 1 small    | 70 |
| broccoli  | 1 cup     | 35 | applesauce, unsweetened  | ½ cup      | 55 |
| brussel sprouts   | 4 sprouts | 30 | apricot, raw   | 3          | 50 |
| carrots   | 1 cup     | 40 | avocado  | 1/6 medium | 60 |
| cauliflower   | 1 cup     | 25 | banana   | 1 small    | 90 |
| kale  | ½ cup     | 22 | blueberries, blackberries  | 1 cup      | 80 |
| mushrooms   | 1 cup     | 25 | cantaloupe   | 1 cup      | 60 |
| onions  | ½ cup     | 35 | cherries, sweet  | 10         | 50 |
| snow peas   | 30 pods   | 30 | cherries, sour   | 15         | 50 |
| peppers   | 1 medium  | 40 | clementine   | 1 medium   | 50 |
| spinach, boiled   | 1 cup     | 41 | grapefruit   | ½ medium   | 55 |
| squash, summer  | ½ cup     | 25 | grapes   | ½ cup      | 50 |
| Swiss chard   | 1 cup     | 38 | honeydew   | 1 cup      | 60 |
| tomato  | 1 medium  | 35 | kiwi   | 1 medium   | 45 |
| tomato sauce  | ½ cup     | 30 | lemon  | 1 fruit    | 17 |
| turnip  | 1 cup     | 33 | lime   | 1 fruit    | 20 |
| salsa   | ½ cup     | 30 | mandarin   | 1 large    | 55 |
| "FREE" VEGETABLES   |           |    | mango  | ½ cup      | 48 |
| bok choy  | 1 cup     | 10 | nectarine  | 1 medium   | 60 |
| celery  | 3 stalks  | 15 | olives, green or black   | 5 medium   | 60 |
| cucumber  | 1 cup     | 15 | orange   | 1 medium   | 60 |
| lettuce   | 1 cup     | 10 | papaya, raw  | 1 cup      | 55 |
| spinach, raw  | 1 cup     | 7  | peach  | 1 large    | 55 |
| zucchini  | 1 cup     | 18 | pear   | 1 small    | 60 |
| cabbage   | 1 cup     | 18 | pineapple  | 1 cup      | 70 |
| rapini  | 1 cup     | 10 | plum, raw  | 1 medium   | 36 |
|   |           |    | prunes   | 3 medium   | 60 |
|   |           |    | raspberries  | 1 cup      | 60 |
|   |           |    | rhubarb, raw   | 1 cup      | 30 |
|   |           |    | strawberries   | 1 cup      | 46 |
|   |           |    | tangerine  | 1 large    | 43 |
|   |           |    | watermelon   | 1 cup      | 49 |
|   |           |    | DRIED FRUIT  |            |    |
|   |           |    | cranberries  | 2 tbsp     | 60 |
|   |           |    | raisins  | 2 tbsp     | 60 |
|   |           |    | figs   | 3          | 65 |
|   |           |    | dates  | 3          | 60 |
|   |           |    | prunes   | 3          | 60 |
|   |           |    | apricots   | 4          | 60 |

# CALORIE GUIDE

## GRAINS AND STARCHY VEGETABLES

1 serving is about 100 calories

1 slice of bread  
 1 small bread product (small dinner roll, 6" tortilla, English muffin)  
 ½ large bread product (bagel, 10" tortilla, pita, Kaiser bun)  
 ½ cup cooked grains (oatmeal, rice, pasta, barley, couscous, quinoa)

½ cup mashed potato, sweet potato or yams  
 ½ cup corn or 1 medium cob of corn (2" diameter x 5" long)  
 ½ medium potato (med potato is about the size of a baseball)  
 1 cup beets, peas, parsnips, winter squash (acorn, butternut, pumpkin)

Cereals vary greatly in their calorie content. Always check labels and see below for product details.

1/4 – 1/3 cup dry dense cereal (e.g. granola, muesli)  
 ½-1 cup dry flake cereal

| BREAD PRODUCTS                  |            |        | BREAKFAST CEREALS   |            |         |
|---------------------------------|------------|--------|---|------------|---------|
| Bread, variety                  | 1 slice    | 80-120 | <b>Very High Fiber (&gt; 10 grams)</b>                    |            |         |
| Weight Watchers bread           | 2 slices   | 90     | Post 100% Bran / Kellogg's All Bran or All Bran Buds      | ½ cup      | 100-110 |
| Stonemill bread                 | 2 slices   | 120    | General Mills Fibre 1                                     | ½ cup      | 90      |
| focaccia                        | 1 slice    | 85     | General Mills Fibre 1 Honey Cluster                       | 1 cup      | 190     |
| baguette                        | 1/8 medium | 125    | <b>Biscuits</b>   |            |         |
| croutons                        | 4 tbsp     | 90     | Weetabix  | 2 biscuits | 130     |
| bread crumbs                    | ¼ cup      | 105    | Quaker Muffets  | 2 muffets  | 160     |
| crackers, variety               | 5-10       | 80-120 | Post Shredded Wheat                                       | 2 biscuits | 170     |
| Finn Crisp cracker              | 4 pieces   | 96     | Post Shredded Wheat Spoon Size /Bran                      | 1 cup      | 170     |
| Mary's organic crackers         | 9          | 97     | Kellogg's Mini Wheat, original                            | 21 pieces  | 260     |
| Ryvita cracker                  | 2 pieces   | 90     | <b>Squares</b>  |            |         |
| Wasa cracker                    | 3 pieces   | 90     | Quaker Corn Bran Squares                                  | ¾ cup      | 180     |
| melba toast                     | 5 pieces   | 100    | Post Shreddies, original                                  | 1 cup      | 200     |
| pita                            | ½ medium   | 80     | Quaker Life   | ¾ cup      | 180     |
| English muffin                  | 1 muffin   | 130    | <b>Flakes, Puffs, Crisps</b>                              |            |         |
| bagel                           | 1/3 - ½    | 100    | Nature's Path Organic Flax Plus Multibran Flakes          | ¾ cup      | 110     |
| 6-inch tortilla shell           | 1          | 100    | Kashi Honey Puffed Grain                                  | 1 cup      | 120     |
| 10-inch tortilla shell          | ½          | 100    | Nature's Path Sunrise Crunch Maple                        | 2/3 cup    | 110     |
| <b>COOKED GRAINS</b>            |            |        | Post Cranberry Almond Crunch                              | ¾ cup      | 170     |
| rice                            | ½ cup      | 100    | Kashi Organic Promise Quinoa Multigrain Flakes and Raisin | ¾ cup      | 170     |
| pasta                           | ½ cup      | 90     | Kellogg's Just Right                                      | ¾ cup      | 180     |
| couscous                        | ½ cup      | 88     | Post or Kellogg's Raisin Bran                             | 1 cup      | 180-190 |
| barley                          | ½ cup      | 100    | Kashi GOLEAN, original                                    | 1 ¼ cup    | 200     |
| quinoa                          | ½ cup      | 120    | Kashi GOLEAN Crunch!                                      | ¾ cup      | 200     |
| gnocchi                         | ½ cup      | 100    | Post Grapenuts  | ½ cup      | 200     |
| <b>STARCHY VEGETABLES</b>       |            |        | Kellogg's Vector  | 1 ¼ cup    | 215     |
| corn, niblets                   | ½ cup      | 88     | Nature's Path Heritage Crunch                             | ¾ cup      | 230     |
| corn, cob                       | 1 medium   | 100    | <b>Granola/Muesli</b>                                     |            |         |
| potato                          | ½ medium   | 100    | Quaker Harvest Crunch Original                            | 2/3 cup    | 210     |
| sweet potato/yams               | ½ cup      | 100    | Nature's Path Pumpkin Flax Granola                        | ¾ cup      | 260     |
| mini potatoes                   | 6          | 105    | Dorset Simply Delicious Muesli                            | ½ cup      | 200     |
| <b>OTHER STARCHY VEGETABLES</b> |            |        | Weetabix Alpen Original Muesli                            | ½ cup      | 170     |
| beets                           | 1 cup      | 80     | <b>Cooked Cereals</b>                                     |            |         |
| parsnips                        | 1 cup      | 118    | Quaker Quick Oats or Large Flake                          | 1/3 c dry  | 120     |
| peas, green                     | 1 cup      | 120    | Quaker Quick Cook Steel Cut Oats                          | 1/3 c dry  | 170     |
| pumpkin                         | 1 cup      | 88     | Quaker Regular Instant Oatmeal                            | 1 packet   | 100     |
| squash, acorn                   | 1 cup      | 122    | Red River Cereal  | ¼ c dry    | 160     |
| squash, butternut               | 1 cup      | 86     |   |            |         |

# CALORIE GUIDE

| DAIRY  |                 |     | PROTEINS  |                              |               |
|--|-----------------|-----|---|------------------------------|---------------|
| <b>1 serving is about 100 calories</b><br><br>1 oz full fat or part-skim cheese (18-35% MF)<br>1 cup low fat milk (skim, 1%, 2%)<br>1 cup low-fat plain yogurt, ¾ cup low-fat plain Greek yogurt<br>½ cup low fat cottage cheese |                 |     | <b>1 serving is about 150 calories</b><br><br>3 oz <u>cooked lean</u> meat, poultry, oily fish (salmon, trout)<br>1.5-2 oz <u>cooked fattier</u> meats<br>5 oz white fish (cod, haddock, sole, pickerel, halibut)<br>4 oz tofu, ½ cup <u>cooked</u> beans, lentils, chickpeas, soybeans<br>2 eggs, large or 1 ¼ cup of egg whites |                              |               |
| CHEESES, HARD  |                 |     | MEAT (LEANER CUTS OF BEEF, VEAL, PORK)  |                              |               |
| Swiss  | 1 oz            | 90  | inside (top) round roast  | 3 oz                         | 150           |
| brie   | 1 oz            | 94  | veal cutlet   | 3 oz                         | 160           |
| camembert  | 1 oz            | 84  | top sirloin steak   | 3 oz                         | 164           |
| cheddar  | 1 oz            | 114 | eye of round roast  | 3 oz                         | 166           |
| colby  | 1 oz            | 112 | sirloin tip roast   | 3 oz                         | 175           |
| feta   | 1.5 oz          | 100 | ground beef, extra lean   | 3 oz                         | 187           |
| goat   | 1.5 oz          | 100 | tenderloin (filet mignon) steak   | 3 oz                         | 190           |
| gouda  | 1 oz            | 100 |   | pork tenderloin              | 3 oz          |
| monterey jack  | 1 oz            | 110 | MEAT (FATTIER CUTS OF BEEF, PORK, LAMB)   |                              |               |
| mozzarella   | 1 oz            | 80  | flank steak   | 2 oz                         | 137           |
| parmesan   | 2 tbsp          | 107 | stewing beef, lean  | 2 oz                         | 137           |
| provolone  | 1 oz            | 98  | striploin (NY) steak  | 2 oz                         | 143           |
| CHEESE, SOFT   |                 |     | ground beef, lean   | 2 oz                         | 145           |
| cottage, regular   | ½ cup           | 100 | T-bone/Porterhouse steak  | 2 oz                         | 160           |
| cottage, reduced fat   | ½ cup           | 80  | rib eye steak   | 2 oz                         | 173           |
| ricotta, light   | ½ cup           | 110 | ground beef, medium   | 1.5 oz                       | 120           |
| creamed, regular   | 2 tbsp          | 100 | short ribs (beef), bone in  | 1.5 oz                       | 173           |
| creamed, reduced fat   | 2 tbsp          | 70  | leg of lamb   | 2 oz                         | 147           |
| creamed, fat free  | 2 tbsp          | 25  | MILK PRODUCTS   |                              |               |
|  |                 |     | center cut loin chop  | 2 oz                         | 130           |
| chocolate 1%   | ½ cup           | 80  | Spareribs, bone in  | 1.5 oz                       | 140           |
| skim milk  | 1 cup           | 86  | pork back ribs, bone in   | 1.5 oz                       | 154           |
| 1% milk  | 1 cup           | 105 | breakfast sausage or bacon  | 3 links/strips               | 160           |
| 2% milk  | ¾ cup           | 110 | Italian sausage   | ¾ large                      | 150           |
| cream, half and half   | ¼ cup           | 80  | POULTRY   |                              |               |
| soy milk plain   | 1 cup           | 100 | chicken breast, skinless  | 3 oz                         | 130           |
| soy milk, chocolate  | ¾ cup           | 100 | chicken thigh, skinless   | 3 oz                         | 140           |
| YOGURT   |                 |     | ground chicken, lean  | 3 oz                         | 170           |
| non-fat (0% mf)  | 1 cup           | 110 | turkey, white meat  | 3 oz                         | 130           |
| low fat (1% mf)  | ¾ cup           | 100 | turkey, dark meat   | 3 oz                         | 156           |
| reduced fat (2% mf)  | ½ cup           | 90  | ground turkey   | 2 oz                         | 133           |
| non-fat Greek  | ¾ cup           | 100 | turkey sausage  | 1 large                      | 160           |
| LEGUMES (PROTEIN)  |                 |     | FISH AND SEAFOOD  |                              |               |
| chickpeas  | ½ cup           | 135 | Arctic char   | 3 oz                         | 133           |
| black beans  | ½ cup           | 120 | trout, rainbow, farmed  | 3 oz                         | 142           |
| white beans  | ½ cup           | 153 | salmon  | 3 oz                         | 150-180       |
| beans, refried (low fat)   | ½ cup           | 120 | white fish (cod, haddock, sole, pickerel, halibut, tilapia)   | 5 oz                         | 147-166       |
| kidney beans   | ½ cup           | 104 |   | tuna, light, canned in water | 1 tin (120 g) |
| lentils  | ½ cup           | 115 | clams   | ½ cup                        | 125           |
| hummus   | 4 tbsp or ¼ cup | 140 | scallops  | 10 medium                    | 145           |
| SOY PRODUCTS (PROTEIN)   |                 |     | shrimp  | 30 medium                    | 150           |
| tofu   | 4 oz            | 130 | mussels   | 15 small                     | 130           |
| edamame, shelled   | ½ cup           | 130 | oysters, raw or cooked  | 15 medium                    | 145           |
| edamame, pods  | 1 1/8 cups      | 130 | EGGS  |                              |               |
|  |                 |     | egg, whole  | 2 large                      | 150           |
|  |                 |     | egg white, liquid   | 1 ¼ cup/7 whites             | 150           |

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## FATS, SUGARS, ALCOHOL

1 serving is about 100 calories

1 tbsp oil, butter, margarine, mayo, peanut butter  
1/3 medium avocado

2 tbsp chopped nuts or ½ oz =12 almonds, 9 cashews,  
14 peanuts, 10 pecan halves, 7 walnut halves, 25 pistachios  
2 tbsp seeds (sunflower seeds, pumpkin seeds)

2 tbsp jam, sugar, honey, maple syrup, agave syrup  
12 oz light beer, 5 oz glass wine, 1 ½ oz shot spirits  
12 oz regular beer=150 Kcal, 1 pint (16 or 20 oz) draught = 200 or  
250 Kcal

Salad dressings vary in their calorie content. Always read food labels and see below for product details.

2 tbsp of most salad dressings

### ADDED FATS

### SALAD DRESSINGS

|  |              |     |  |          |     |
|--|--------------|-----|--|----------|-----|
| avocado                                  | 1/3          | 90  | <b>Kraft</b>                           |          |     |
| guacamole                                | 3 tbsp       | 110 | Aged Balsamic Vinegar and Olive Oil    | 3 tbsp   | 90  |
| butter                                   | 1 tbsp       | 100 | Raspberry Vinaigrette                  | 3 tbsp   | 90  |
| margarine                                | 1 tbsp       | 100 | Greek Feta Olive Oil                   | 3 tbsp   | 105 |
| mayonnaise                               | 1 tbsp       | 100 | Sundried Tomato and Oregano            | 3 tbsp   | 105 |
| mayonnaise, light                        | 2 tbsp       | 100 | Rancher's Choice - <b>Calorie Wise</b> | 3 tbsp   | 105 |
| oil, olive                               | 1 tbsp       | 126 | Golden Italian                         | 2 tbsp   | 80  |
| oil, peanut                              | 1 tbsp       | 124 | Thousand Island                        | 2 tbsp   | 80  |
| oil, sesame                              | 1 tbsp       | 124 | Olive Oil Fig Balsamic                 | 2 tbsp   | 90  |
| oil, soybean                             | 1 tbsp       | 124 | Creamy Poppyseed - <b>Calorie Wise</b> | 2 tbsp   | 90  |
| oil, vegetable                           | 1 tbsp       | 124 | Creamy Caesar                          | 2 tbsp   | 90  |
| olives                                   | 10           | 100 | Rancher's Choice                       | 2 tbsp   | 100 |
| pesto                                    | 2 tbsp       | 100 | Creamy Poppyseed                       | 2 tbsp   | 120 |
| <b>NUTS AND SEEDS, AND THEIR BUTTERS</b> |              |     | French                                 | 2 tbsp   | 120 |
| peanut butter                            | 1 tbsp       | 100 | <b>Newman's Own</b>                    |          |     |
| nuts                                     | ½ oz         | 100 | Sesame Thai                            | 6 tbsp   | 105 |
| seeds                                    | 2 tbsp       | 100 | Caesar Vinaigrette - <b>light</b>      | 3 tbsp   | 90  |
| chia seeds                               | 2 tbsp       | 138 | Greek with Feta                        | 2 tbsp   | 100 |
| flax seeds                               | 3 tbsp       | 100 | Parmesan & Roasted Garlic              | 2 tbsp   | 110 |
| hemp seeds                               | 2 tbsp       | 115 | Family Recipe Italian                  | 2 tbsp   | 110 |
| <b>ADDED SUGARS</b>                      |              |     | Olive Oil and Vinegar                  | 1 ½ tbsp | 105 |
| white sugar                              | 2 tbsp       | 100 | <b>Renee's Gourmet</b>                 |          |     |
| jam                                      | 2 tbsp       | 110 | Mediterranean Greek                    | 4 tbsp   | 100 |
| honey                                    | 2 tbsp       | 120 | Asian Sesame Vinaigrette               | 2 tbsp   | 90  |
| maple syrup                              | 2 tbsp       | 110 | Caesar - <b>½ fat</b>                  | 2 tbsp   | 90  |
| agave syrup                              | 2 tbsp       | 120 | Balsamic Vinaigrette                   | 2 tbsp   | 120 |
| <b>ALCOHOL</b>                           |              |     | Honey Dijon                            | 2 tbsp   | 120 |
| beer, light                              | 12 oz        | 100 | Caesar                                 | 1 tbsp   | 90  |
| wine                                     | 5 oz         | 120 |  |          |     |
| spirits                                  | 1 ½ oz       | 110 |  |          |     |
| beer, regular                            | 12 oz        | 150 |  |          |     |
| draught                                  | 16 oz (pint) | 200 |  |          |     |
| draught                                  | 20 oz (pint) | 250 |  |          |     |