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Counting Calories
Michigan State University Cooperative Extension Service
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Extension Nutrition Specialists
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milk, whole fluid - 1 cup — 165; cheese, cottage - 1/4 cup — 50; eggs - 1 large egg — 75; bread, all kinds - 1 slice — 50-65; macaroni,
1 ounce dry — 110; mayonnaise - 1 tablespoon — 100 -

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counting calories

prepared by extension nutrition specialists
michigan state university
cooperative extension service - east lansing

asparagus - 6 stalks, 5 inches long — 25, cauliflower

COUNTING CALORIES

Since many people find it necessary to figure the total number of calories in their daily diets, this brief leaflet giving caloric needs of various types of persons as well as the calories supplied by many common foods may prove convenient. "Calorie" is a term of measurement of the amount of energy supplied by food.

Usual Daily Caloric Needs of Various Persons

Men:

Inactive	2500 calories
Moderately active	3000 calories
Very active	4500 calories

Women:

Inactive	2100 calories
Moderately active	2500 calories
Very active	3000 calories
Pregnancy (latter half)	2500 calories
Lactation	3000 calories

Children up to 12 years:

1-3 years	1200 calories
4-6 years	1600 calories
7-9 years	2000 calories
10-12 years	2500 calories

Children over 12 years:

Girls, 13-15 years	2800 calories
16-20 years	2400 calories
Boys, 13-15 years	3200 calories
16-20 years	3800 calories

If a loss or gain in weight is desired, the consistent intake of one-third less or one-third more calories than recommended above is usually advised. For example, to lose weight an inactive woman, requiring ordinarily about 2100 calories a day, would cut her daily calories to 1400. This would make it possible to include sufficient quantities of most of the protective foods.

Calories Supplied by Common Foods

The following figures on the approximate calorie values of some common foods are based on the edible portion of the food. Whether a food portion is raw or cooked is indicated when the food energy value would be appreciably different before and after cooking. Losses have been estimated for foods where changes in calorie value are known to occur during cooking, such as drippings that cook out of meat. Except when stated, no allowances are made for additions in preparation or serving, such as sugar, cream, butter, sauces, and dressings.

Foods are grouped according to the Basic 7 plan, which calls for selecting some food from each of the seven groups daily for a good diet. Additional foods not included in the Basic 7 are also given to show their calorie value. Quantities of foods given below are approximate average servings.

GROUP 1—LEAFY, GREEN, AND YELLOW VEGETABLES

	<i>Calories</i>
Asparagus—6 stalks, 5 inches long	25
Beans, lima— $\frac{2}{3}$ cup	130
Beans, snap— $\frac{3}{4}$ cup, 1-inch pieces	40
Broccoli—2 stalks, 5 inches long, or $\frac{1}{2}$ cup cooked	40
Cabbage, green— $\frac{3}{4}$ cup cooked	30
Carrots—2 carrots, 4 inches long	45
Greens, all types— $\frac{1}{2}$ cup cooked	25- 50
Lettuce— $\frac{1}{3}$ of 10-ounce head	15
Okra—5 to 10 pods or $\frac{1}{2}$ cup sliced	40
Peas, green— $\frac{3}{4}$ cup shelled	100
Pumpkin; winter squash— $\frac{1}{2}$ cup cooked, mashed	40
Sweetpotatoes—1 medium, 6 ounces	215

GROUP 2—CITRUS FRUITS, TOMATOES, RAW CABBAGE, other high vitamin C foods

	<i>Calories</i>
Citrus juices, unsweetened— $\frac{1}{2}$ cup	50- 60
Grapefruit— $\frac{1}{2}$ medium	45
Grapefruit juice, sweetened— $\frac{1}{2}$ cup	80
Oranges—1 medium	50
Tangerines—1 small	25

Tomatoes—1 tomato, 3 inches in diameter	25
Tomato juice—4 ounces	25
Cantaloups or muskmelons— $\frac{1}{4}$ melon, 5 inches in diameter	25
Pineapples, raw—1 slice, or $\frac{3}{4}$ cup	60
Strawberries, raw— $\frac{3}{4}$ cup	40
Cabbage, raw— $\frac{1}{2}$ cup chopped	10
Endive; chicory, raw— $\frac{1}{2}$ cup chopped	10
Peppers, green, raw—1 pepper, $3\frac{1}{2}$ inches long	20

GROUP 3—POTATOES, OTHER

VEGETABLES AND FRUITS	Calories
Beets—2 beets, 2 inches in diameter, or $\frac{2}{3}$ cup cubes	45
Cauliflower— $\frac{1}{3}$ head, $4\frac{1}{2}$ inches in diameter	30
Celery— $\frac{1}{2}$ cup diced or 3 medium stalks	15
Corn, sweet—one 8-inch ear or $\frac{1}{2}$ cup	110
Cucumbers—5 to 10 slices	10
Eggplant—1 slice, $\frac{3}{4}$ x 4 inches	30
Onions, mature—2 medium	50
Parsnips—1 small	85
Potatoes—1 medium, 3 x $2\frac{3}{4}$ inches	100
Radishes, button—5 radishes	10
Salsify or oysterplant— $\frac{2}{3}$ cup cooked	85
Squash, summer— $\frac{3}{4}$ cup cubed	20
Turnips; rutabagas— $\frac{3}{4}$ cup cubed	40
Apples, raw—1 medium, $2\frac{3}{4}$ inches in diameter	80
Apples, canned, sweetened— $\frac{1}{2}$ cup	100
Apricots, raw—2 medium	40
Apricots, canned in sirup—3 to 4 halves and 2 tablespoons juice	110
Avocados— $\frac{1}{2}$ avocado, 4 inches in diameter	265
Bananas—1 medium	100
Berries: Blackberries, blueberries, raspberries — $\frac{3}{4}$ cup	70
Cherries— $\frac{3}{4}$ cup	70
Cranberry sauce, sweetened— $\frac{1}{4}$ cup	100
Dates—4 to 6	95
Figs, fresh—2 to 3 large	90
Grapes—1 bunch of 20 to 25	75
Peaches, raw—1 medium	50
Peaches, canned in sirup—2 halves and 2 tablespoons juice	95
Pears, raw—1 medium	70
Pears, canned in sirup—2 halves and 2 tablespoons juice	75

Pineapples, canned in sirup—1 slice and 1 tablespoon juice	75
Plums—2 to 3 medium	55
Prunes, dried—4 medium	100
Raisins— $\frac{1}{4}$ cup	85
Rhubarb sauce, sweetened— $\frac{1}{2}$ cup	100
Watermelons—1 slice, 6 x 3 x 1 inch	30

GROUP 4—MILK, CHEESE, ICE CREAM

Milk, whole fluid—1 cup	165
Milk, skim; buttermilk, fluid—1 cup	85
Milk, condensed, sweetened— $\frac{1}{2}$ cup	525
Milk, evaporated, unsweetened— $\frac{1}{2}$ cup	180
Cream, 20 percent fat—1 tablespoon	30
Cheese, cottage— $\frac{1}{4}$ cup	50
Cheese, cream—1 ounce or 2 tablespoons	110
Cheese, all other—1 ounce	120
Ice cream, plain— $\frac{1}{2}$ cup	210

GROUP 5—MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS

(Meats from medium-fat carcass)

Beef roast, lean—4 x 4 x $\frac{1}{4}$ inch	175-225
Beef steak—3 x 3 x $\frac{1}{2}$ inch	200-300
Lamb roast—4 x 4 x $\frac{1}{4}$ inch	200-250
Veal cutlet—3 x 3 x $\frac{1}{2}$ inch	150-200
Pork chop, loin—3 x 5 x $\frac{3}{4}$ inch	200-300
Ham, baked—4 x 4 x $\frac{1}{4}$ inch	200-300
Liver; heart—3 x 3 x $\frac{1}{2}$ inch	150-200
Luncheon meat—2 ounces	125-150
Poultry, roasted—2 slices, 4 x 2 x $\frac{1}{4}$ inch	175-200
Fish, broiled—3 x 3 x $\frac{1}{2}$ inch	100-125
Shellfish— $\frac{1}{2}$ cup	75-100
Salmon, canned—3 ounces or $\frac{1}{2}$ cup	145
Sardines, canned— $1\frac{1}{2}$ ounces or 4 sardines, 3 inches long	90
Tuna fish, canned—3 ounces or $\frac{1}{2}$ cup	185
Eggs—1 large egg	75
Dried beans and peas, all kinds—1 ounce dry (scant $\frac{1}{2}$ cup cooked)	100
Nuts; peanut butter—1 tablespoon	100

GROUP 6—BREAD, FLOUR, CEREALS

Bread, all kinds—1 slice	50- 65
Biscuits—1 biscuit, 2 x 2 inches	135
Muffins, corn meal or wheat—1 muffin, 2 $\frac{3}{4}$ inches in diameter	135
Rolls: Plain; sweet—1 roll, 3 inches in diameter	100
Crackers, assorted—1 cracker	20
Cereals: Corn; oats; rice; wheat—1 ounce dry (about $\frac{3}{4}$ cup cooked)	90-100
Macaroni; noodles—1 ounce dry (about $\frac{3}{4}$ cup cooked)	110
Rice, puffed— $\frac{1}{2}$ ounce or 1 cup	55
Corn flakes— $\frac{3}{4}$ ounce or 1 cup	75
Wheat flakes— $\frac{3}{4}$ ounce or $\frac{1}{2}$ cup	80
Shredded wheat—1 ounce or 1 biscuit	100

GROUP 7—BUTTER AND FORTIFIED MARGARINE

Butter; margarine— $\frac{1}{2}$ ounce or 1 pat	100
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OTHER FOODS BESIDES THOSE IN THE BASIC 7 GROUPS

	<i>Calories</i>
Sugar; sirup; honey—1 tablespoon	60
Jams; marmalades; jellies—1 tablespoon	95
Cookies, assorted—1 ounce or 2 cookies, 2 inches in diameter and $\frac{1}{4}$ inch thick	135
Candy, chocolate—1 $\frac{1}{2}$ ounces or one 5-cent bar	120
Cake with icing—1 cupcake, 2 $\frac{3}{4}$ inch in diameter	200
Pie, apple—4-inch sector	300
Bacon, broiled—2 slices, 5 inches long	75
Other fats; oils—1 tablespoon	125
Mayonnaise—1 tablespoon	100
Other salad dressings—1 tablespoon	55

Table of calorie values adapted from "Calories from Some Everyday Foods", U. S. D. A. Publication 57 (1946).

Calories May Be Varied At The Family Table

LOW CALORIES

Breakfast

Orange
Egg Cooked in Shell
1 Slice Whole Wheat Toast
Glass of Skimmed Milk
Black Coffee

Dinner

Lean Roast Beef
½ Boiled or Baked Potato
Stewed Tomatoes
Shredded Cabbage with
Vinegar Dressing
Pineapple Chiffon Pudding
(small serving)
Coffee or Tea

Supper or Lunch

Large Lettuce Salad
Cottage Cheese
Carrot Strips
1 Slice Whole Wheat Bread
Fresh Fruit or
Unsweetened Fruit Sauce
Glass of Skimmed Milk

MODERATE CALORIES

Breakfast

Orange
Egg Cooked in Shell
2 Slices Whole Wheat Toast
1 Pat Butter
Coffee with
Cream—1 Tablespoon
Sugar—1 Teaspoon
Glass of Whole Milk
Marmalade or Cookie

Dinner

Roast Beef
1 Boiled or Baked Potato
Gravy—1 Tablespoon
Stewed Tomatoes
Cole Slaw with
Sour Cream Dressing
Roll — Butter
Pineapple Chiffon Pie
Coffee or Tea
(Cream and Sugar if Desired)

Supper or Lunch

Escalloped Carrots
Onions and Lima Beans
Cottage Cheese Salad
1 Slice Bread
1 Pat Butter
Strawberry Jam
(1 Tablespoon)
Fruit Sauce
Cake (small piece)
Glass of Whole Milk

HIGH CALORIES

Breakfast

Orange
Egg Cooked in Shell
2 Slices Whole Wheat Toast
2 Pats Butter
Marmalade
Coffee with
Cream—2 or 3 Tablespoons
Sugar—To Taste
Glass of Top Milk
Cookie

Dinner

Roast Beef
1 Boiled or Baked Potato
Gravy—3 Tablespoons
Stewed Tomatoes
(with butter)
Cole Slaw with
Sour Cream Dressing
Roll — Butter
Pineapple Chiffon Pie
with Whipped Cream
Coffee or Tea
with Cream and Sugar

Supper or Lunch

Escalloped Carrots,
Onions and Lima Beans
Cottage Cheese Salad
2 Slices Bread
2 Pats Butter
Strawberry Jam
(2 Tablespoons)
Fruit Sauce
Frosted Cake
(large piece)
Glass of Top Milk