

# Guide To Calorie Control

A Scientific Guide For Daily Planning of Food Choices For Weight Control Without Counting Calories or Grams of Carbohydrate, Protein, and Fat.

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The system described in this bulletin divides food into six groups which are similar in amounts of calories, carbohydrate, protein and fat. Within each group, one food can substitute for another to furnish the same amount of these nutrients. Recommended serving size is given.

The food groups include simply prepared foods. Foods are grouped on the basis of the food itself and do not include any additions such as sugar, butter, or sauces. Fruits listed with high sugar-content are unsweetened.

Certain foods which are high in sugar have been omitted. Beer, wine, and alcoholic beverages are not listed.

It is assumed that a variety of foods within each group will be used and that in combination the food groups will meet the nutrient needs of each person. It should be easy to plan varied, appetizing meals suited to your preferences and pocketbook, that will help you attain a desirable weight.

<u>FOOD GROUP</u>	<u>Each Choice Contains About:</u>	<u>FOOD GROUP</u>	<u>Each Choice Contains About</u>
Milk	Carbohydrate - 12 grams Protein - 8 grams Fat - 10 grams Calories - 170	Bread, Cereal	Carbohydrate - 15 grams Protein - 2 grams Calories - 70
Vegetable A - Free Choice	Carbohydrate - 4 grams*	Meat, Egg, Cheese	Protein - 7 grams Fat - 5 grams Calories - 75
Vegetable B	Carbohydrate - 7 grams Protein - 2 grams Calories - 35	Fat	Fat - 5 grams Calories - 45 grams
Fruit	Carbohydrate - 10 grams Calories - 40	Free Choice (Insignificant carbohydrate and calories)	

\* Contains little carbohydrate, protein or calories.

## SAMPLE MEAL PLAN

Ask your physician to prescribe a meal plan which meets your own individual requirements. The following example of a 1,200-calorie plan shows how a meal plan works.

### BREAKFAST

#### Servings:

1 of fruit (List 3).. orange juice, 1/2 cup  
 1 of meat (List 5).. Egg, 1  
 1 of bread (List 4).. Toast, 1 slice  
 1 of milk (List 1) .. Skim milk, 1 cup (plus  
 2 fat exchanges at lunch)  
 1 of fat (List 6) .. Butter or margarine,  
 1 tsp.

#### Nonmeasured

foods (List 7).. Coffee or tea (any amount)

### LUNCH

#### Servings:

2 of meat (List 5).. Cold cut, 1 slice and  
 cheddar cheese, 1 slice  
 Vegetables  
 as desired (List 2-A).. Salad of lettuce,  
 radishes, tomatoes (any  
 amount)  
 2 of bread (List 4).. Bread, 2 slices  
 2 of fat (List 6).. Mayonnaise, 1 tsp. ;  
 Margarine, 1 tsp.

1/2 of milk (List 1).. Skim milk 1/2 cup (plus 1  
 fat exchange at dinner)  
 2 of fruit (List 3).. Banana, 1  
 Nonmeasured  
 foods (List 7) .. Coffee or tea (any amount)

### DINNER

#### Servings:

2 of meat (List 5).. Chicken, 2 ounces or  
 2 slices (3"x2"x1/2")  
 1 of vegetables(List 2-B).. Carrots, 1/2 cup  
 1 of vegetables(List 2-A).. String beans,  
 1 cup  
 1 of bread (List 4) .. Biscuit, 1  
 2 of fat (List 6).. Butter or margarine, 2 tsp.  
 1/2 of milk (List 1).. Skim milk, 1/2 cup (plus  
 1 fat exchange at dinner)  
 1 of fruit (List 3).. Cantaloupe 1/4  
 Nonmeasured  
 foods (List 7).. Coffee or tea (any amount)

## YOUR EATING PLAN

Name _____	Calories _____						
Servings	Milk List 1	Vegetables List 2	Fruit List 3	Breads List 4	Meat List 5	Fats List 6	Free List 7
Breakfast							Free
Lunch							Free
Dinner							Free

From "Meal Planning with Exchange Lists" prepared by American Diabetes Association, American Dietetic Association and U. S. Public Health Service. Adapted from materials developed by the Upjohn Company, Kalamazoo, Michigan.

# Seven Food Lists

## 2-A

### VEGETABLES GROUP

(negligible calories)

You may eat any amount of these vegetables, if they are uncooked. But if cooked, only a single cupful is permitted.

#### Serving Choices:

Asparagus  
Bamboo shoots  
Bean sprouts  
Broccoli\*  
Brussels Sprouts\*  
Cabbage  
Cauliflower  
Celery  
Chicory\*  
Cucumber  
Eggplant  
Escarole\*  
Greens\*

Beet greens  
Chard  
Collards  
Dandelion  
Kale  
Mustard  
Poke  
Spinach  
Turnip greens

Lettuce  
Mushrooms  
Okra

Parsley\*  
Peppers, green or red\*  
Pimento  
Radishes  
Romaine  
Rhubarb (without sugar)  
Sauerkraut  
String beans, young  
Squash, summer  
Tomatoes\*  
Tomato juice ( $\frac{1}{2}$  cup)  
Water cress\*  
Zucchini

## 2-B

### VEGETABLES GROUP

(35 calories per serving)

#### Serving Choices:

One serving equals  $\frac{1}{2}$  cup

Beets  
Carrots\*  
Onions  
Peas, green  
Pea pods  
Pumpkin\*  
Rutabagas  
Squash, winter\*  
Turnips  
Tomato puree, canned  
Vegetables, frozen, mixed  
Catsup (2 tablespoons only)

\* These vegetables have a high vitamin A content; at least one serving a day should be used.

If you wish you may have an additional cupful of Group A in exchange for your Group B serving.

## 1

### MILK GROUP

(170 calories per serving)

#### Serving Choices:

Milk, whole . . . . . 1 cup  
Milk, evaporated . . .  $\frac{1}{2}$  cup  
Milk, powdered,  
whole . . . . .  $\frac{1}{4}$  cup  
Milk, skim\* . . . . . 1 cup  
Buttermilk\* . . . . . 1 cup  
Yogurt . . . . . 1 cup

\* Add 2 servings from list 6 (fats) if milk is fat free.

# 3

(40 calories per serving)

Apple(2" diam.) . . . . .	1
Applesauce . . . . .	½ cup
Apricots, fresh . . . . .	2 med.
Apricots, dried . . . . .	4 halves
Banana . . . . .	½ small
Berries (blackberries raspberries, straw- berries*) . . . . .	1 cup
Blueberries . . . . .	2/3 cup
Cantaloupe*(6" diam.) . . . . .	½
Cherries . . . . .	10 large
Cider . . . . .	1/3 cup
Dates . . . . .	2
Figs, Fresh . . . . .	2 large
Figs, dried . . . . .	1 small
Fruit cocktail . . . . .	½ cup
Grapefruit* . . . . .	½ small
Grapefruit juice . . . . .	½ cup
Grapes . . . . .	12
Grape juice . . . . .	¼ cup
Guava . . . . .	1 small
Honeydew melon (7" diam.) . . . . .	¼
Mango . . . . .	½ small
Nectarine . . . . .	1 med.
Orange* . . . . .	1 small
Orange juice* . . . . .	½ cup
Papaya . . . . .	1/3 med.
Peach . . . . .	1 med.
Pear . . . . .	1 small
Pineapple . . . . .	½ cup
Pineapple juice . . . . .	1/3 med.
Plums . . . . .	2 med.
Prunes, dried . . . . .	2
Raisins . . . . .	2 tbsp.
Relish . . . . .	2 tbsp.
Tangerine* . . . . .	1 large
Watermelon . . . . .	1 slice (3" x 1½")

\* These fruits are rich sources of vitamin C; one serving a day should be used

# 4

## BREAD-CEREAL GROUP

(70 calories per serving)

### Serving Choices:

Bread . . . . .	1 slice	
Bagel . . . . .	½	
Biscuit, roll (2" diam.) . . . . .	1	
Cornbread . . . . .	1½" cube	
Hamburg/Frankfurt bun . . . . .	½	
Matzo (6" square) . . . . .	1	
Muffin (2" diam.) . . . . .	1	
Pizza (1/8 of small pie) . . . . .	1 piece (Omit 1 fat serving)	
Tortilla (6" diam.) . . . . .	1	
Cereal, cooked . . . . .	½ cup dry (flakes or puffed) . . . . .	3/4 cup
Crackers		
Graham . . . . .	2	
Oyster, 20 . . . . .	½ cup	
Round, thin . . . . .	6 to 8	
Saltine . . . . .	5	
Soda . . . . .	3	
Flour . . . . .	2½ tbsp.	
Ice Cream, vanilla . . . . .	½ cup (Omit 2 fat servings)	
Pasta		
Spaghetti, macroni noodles, etc., cooked and without sauce . . . . .	½ cup	
Poi . . . . .	½ cup	
Pretzels (ring, medium) . . . . .	6	
Rice or grits, cooked . . . . .	½ cup	
Sponge cake, plain . . . . .	1½" cube	

## Starchy vegetables

Baked beans, no pork . . . . .	¼ cup
Beans (kidney, lentils, lima, navy, etc.) . . . . .	½ cup
Corn . . . . .	1/3 cup or ½ ear
Parsnips . . . . .	½ cup
Peas (blackeyed, split, etc.) dry, cooked . . . . .	½ cup
Potatoes, white, baked or boiled, (small) . . . . .	1
Potatoes, white, mashed . . . . .	½ cup
Potatoes, French fried (½" x ½" x 2") . . . . .	6 (Omit 1 fat serving)
Potato chips (2" diam.) . . . . .	15 (Omit 2 fat servings)
Sweet potatoes or yams . . . . .	¼ cup
Stuffing, bread . . . . .	½ cup (Omit 1 fat serving)

# 5

## MEAT-FISH- EGG-CHEESE GROUP

(75 calories per serving)

### Serving Choices:

Meat and poultry (lean),  
beef, lamb, pork,  
veal, liver, chicken,  
ham, etc. (Cooked  
size 3" x 2" x 1/2"). . . 1 oz,  
Cold cuts, 4 1/2" round,  
1/8" thick . . . . . 1 slice  
Frankfurter (small) . . . . 1  
Fish (flounder,  
halibut, lox, trout,  
whitefish, etc.)  
(2" x 2" x 1"). . . . 1 slice  
Salmon, tuna, crab,  
lobster . . . . . 1/4 cup  
Sausage (3" x 1/8") . . . . 2  
Scallops (12 per lb.) . . . . 1  
Chitlins (2 1/2" square). . . . 1  
Tripe (2 1/2" square). . . . 1  
Oysters, shrimp,  
clams. . . . . 5 small  
Sardines . . . . . 3 med.  
Soybeans . . . . . 1/4 cup  
Cheese, cheddar,  
American, Swiss  
(3 1/2" x 1 1/2" x 1/4"). . . 1 slice  
Cheese, cottage, par-  
mesan, roquefort. . . 1/4 cup  
Egg . . . . . 1  
Peanut butter\* . . . . 1 tbsp,

\* Limit peanut butter to 1  
serving per day.

# 6

## FAT GROUP

(45 calories per serving)

### Each serving provides:

Fat - 5 Gm.  
Calories - 45

### Serving Choices:

Avocado (4" diam.) . . . 1/8  
Bacon, crisp . . . . . 1 slice  
Butter or margarine . . 1 tsp.  
Chocolate, unsweetened,  
melted . . . . . 2 tsp.  
Cream, light, sweet  
or sour . . . . . 2 tbsp.  
Cream, heavy . . . . . 1 tbsp.  
Cream cheese . . . . . 1 tbsp.  
Drippings, lard . . . . 1 tsp.  
French dressing . . . 1 tbsp.  
Mayonnaise . . . . . 1 tsp.  
Nuts . . . . . 6 small  
Oil or cooking fat . . . 1 tsp.  
Olives  
green/ripe. . . . . 5  
Pigs feet . . . . . 1  
Salt pork . . . . . 3/4" cube  
Shortening,  
vegetable . . . . . 1 tsp.  
Tartar sauce . . . . . 1 1/2 tsp.

# 7

## FREE CHOICE GROUP

(insignificant calories)

### Unlimited Choices:

All raw vegetables from  
List 2-A  
Coffee  
Tea  
Clear broth (no fat)  
Bouillon (fat free)  
Lemon  
Gelatin (unsweetened)  
Rennet tablets  
Cranberries (unsweetened)  
Mustard (dry)  
Pickle (unsweetened)  
Pepper and other spices  
Vinegar  
Seasonings  
Soft drinks without sugar  
Horseradish

At each meal you may have  
as many servings as you  
wish from this list of foods  
since these foods contain an  
insignificant number of  
calories.

## HOW TO USE

If your physician recommends that you lose weight and prescribes a 1200 calorie diet, you would select the number of servings listed under the 1200 calorie pattern. This easy to follow diet allows you to select a wide variety of foods from each group. For example, instead of one serving of bread, you may select one serving of any other food shown in the Bread List. Eat the exact amounts and kinds of foods suggested in order to supply the proper amount of essential proteins, carbohydrates, fats, vitamins and minerals. It is essential to weigh or measure foods until portions can be estimated accurately. Do not skip meals.

### Your Daily Total

Carbohydrate	(grams)	85	91	116	131	131	136	146	161	167	174
Protein	(grams)	53	57	59	61	61	70	70	72	76	85
Fat	(grams)	40	45	45	50	60	65	70	75	80	85
Calories		900	1000	1100	1200	1300	1400	1500	1600	1700	1800

### BREAKFAST

List 5 Meats, Egg, Cheese	1	1	1	1	1	1	1	1	1	1	2
List 2 Vegetables	--	--	--	--	--	--	--	--	--	--	--
List 3 Fruits	1	1	1	1	1	1	1	1	1	1	1
List 4 Bread, Cereal	1	1	1	1	1	1	1	1	2	2	2
List 1 Milk	$\frac{1}{2}$	1	1	1	1	1	1	1	1	1	1
List 6 Fats	--	--	--	1	1	1	1	1	1	1	1

### LUNCH

List 5 Meats, Egg, Cheese	2	2	2	2	2	2	2	2	2	2	2
List 2 Vegetables	--	--	--	--	--	--	--	--	--	--	1
List 3 Fruits	1	1	2	2	2	1	2	2	2	2	1
List 4 Bread, Cereal	1	1	1	2	1	2	2	2	2	2	2
List 1 Milk	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
List 6 Fats	--	--	--	--	1	1	1	1	2	2	2

### DINNER

List 5 Meats, Egg, Cheese	2	2	2	2	2	3	3	3	3	3	3
List 2 Vegetables	1	1	1	1	1	1	1	1	1	1	1
List 3 Fruits	1	1	1	1	1	1	1	1	1	1	2
List 4 Bread, Cereal	--	--	1	1	2	2	2	2	2	2	2
List 1 Milk	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	1	1
List 6 Fats	--	--	--	--	1	1	2	2	2	2	2