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Guide to Calorie Control
Michigan State University
Cooperative Extension Service
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June 1974
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.

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 2½tbsp.
- 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	$\frac{1}{2}$										
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	$\frac{1}{2}$	1	1								
List 6 Fats	--	--	--	--	1	1	2	2	2	2	2