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Guide to Calorie Control  
Michigan State University  
Cooperative Extension Service  
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6 pages

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# 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.

By Anita Dean, Extension Specialist in Foods and Nutrition

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.

## 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 in. x 2 in. x 1/2)	1 oz.
Cold cuts, 4 1/2 in. round, 1/8 in. thick	1 slice
Frankfurter (small)	1
Fish (flounder, halibut, lox, trout, whitefish, etc.) (2 in. x 2 in. x 1 in.)	1 slice
Salmon, tuna, crab, lobster	1/4 cup
Sausage (3 in x 1/8 in.)	2
Scallops (12 per lb.)	1
Chitlins (2 1/2 in. sq.)	1
Tripe (2 1/2 in. sq.)	1
Oysters, shrimp, clams	5 small
Sardines	3 med.
Soybeans	1/4 cup
Cheese, cheddar, American, Swiss (3 1/2 in. x 1 1/2 in. x 1/4 in)	1 slice
Cheese, cottage, parmesan, 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 in. diam.)	1/8
Bacon, crisp	1 slice
Bacon fat	1 tsp.
Butter or margarine (soft, tub, stick)	1 tsp.
Chocolate, unsweetened, melted	2 tsp.
Cream, light, sweet or sour	2 Tbsp.
Cream, heavy	1 Tbsp.
Drippings, lard	1 tsp.
French dressing	1 Tbsp.
Mayonnaise	1 tsp.
Salad dressing, mayonnaise type	2 tsp.
Walnuts, other nuts	6 small
Almonds	10 whole
Pecans	2 large whole
Peanuts, Spanish	20 whole
Peanuts, Virginia	10 whole
Oil or cooking fat	1 tsp.
Olives, green/ripe	5
Pigs feet	1
Salt pork	3/4 in. 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.

# 3

(40 calories per serving)

Apple	1 small
Applesauce, unsweetened	½ cup
Apricots, fresh	2 med.
Apricots, dried	4 halves
Banana	½ small
Berries (blackberries, raspberries, blueberries)	½ cup
Strawberries	¾ cup
Cantaloupe* (6 in. diam.)	¼
Cherries	10 large
Cider or apple juice	⅓ cup
Dates	2
Figs, fresh or dried	1
Grapefruit*	½
Grapefruit juice	½ cup
Grapes	12
Grape juice	¼ cup
Guava	1 small
Honeydew melon (7 in. diam.)	1/8
Mango	½ small
Nectarine	1 small
Orange*	1 small
Orange juice*	½ cup
Papaya	⅓ med.
Peach	1 med.
Pear	1 small
Persimmon, native	1 med.
Pineapple	½ cup
Pineapple juice	⅓ cup
Plums	2 med.
Prunes	2 med.
Raisins	2 Tbs.
Relish	2 Tbs.
Tangerine*	1 med.
Watermelon	1 cup or 1 slice (3 in. x 1½ in.)

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

Cranberries may be used as desired if no sugar is added.

# 4

## BREAD-CEREAL GROUP (70 calories per serving)

### Serving Choices:

Bread	1 slice
Bagel - small	½
+Biscuit (2 in diam.)	1
Bread crumbs, dried	3 Tbs.
+Cornbread (2"x2"x1")	1
Cornmeal (dry)	2 Tbs.
English Muffin, small	½
Hamburger/Frankfurter bun	½
Matzoth (4"x6")	½
+Muffin, plain, small	1
+Pizza (1/8 of small pie)	1 piece
Roll, plain bread	1
Tortilla, 6 in.	1
Cereal (cooked)	
Grits, rice, barley	½ cup
Cereal (unfrosted)	
Bran flakes	½ cup
Puffed	1 cup
Wheat Germ	¼ cup
Crackers	
Graham, 2½ in. sq.	2
Oyster	20
+Round, butter type	5
Rye wafers 2"x3½"	3
Saltines	6
Soda, 2½ in. sq.	4
Flour	2½ Tbs.
++Ice Cream, vanilla	½ cup
Pasta (cooked)	
Spaghetti, macaroni, noodles	½ cup
Poi	½ cup
Pretzels, 3 1/8 in. x 1/8 in. or ring, medium	25 6
Starchy vegetables	
Baked beans, no pork (canned)	¼ cup

Beans, Peas, Lentils (dried and cooked)	½ cup
Beans, Lima	½ cup
Corn	⅓ cup or 1 small ear
Popcorn (popped, no fat added)	3 cups
Parsnips	⅓ cup
Peas (blackeyed, split, etc.) dry, cooked	½ cup
Potatoes, white, baked or boiled, (small)	1
Potatoes, white, mashed	½ cup
+Potatoes, French fried 2 in to 3½ in.	8
++Potato or corn chips	15
Sweet potatoes or yams	¼ cup
+Stuffing, bread	½ cup
+Pancake, 5 in. x ½ in. or waffle	1

+ Omit 1 fat choice.  
++ Omit 2 fat choices.

## 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	2	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

# 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  
Chinese cabbage  
Cauliflower  
Celery  
Chicory\*  
Cucumber  
Eggplant  
Endive  
Escarole\*  
Greens\*

Beet greens  
Chard  
Collards  
Dandelion  
Kale  
Mustard  
Poke  
Spinach  
Turnip greens

Lettuce  
Mushrooms  
Okra  
Parsley\*

## 1

### MILK GROUP

(170 calories per serving)

#### Serving Choices:

Milk, whole,	1 cup
Milk, evaporated	½ cup
Milk, powdered, whole,	¼ cup
Milk, skim*	1 cup
Buttermilk*	1 cup
Yogurt	1 cup

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

Peppers, Chillies  
Pimento  
Radishes  
Romaine  
Rhubarb (without sugar)  
Sauerkraut  
String beans, green or yellow  
Squash, summer  
Tomatoes\*  
Tomato juice (½ cup)  
Vegetable juice cocktail  
Water cress  
Zucchini

## 2-B

### VEGETABLES GROUP

(35 calories per serving)

#### Serving Choices:

One serving equals ½ cup

Beets  
Carrots\*  
Onions  
Parsnips (⅔ cup)  
Peas, green  
Pea pods  
Pumpkin\* (¾ cup)  
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.

