

TEXAS AGRICULTURAL EXTENSION SERVICE • The Texas A&amp;M University System

## BREADS AND WEIGHT CONTROL

Dear Homemaker:

Everyone needs foods from the bread and cereal food group, even those who are trying to control their weight.

You may eat four servings daily from the bread group. Remember that what you put on the breads or in other foods can add calories. A slice of bread has about 70 calories but 1 teaspoon of margarine has 45 calories and 1 tablespoon of jelly has 50 calories. The margarine and jelly would more than double the number of calories in the bread. The same is true with many other foods.

### Breakfast

½ cup orange juice  
¾ cup unsweetened dry or puffed cereal  
or  
½ cup cooked cereal  
½ cup skim milk  
Black coffee or tea as desired

### Lunch

1 cup cooked pinto beans seasoned with beef bones, onions and lean meat  
½ cup collard greens, seasoned with 1 teaspoon margarine  
2- x 2- x 1-inch cube cornbread  
Unsweetened iced tea

### Mid-Morning

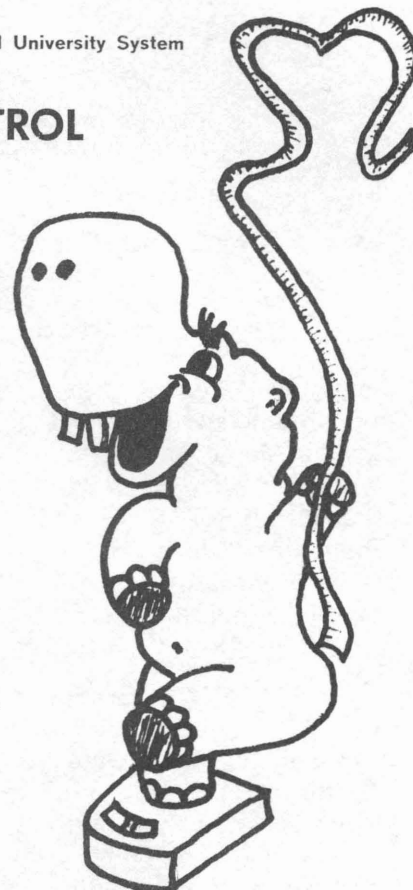
5 saltine crackers  
½ cup skim milk

### Dinner

2 ounces roast beef, lean  
½ cup panned carrots  
1 cup tossed salad with low-calorie dressing  
1 hot roll with 1 teaspoon margarine  
Unsweetened iced tea

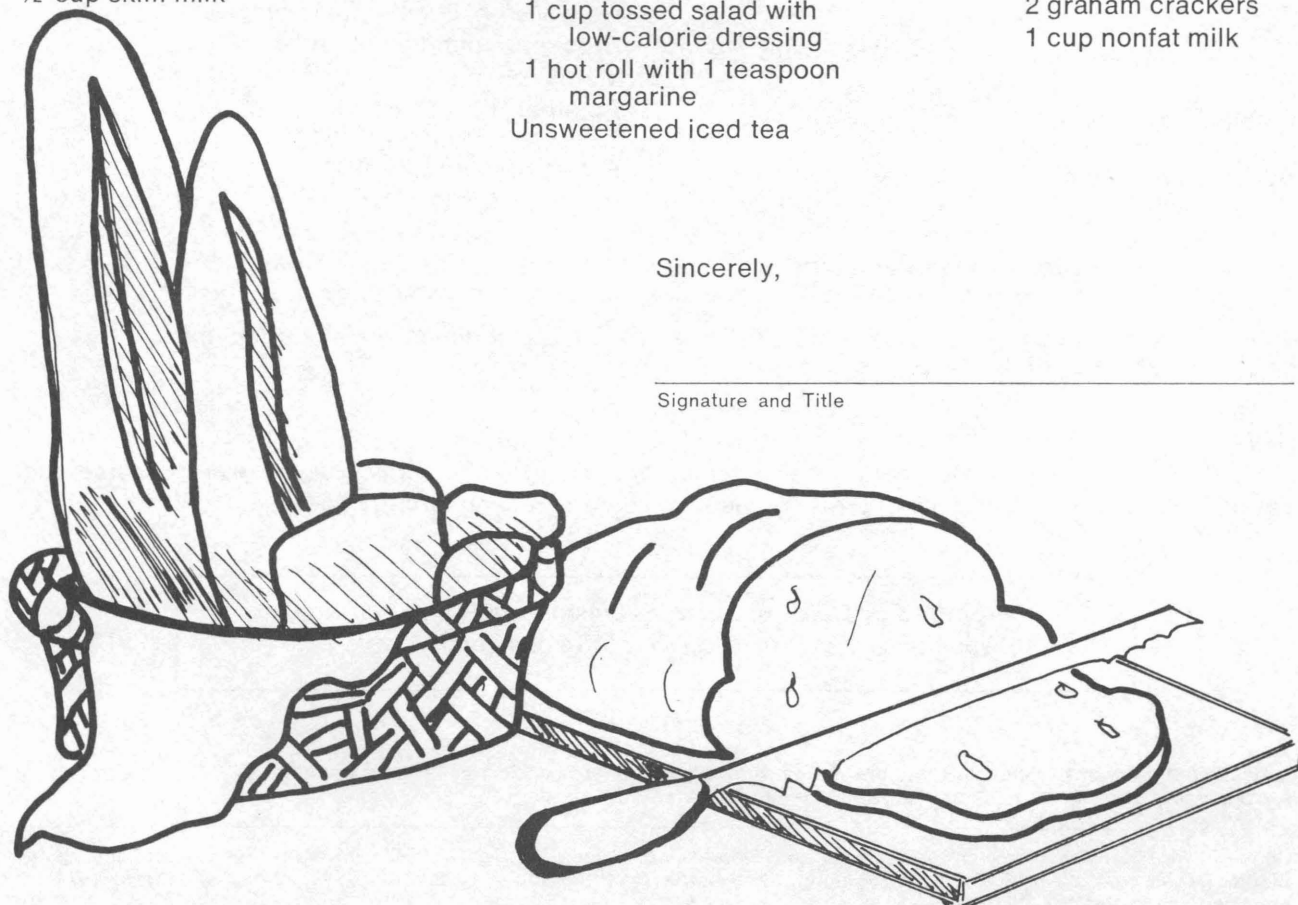
### Bedtime

2 graham crackers  
1 cup nonfat milk



Sincerely,

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Signature and Title





## Bread and Cereal Group Foods in These Amounts Equal 70 Calories

<b>Bread</b>		<b>Cereal</b>	
White, Whole Wheat, Rye, French and Italian, Raisin	1 slice	Bran Flakes	½ cup
English Muffin, small	½	Other ready-to-eat unsweetened Cereal	¾ cup
Plain Roll	1	Puffed Cereal (unfrosted)	1 cup
Frankfurter Roll	½	Cooked Cereal, Grits, Rice, Spaghetti, Noodles, Macaroni	½ cup
Hamburger Bun	½	Popcorn (popped, no fat added)	3 cups
Dried Bread Crumbs	3 tablespoons	Cornmeal (dry)	2 tablespoons
Tortilla, 6-inch	1	Flour	2½ tablespoons
		Wheat Germ	¼ cup
<b>Crackers</b>		<b>Prepared Foods*</b>	
Graham, 2½-inch square	2	Biscuit, 2-inch diameter	1
Oyster	20	Corn Bread, 2 x 2 x 1-inch	1
Pretzels, 3⅛-inches long x ⅛ inch in diameter	25	Corn Muffin, 2-inch diameter	1
Rye Wafers, 2 x 3½-inch	3	Crackers, round butter-type	5
Saltines	6	Muffin, plain small	1
Soda, 2½-inch square	4	Potatoes, French Fried 2½ x 3½ inches long**	8
<b>Dried Beans, Peas and Lentils</b>		Potato or Corn Chips	15
Beans, Peas and Lentils (dried and cooked)	½ cup	Pancake, 5 x ½-inch	1
Baked Beans, no pork (canned)	¼ cup		

\* Foods in these amounts equal about 125 calories, but may be counted as a serving of bread if 1 teaspoon of fat in the meal is omitted.

\*\* These contain about 160 calories so omit 2 servings of fat during the day if these are eaten.

### Diet Tips—

*Plan to eat before you really begin to feel hungry. Have a glass of ice water or ice tea, coffee, bouillon or a diet soda before a meal or before feeling hungry.*

*Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.*

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