

Guam

Food Choices for Healthful Living based on food group lists



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Nutrient analysis sources:

Nutritionist III, "N" Squared Computing, 1992

Exchanges for All Occasions, by M. Franz, MS, RD, 1993

Food Intake Analysis System, University of Texas Health Science Center at Houston, 1992

The Food Group Lists are the basis of a meal planning system designed by the American Diabetes Association and The American Dietetic Association.

Disclaimer: The use of brand names does not imply endorsement. Nutrient value and exchange lists are based on current data and may be subject to change as new information becomes available.

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Introduction

Diet is an important part of the treatment of many diseases including obesity, diabetes, heart disease and high blood pressure. The Guam Food Group Lists have been prepared to help you understand what food is made of so that a modified diet can be more easily followed.



Principles of Good Nutrition

- **Maintain a healthy weight.** Obesity increases your risk for diabetes, hypertension and coronary heart disease.
- **Eat a variety of foods.** Eating a variety of foods increase your chances of obtaining all the vitamins, minerals and nutrients your body needs.
- **Eat less fat.** Too much fat may cause heart and blood vessel disease. Avoid fried foods. Watch your portion sizes of all meat - it's easy to eat too much. Eat fewer high-fat foods such as sausages, oxtail, short ribs, bacon, empanadas, canned meats, corned beef (from keg & can), coconut milk, gravy, salad dressing, deep fried bunelos, chicken/turkey wings and tails.
- **Eat more starches, especially those high in fiber.** Starches are a good source of energy, vitamins, and minerals. Fiber in foods may help to lower blood-glucose and blood-fat levels. All people should increase the amount of carbohydrate and fiber they eat. This can be done by eating more taro (suni), yams, sweet potato (camute), mendioka, bananas (aga), breadfruit, dried beans, and peas; more whole grain breads, cereals, and crackers; and more fruit and vegetables.
- **Eat less sugar.** Sugar has only calories (energy) and no vitamins or minerals, and it increases the risk of dental cavities. Foods high in added sugar include desserts such as cakes and pies, sugary breakfast foods (such as toaster

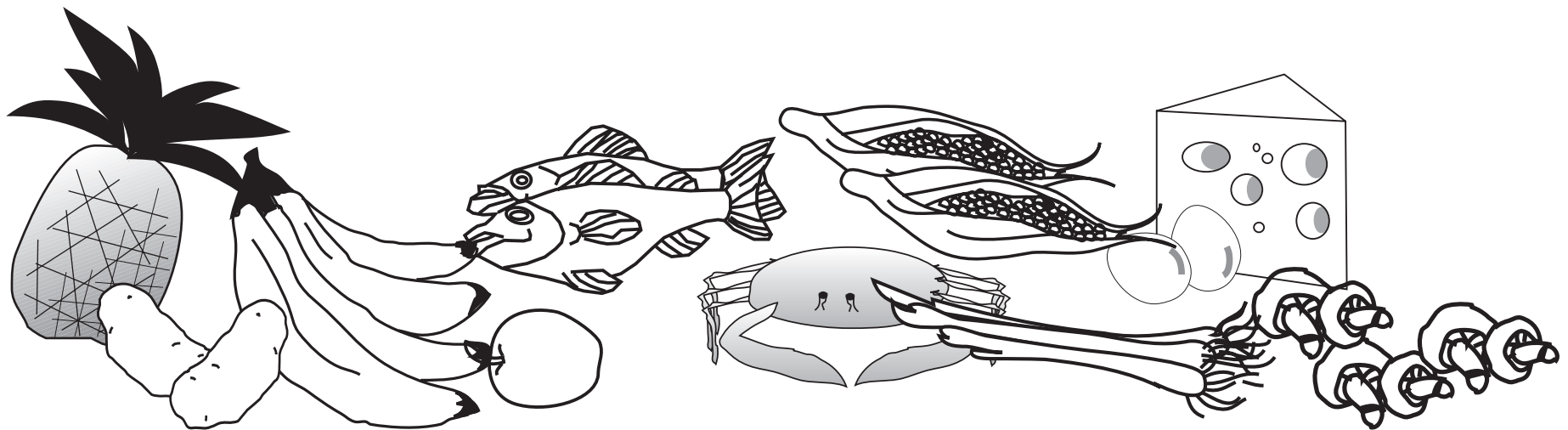
pasteries and sugar coated cereals), cookies, candy, sweet rolls, ice keiki, table sugar, honey, sweet drinks, (ahu), soft drinks, and syrup. People with diabetes need to avoid these foods.

■ Eat less salt and sodium.

Many of us eat too much salt. The sodium in salt can cause the body to retain water, and in some people it may raise blood pressure. High blood pressure may be made worse by eating too much salt and sodium. Try to use less salt and soy sauce in cooking and at the table. Foods that are high in sodium, such as processed and convenience foods, are noted in this booklet with a special symbol ✦.

■ Limit alcohol intake.

It is best to avoid alcohol altogether. If you like to have an alcoholic drink now and then, ask your physician or nutritionist how to work it into your meal plan.



The Food Groups

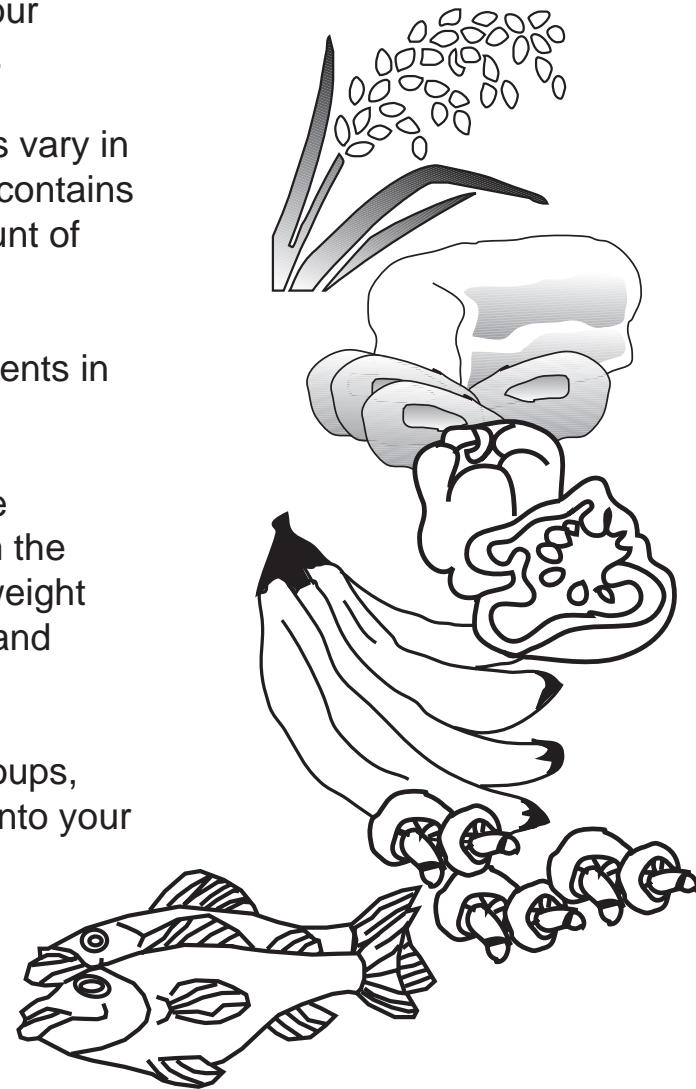
To make it easier for you to follow your meal plan and to meet your nutritional needs, foods have been divided into six Food Groups.

The reason for dividing food into six different groups is that foods vary in their carbohydrate, protein, fat, and calorie content. Each group contains foods that are alike - each choice contains about the same amount of carbohydrate, protein, fat, and calories (energy).

The chart on the following page shows the amount of these nutrients in one serving from each Food Group.

As you read over the Food Group Lists, you will notice that some choices are for a larger amount of food than another choice from the same list. Because foods are so different, the measurement or weight for each food is set so the amount of carbohydrate, protein, fat, and calories (energy) are the same for each choice.

If you have a favorite food that is not included in any of these groups, ask your nutritionist about it. That food can probably be worked into your meal plan.



Nutrient Content by Food Group

Food Group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories (energy)
Starch	15	3	trace	80
Protein/Meat				
Lean (Meat A)	—	7	3	55
Medium-fat (Meat B)	—	7	5	75
High-fat (Meat C)	—	7	8	100
Vegetable	5	2	—	25
Fruit	15	—	—	60
Calcium/Milk				
Skim	12	8	trace	90
Lowfat	12	8	5	120
Whole	12	8	8	150
Fat	—	—	5	45

Meal Planning Using Food Groups

Your Meal Plan should include foods from each Food Group. The number of foods in each group is planned to provide you with a balanced diet to fit your needs.

Calcium/Milk Group

The Calcium/Milk Group includes milk and milk products, tofu made with calcium, and fish with bones. These foods contain calories (energy), protein, calcium, vitamin A and several B vitamins.

Vegetable Group

The Vegetable Group includes some vegetables high in vitamin A, vitamin C and fiber which are important to health. High vitamin A sources will be indicated with a √ and high vitamin C sources will be indicated with a + symbol in this booklet.

Fruit Group

The Fruit Group includes all kinds of fruit. Some fruits contain small amounts of vitamin C; some are excellent sources of vitamin C. Orange colored fruits, such as mango and papaya, also contain vitamin A.

Starch Group

The Starch Group includes foods that provide carbohydrates in the form of starch. Rice, noodles, cereals, dried beans and peas, and starchy vegetables such as taro, breadfruit, sweet potatoes and others are good sources of many B vitamins, and other vitamins and minerals. Whole grains are high in fiber.

Protein/Meat Group

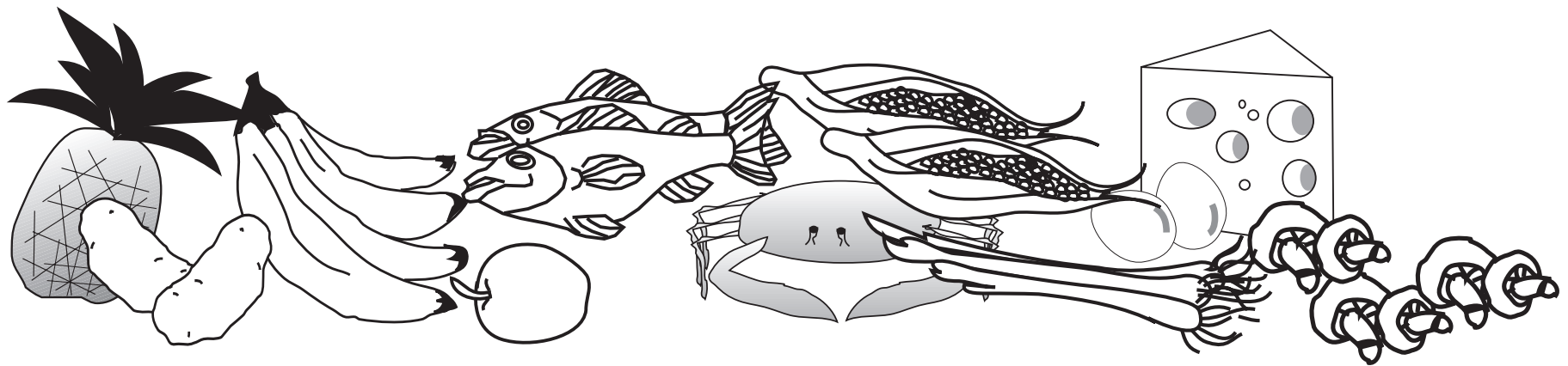
The Protein/Meat Group includes foods which provide protein, some fat, minerals and vitamins. This list includes meats, fish, poultry, eggs, tofu, and cheese.

Most meats you eat should be lean since fat contributes twice as many calories as protein or carbohydrate. Cut off all the visible fat before cooking. When cooking chicken, make sure you remove the skin. Bake, broil, roast, stew or pan-fry without added fat. Discard the fat that comes out of the meat while cooking.

The **kind** of meat or other protein foods makes a difference. The Protein/Meat Group has been divided into three lists: low, medium and high fat Protein/Meat Groups.

Fat Group

The Fat Group include foods high in fats. There are two categories of fats: **1) Saturated Fats** such as fats from animals and coconut palm oils; **2) Unsaturated Fats** or liquid vegetable oils. Your doctor may want you to be on a "Fat Controlled" diet. This means that you control the kind of fat you use as well as the amount.



Meal Plan by Calorie Content

Each calorie level can be divided into food groups to provide a well balanced meal plan. Calorie levels are based on individual needs and include specific number of servings from each of the food groups.

	1500 calories	2000 calories	2300 calories (Pregnancy Exchanges)	2600 calories
Protein/Meat Group				
Lean (Meat A)	2	3	4	5
Medium-fat (Meat B)	2	3	3	3
High-fat (Meat C)	1	1	1	2
Starch Group	7	9	10	11
Vegetable Group	3	4	5	5
Fat Group	3	4	5	6
Fruit Group	3	5	5	6
Calcium/Milk Group	2	2	3	3
Coffee or tea, plain	Unlimited	Unlimited	Unlimited	Unlimited

Explanation: Each calorie level can be divided into food groups to provide a well balanced meal plan. Calorie level is based on individual needs.

Guam Sample Menu

The following sample menus have been worked out to show you how to use your Meal Plan. The fat content has been reduced to provide approximately 25% of the total energy intake (calories in one day). The protein content is about 20% and carbohydrate content is 55% of the total energy. These sample menus are planned to meet the nutritional needs of adults and are not meant to be used for children.

Sample Menu (1600 calories)

Daily Servings:	Calcium/Milk	Vegetables	Fruit	Starch	Protein/Meat A	Protein/Meat B	Protein/Meat C	Fat
	2	3	6	6	3	2	0	2
Breakfast				Dinner				
1 Starch		1 slice whole wheat toast		2 Protein/Meat B		Stirfry: 2 ounces beef steak		
1 Fat		1 teaspoon margarine		1 Vegetable		1/2 cup onion		
1 Free		1 cup coffee		1 Free		1/2 cup cabbage		
1/4 Calcium/Milk		2 tablespoon evaporated skim milk		1 Fat		1 teaspoon oil		
2 Fruit		1 banana (8")		1 Calcium/Milk		1/2 cup tofu		
Lunch				2 Starch		2/3 cup rice		
3 Protein/Meat A		3 ounces fish, baked		1 Free		1 cup coffee		
2 Starch		2/3 cup rice		1/4 Calcium/Milk		2 tablespoon evaporated skim milk		
2 Vegetable		1/2 cup eggplant & 1/2 cup green beans		Snack				
1 Fruit		1 small orange		2 Fruit		1 small mango		
Snack								
1 Fruit		1 cup papaya						
1/2 Calcium/Milk		1 ounce sardines, water packed						
1 Starch		1 tatiza (tortilla)						

Meal Plan Form

You may want to divide your food for the day this way:

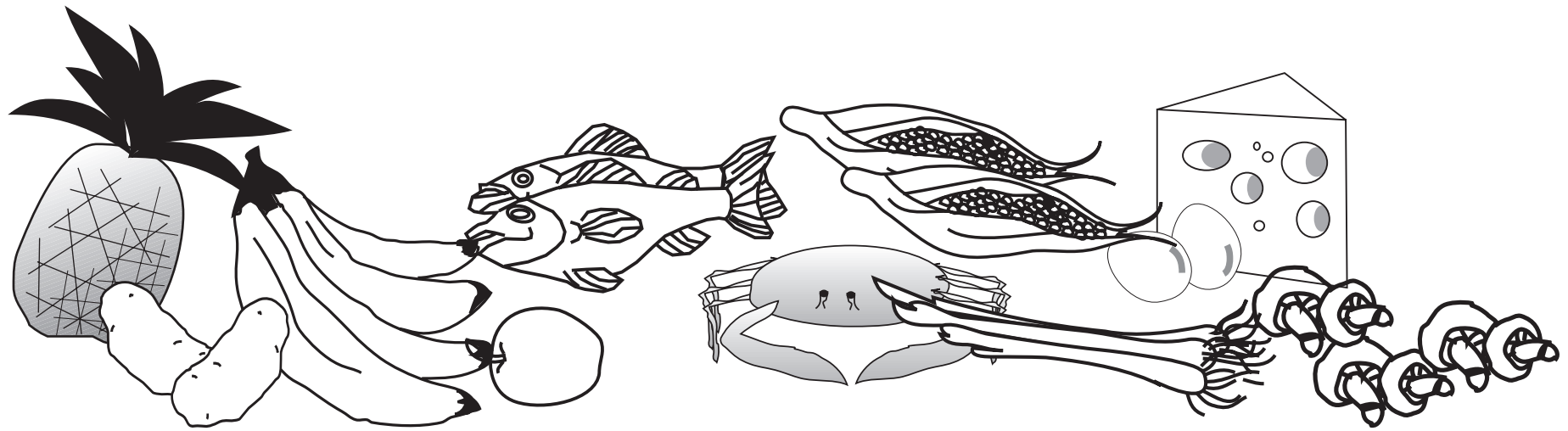
Meal Plan	Number of Servings	Food	Amount
Breakfast:			
Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
Lunch:			
Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
Snack:			
Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____

Dinner:

Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____

Snack:

Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____



Measuring Your Foods

Measuring is a key to knowing how much food you eat. The measurement in ounces, inches, spoons, or cups is indicated for each food in the Food Groups.

You need a set of measuring cups which include a full 8-ounce cup, a half cup, a third of a cup and a quarter cup. You also need a teaspoon, a tablespoon, and a ruler to measure your meats.

All measurements are level. Do not heap or pack your cups or bowls. For example, to measure a level spoonful, fill your spoon, then run a knife edge across the spoon pushing off all the extra food. Measuring a level cupful would involve the same process.

A small food scale is also very helpful especially for measuring meats. Make sure the scale measures ounces accurately.

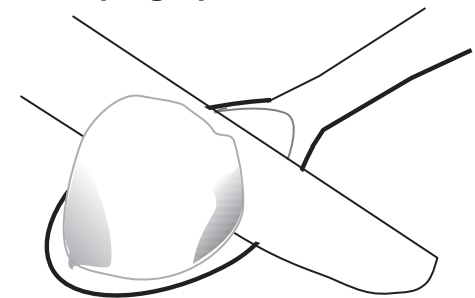
Measure your foods until you can train your eye to be accurate. Check all your measurements every once in a while to be sure you are correct.

Foods which are eaten cooked should be measured after they are cooked. Fat that is used in cooking must be counted as a fat serving. Frying adds a great deal of fat. For example, a breast of chicken which has been rolled in flour and fried may add 1 starch serving and 2 or more fat servings.

Measuring Technique for All Foods Requiring Utensils



Heaping Spoonful



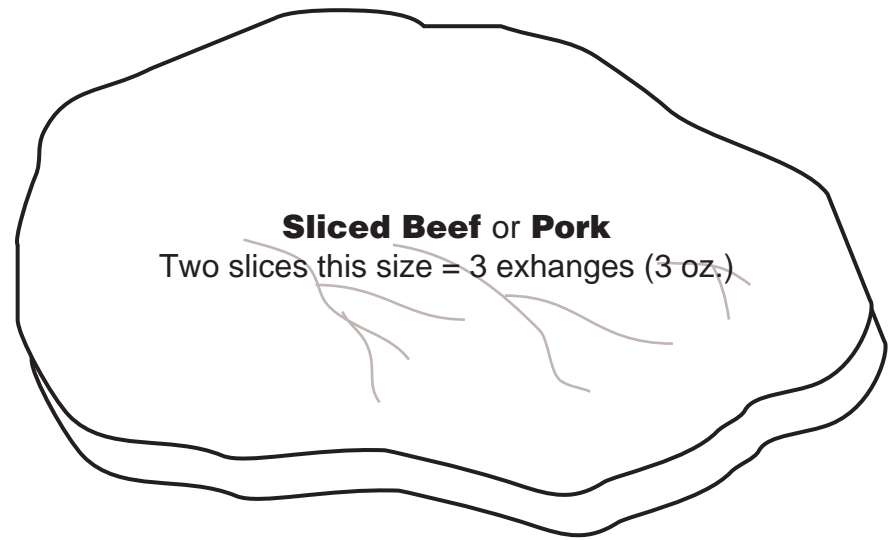
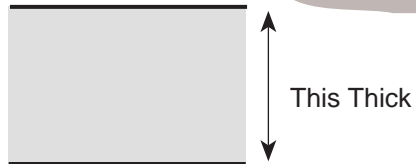
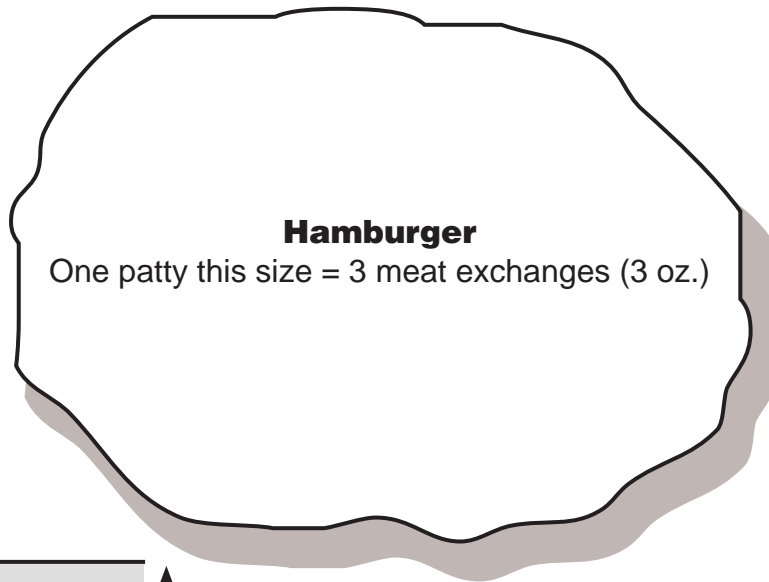
Leveling Spoonful



Level Spoonful

Meat Portion Guide

Study these sketches to help you estimate ounces of meat. They represent the actual size of a 3 ounce portion of cooked lean meat without bone. It is about the size of a deck of cards. If you are eating only 2 ounces (2 meat servings) decrease the portion size of meat accordingly.



4 ounces raw meat without bone	=	about 3 ounces cooked
5 ounces raw meat with bone	=	about 3 ounces cooked
1 small chicken leg and thigh or 1/2 breast	=	about 3 ounces cooked

Calcium/Milk Group

One nonfat calcium/milk serving contains approximately 90 calories, 12 grams carbohydrates, 8 grams protein and a trace of fat.

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Low Fat		Medium Fat (add 1 fat)		High Fat (add 2 fats)	
Skim milk	1 cup	2% milk	1 cup	Whole milk	1 cup
1% milk	1 cup	Evaporated 2% milk	1/2 cup	Filled milk	1 cup
Nonfat dry milk powder	1/3 cup	Plain lowfat (2%) yogurt	1 cup	Evaporated milk	1 cup
Evaporated skim milk	1/2 cup	Fruited low fat 2% yogurt (artificially sweetened)	1 cup	Plain yogurt	1 cup
Plain nonfat yogurt	1 cup				
Fruit, nonfat yogurt (artificially sweetened)	1 cup				



1 Cup Skim Milk



1/2 Cup Evaporated Milk
Add 2 Fat Exchanges

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Seafood		Seafood (add 1 fat)		Seafood (Canned fish with bones) (add 2 fats)	
Sardines, canned in Tomato sauce	2 ounces	Sardines, canned in oil, drained	2 ounces	Salmon	
		Mackerel	3 ounces	Sockeye, drained	3 ounces
		Salmon		Coho, drained	3 ounces
		Chinook	3 ounces	Mackerel, drained	3 ounces
		Chum	3 ounces		
		Coho	3 ounces		
		Pink	3 ounces		
		Sockeye	3 ounces		

<i>Food</i>	<i>Measure</i>
Cheese	
Swiss	1 ounce
Romano	1 ounce
Parmesan	1-1/2 ounces
Mozarella (part skim milk)	1-1/2 ounces
Low fat cheese (with 50-90 calories per ounce)	1 ounce
Low fat Ricotta	5 ounces

<i>Food</i>	<i>Measure</i>
Cheese (add 1 fat)	
Ricotta	6 ounces
Farmers	2 ounces
Parmesan	2 ounces
Romano	1 ounce

<i>Food</i>	<i>Measure</i>
Cheese (add 2 fats)	
Cheddar	1-1/2 ounces
American	1-1/2 ounces
Jack	1-1/2 ounces
Mozerella	2 ounces

<i>Food</i>	<i>Measure</i>
Others	
Soy Moo	6 ounces
Dark green leafy vegetables (raw or cooked) such as kang kong, marungay, pechay, spinich, and broccoli	2 cups

<i>Food</i>	<i>Measure</i>
Others (add 2 fats)	
Tofu (made with calcium)	8 ounces

Starch Group

One starch serving contains approximately 80 calories, 15 grams of carbohydrate and 3 grams of protein.

<i>Food</i>	<i>Measure</i>
Bread	
Bread (white, whole wheat, rye, raisin, French)	1 slice (2-1/2" diameter)
Bread crumbs	3 tablespoons
Bun, hamburger	1/2 bun (4" diameter)
Bun, hot dog	1/2 bun
English muffin	1/2
Pan de leche	1 ounce
Pan de sal	1 ounce
Pan royo	1 (3/4 ounce)
Pan tosta	1 (3/4 ounce)
Pita	1 (6" diameter)
Roll, plain	1 (2" diameter)
Tortilla (thin flour, Mexican style)	1 (6" diameter)
Tortilla, local (corn, masa)	1/2 (8" diameter)
Cereals	
All cooked cereals	1/2 cup
#Bran Flakes, All Bran, Raisin Bran	1/2 cup
#Bran (coarse texture)	1/2 cup
Cornmeal, dry	2-1/2 tablespoons
Dry cereals (not sugared)	3/4 cup
Grape Nuts	3 tablespoons
Shredded wheat	1/2 cup
#Wheat germ	3 tablespoons
Crackers/Snacks	
Bread stick	3/4 ounce
Graham	3 (2-1/2" square)
Pilot	4 slices or 6 rounds
Popcorn (without butter)	3 cups
Pretzels	3/4 ounce
Rice cakes	2 large or 8 mini
#Ry Krisp (triple square wafer)	3
Saltines	6 (2" square)
Soda	3 (2-1/2" square)
Whole wheat crackers (Finn, Kavli, Wasa)	2-4 slices (3/4 ounce)

Flour Products

Cornstarch	2 tablespoons
Flour	3 tablespoons
Noodles, beanthread (long rice)	1/2 cup
Noodles, rice	3/4 cup
Noodles; macaroni, spaghetti, egg, ramen	1/2 cup cooked
Saimin noodles	1/2 cup
Tapioca, dry	2 tablespoons
Won ton pi	6

Rice

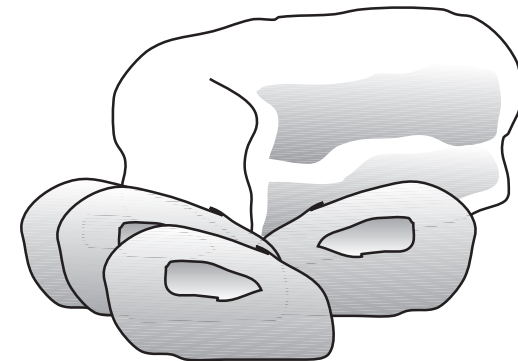
Rice, cooked	
Calrose	1/3 cup
Brown	1/3 cup
Instant	1/3 cup
White, enriched	1/3 cup
Wild	1/3 cup

*Soup

Noodle/rice broth base (Alagnan)	1 cup
----------------------------------	-------

Starchy Vegetables

Barley	1/3 cup cooked
Banana (cooking)	1/2 cup
#Beans and peas; dried, cooked	1/3 cup
#Beans, baked	1/4 cup
Beans, mungo	1/4 cup
Breadfruit, cooked (Lemai)	1/3 cup
Menidoka(Cassava)	1/2 cup
#Corn	1/2 cup
#Corn, cream style	1/3 cup
#Corn on the cob	1 (6" long)
Lima beans	1/2 cup
Mixed vegetables (frozen corn, peas, carrots, lima beans)	1/2 cup
Parsnips	1/2 cup
#Peas, green	1/2 cup
Pidgeon peas, pods	1/2 cup
#Plantain (green banana)	1/2 medium or 1/2 cup
Poi from taro or breadfruit (2 finger)	1/3 cup
Potatoes	
White, whole	1/2 (3 ounces)
White, mashed, plain	1/2 cup
√Sweet potato	1/3 cup
Soybeans, green	1/2 cup
#Squash, winter, yellow	3/4 cup
Taro (Suni)	1/2 cup (or 1/2" slice)
Yams	1/3 cup



*Food high in salt
√Good source of Vitamin A
#High in fiber

Starch Group (Add one fat)

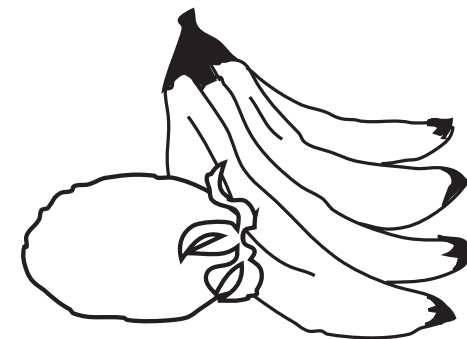
One starch contains 125 calories, 15 grams of carbohydrate, 3 grams of protein, and 5 grams of fat.

<i>Food</i>	<i>Measure</i>	
Bread		
Biscuit	1 (2-1/2" diameter)	
Bunelos	1 ounce	
Cornbread	1 (2" cube)	
Chowmein noodles	1/2 cup	
Muffin, plain, small	1	
Pancake (4" across)	2	
Taco shell (8" across)	1	
Waffle (4-1/2" square)	1	
Cereals		
Granola	1/4 cup	
Coconut		
Immature meat (sponge)	1-1/2 cups	
Water	2 cups	
Crackers/Snacks		
Popcorn		
Microwave - light	3 cups	
Microwave - regular (add an extra fat to total)	3 cups	
Flour Products		
Stuffing	1/4 cup	
Rice		
Red rice	1/3 cup	
*Soup		
Cream soup	1 cup	
Corn soup	1 cup	*Food high in salt

Fruit Group

One fruit serving contains approximately 60 calories and 15 grams of carbohydrate. These fruit may be fresh, cooked, dried, or frozen **without sugar**. If fruit is canned in syrup, cut the portion in half. Choose juice that is 100% fruit.

<i>Food</i>	<i>Measure</i>
Apple, fresh	1/2 medium or 1 small (2" diameter)
Apple, mountain	3 medium
Applesauce, unsweetened	1/2 cup
Apple juice	1/2 cup
√Apricots, fresh	4 medium
√Apricots, dried	3 halves
√Apricots, canned	4 halves
Banana (Aga)	4 inches or 1/2 small or 1 local size
Blueberries	3/4 cup
√+Cantalope	1/3 of 5" diameter fruit (1 cup)
Cherries, fresh	12 pieces
Cherries, canned	1/2 cup
Cranberry juice cocktail	1/3 cup
Dates	2-1/2 medium
Figs, fresh or canned	2 medium
Figs, dried	1-1/2
Fruit cocktail	1/2 cup
Fruit, dried	2 tablespoons
Grapes, fresh	10 grapes, large or 15 small
Grape juice	1/3 cup
+Grapefruit, fresh	1/2 medium (3-1/2" diameter)
+Grapefruit, canned sections	3/4 cup
+Grapefruit, juice	1/2 cup



+Good source of vitamin C
√Good source of vitamin A

Fruit Group *(Continued)*

<i>Food</i>	<i>Measure</i>
+Guava, fresh (Abas)	1 medium (2-1/2" diameter)
+Honeydew melon	1/8 medium (1 cup)
Juice (other)	1/2 cup
+Kiwi	1 large
+Lychees	10 fruits or 1/2 cup
+Mandarin orange	3/4 cup
√+Mango, ripe	1/2 cup or 1/2 small
Mango (green)	1/2 cup or 1/2 small
√Nectarine	1 (1-1/2" diameter)
Ohelo berries	1-1/2 cups
+Orange, fresh (Kahet)	1/2 large or 1 small (2-1/2" across)
+Orange juice	1/2 cup
√+Papaya, ripe	1/2 medium or 1 cup cubed
Papaya (green)	1/2 medium or 1 cup cubed
+Passion fruit juice	1/2 cup
√Peach, fresh	1 medium
Peach, canned	1/2 cup or 2 halves
Pear, fresh	1/2 large or 1 small
Pear, dried	1
Pear, canned	2 small halves or 1/2 cup
Pepine melon	1 cup or 1/2 melon
√Persimmon, Japanese	1/2 medium
Persimmon, native	2 medium
+Pineapple, fresh (Pina)	3/4 cup or 1/8 medium
+Pineapple, canned in own juice	1/3 cup
+Pineapple juice	1/2 cup

Plums, fresh
Plums, canned
+Poha berries
Pomegranate (Granade)
+Pomelo (Pommalo)
#Prunes, dried
Prunes, juice

2 medium
4
1 cup
1/2 medium
1 cup sections
3 medium
1/3 cup

Raisins

2 tablespoons

Soursop, pulp
+Starfruit (Carambola)
#+Strawberries

1/3 cup
1-1/2 cups, cubed or 6 ounces
1-1/4 cups

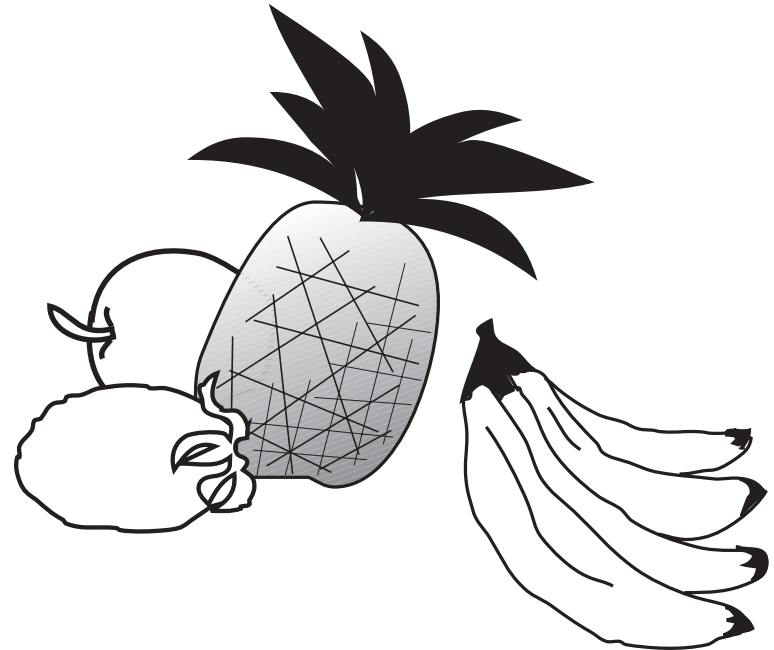
+Good source of vitamin C
√Good source of vitamin A
#High in fiber

+Tangerine

2 medium

Watermelon

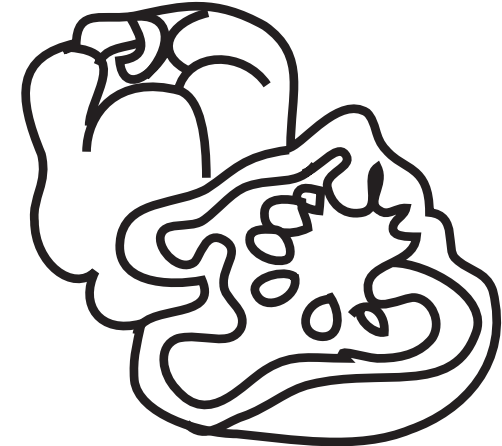
1-1/4 cup cubed



Vegetable Group

One vegetable serving contains about 25 calories, 5 grams of carbohydrate and 2 grams of protein.
One exchange is 1/2 cup.

Artichoke (1/2 medium)	Leeks	√+Vegetable juice
+Asparagus	Marungay leaves	Water chestnuts
Bamboo shoot	Mushrooms	Zucchini
Banana bud/flower	Okra	
Bean sprouts	Onion, round	
Beans, goa (winged)	√Papaya, green	
Beans, green	Pea pods	
Beets	Pechay	
Beet greens	+Pepper, green or bell	
Bittermelon, fruit	√Pumpkin	
√+Broccoli	√Pumpkin leaves (Puntan Kalamasa)	
+Brussels sprouts	Rutabaga	
√Carrots	√Spinach	
+Cauliflower	√Squash, leaf tips	
Celery	Summer squash	
Collards	√Sweet potato leaves/shoots	
Cucumber	√Swiss chard	
√Dandelion greens	√+Taro leaves	
Eggplant	+Tomato, canned or fresh	
Gourd	+Tomato juice	
+Green pepper	Tomato paste	
+√Kale	Turnip	
Kangkong	√Turnip greens	
Kohlrabi		



+Good source of vitamin C
√Good source of vitamin A

These vegetables may be used as desired, raw or up to one cup cooked.

Cabbage - all kinds
Celery

√Fern leaves and stems

Green Onions

Lettuce

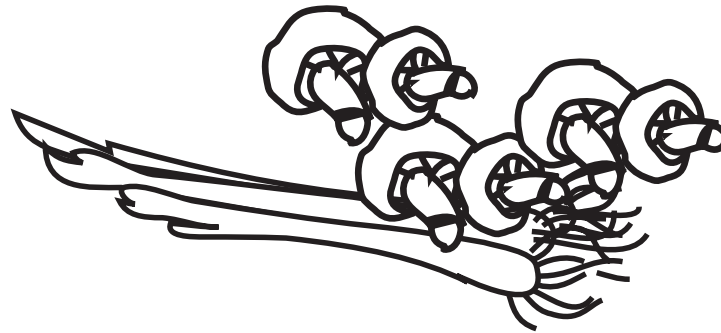
√Parsley

+Radishes (includes daikon)

√Radish leaves

Seaweed
Sprouts

Watercress



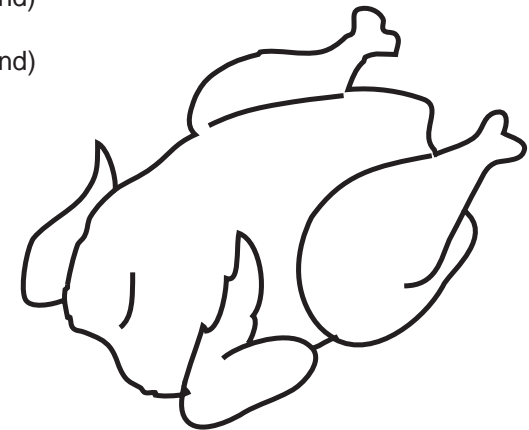
+Good source of vitamin C
√Good source of vitamin A

Protein/Meat Group A (Lean)

The protein/meat groups have been divided into three groups according to the fat content.

Protein/Meat Group A (lean). One protein/meat serving contains approximately 55 calories, 7 grams protein, and 3 grams fat.

<i>Food</i>	<i>Measure</i>
Beef	
★Chipped beef	1 ounce or 1 slice (3" x 2" x 1/4")
Lean flank steak, sirloin, tenderloin steaks, round	1 ounce or 1 slice (3" x 2" x 1/4")
★ Beef jerky	1/2 ounce
Cheese	
Cheese containing less than 5% fat	1 ounce or 1" cube
Cottage, any type	1/4 cup
Chicken (skin removed)	
Breast	1 ounce or 1 slice (3" x 3" x 1/4")
Drumstick	1 ounce or 1/3 piece (3 pieces to one pound)
Thigh	1 ounce or 2/3 piece
Roasted	1 ounce or 1/2 piece (4 pieces to one pound)
	1 ounce or slice (3" x 3" x 1/4")
Chicken , ground	1 ounce
Egg	
Egg substitute	1/4 cup
Whites, large	3



★Food high in salt

Fish

Abalone, catfish, lobster, mackerel (opelu)	1 ounce
Ahi, cod, herring, mahimahi, mullet, parrot, red snapper, reef fish, sashimi, sole, tuna	1 ounce or 1 slice (3" x 3" x 1/4")
Clams, crab, cuttlefish, lobster, scallops, shrimp, squid, octopus	2 ounces
Fish cake paste	1/4 cup
Oysters	6 medium
Sardines, canned in oil, drained	2 ounces
Sea cucumber	1 cup
Tuna, canned in water	1/4 cup

Luncheon Meat, 95% fat free

1 ounce

Pork

Lean ham, tenderloin, ★Canadian bacon

1 ounce or 1 slice (3" x 3" x 1/4")

Soybeans, boiled

1/3 cup

Turkey (skin removed)

White and dark meat, roasted

1 ounce

★Turkey ham, turkey pastrami,
turkey breast (processed)

1 ounce or 1 slice (3" x 3" x 1/4")

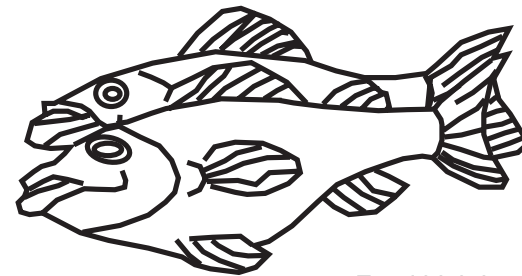
Turkey, ground

1 ounce

Veal

Leg, loin, rib, shank, shoulder

1 ounce or 1 slice (3" x 2" x 1/4")

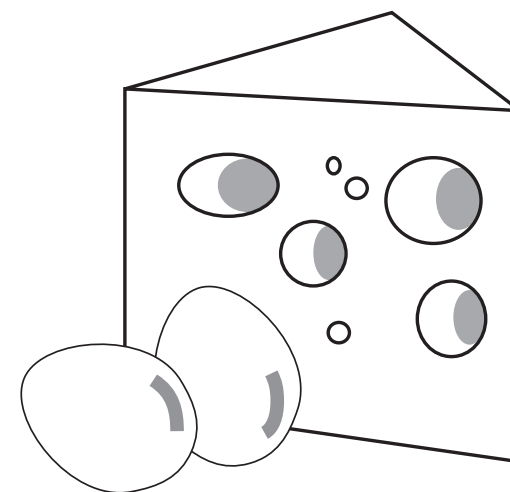


★Food high in salt

Protein/Meat Group B (medium fat)

Protein/Meat Group B (medium fat). One protein/meat serving contains approximately 75 calories, 7 grams protein, and 5 grams fat.

<i>Food</i>	<i>Measure</i>
Beef (most types fall into this category, fat trimmed))	
Roast (rib, chuck, rump)	1 ounce or 1 slice (3" x 2" x 1/4")
★Ground beef (15% fat), meatloaf	1 ounce
Steak (cubed, porterhouse, T-bone)	1 ounce or 1 slice (3" x 2" x 1/4")
Cheese	
Diet cheeses (with 56-80 calories per ounce)	1 ounce
Mozzarella, Farmers, Gouda, Neufchatel	1 ounce
Ricotta	1/4 cup
Chicken (with skin)	1 ounce
Duck, Goose (skin and fat removed)	1 ounce
Egg , whole (high in cholesterol; limit to 3 per week)	1 large
Egg substitutes (with 56-80 calories per 1/4 cup)	1/4 cup
Lamb (most lamb products fall into this category, fat trimmed))	
Chops, lean leg, loin, rib, shank, shoulder, sirloin	1 ounce or 1 slice (3" x 2" x 1/4")
Liver, heart, kidney, or gizzards (high in cholesterol)	1 ounce
Luncheon meat (86-94% fat free)	1 ounce
Pork (most pork products fall into this category, fat trimmed)	
★Ham, butt, loin, shoulder, arm, picnic	1 ounce or 1 slice (3" x 2" x 1/4")
Shoulder blade	1 ounce or 1 slice (3" x 2" x 1/4")
Salmon , canned	1/4 cup
Tofu	1/3 cup or 3 ounces (1/6 of a block)
Tuna , canned in oil, drained	1/4 cup
Veal Cutlet (ground or cubed, unbreaded)	1 ounce



★Food high in salt

Protein/Meat Group C (high in fat)

Protein/Meat Group C (high in fat). One protein/meat serving contains approximately 100 calories, 7 grams protein, and 8 grams fat.

<i>Food</i>	<i>Measure</i>
Beef Brisket, Corned beef, Ground beef (20% or more fat), Lean short ribs, Rib eye Rib roast, club and rib steak Spare ribs (meat, without bone)	1 ounce 1 ounce or 1 slice (3" x 2" x 1/4") 1 ounce
Cheese (all regular cheeses) Cheddar, American, Monterey, Swiss, Provolone, Blue	1 ounce or 1" cube
★ Cold cuts	1 slice
Fish (any fried fish product)	1 ounce
★ Frankfurter (hot dog) Turkey or chicken Beef or pork (add 1 fat)	1 (10 to a pound) 1 (10 to a pound)
Lamb	1 ounce or 1 slice (3" x 2" x 1/4")
★ Luncheon meat (such as bologna, salami)	1 ounce
Peanut butter	1 tablespoon
Pork Spareribs, chops, loin (back ribs), ground pork, country style ham	1 oz or 1 slice (3" x 2" x 1/4")
★ Sausage Portugese, Vienna, Chamarro	1 ounce, link or pattie
★ Spam (canned luncheon meat)	1 ounce
Tails Chicken Turkey	1/2 ounce 1/2 ounce
Wings Chicken Turkey	1 (6 pieces per pound) 1/4



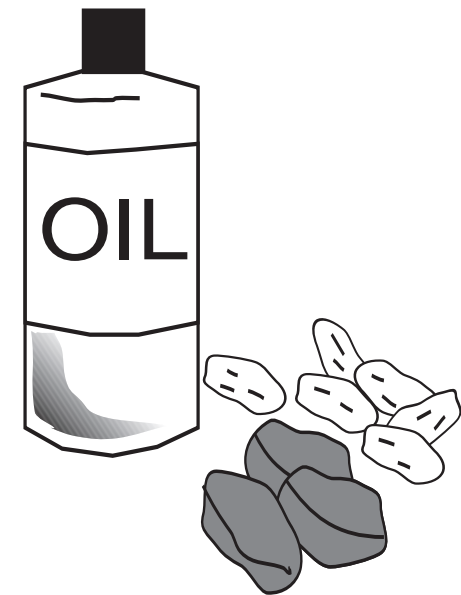
★Food high in salt

Fat Group A (high in unsaturated fats)

The fat group have been divided into two sections, those which are high in unsaturated fats and those which are high in saturated fat.

Fat Group A - high in unsaturated fats. One fat serving contains approximately 45 calories and 5 grams of fat.

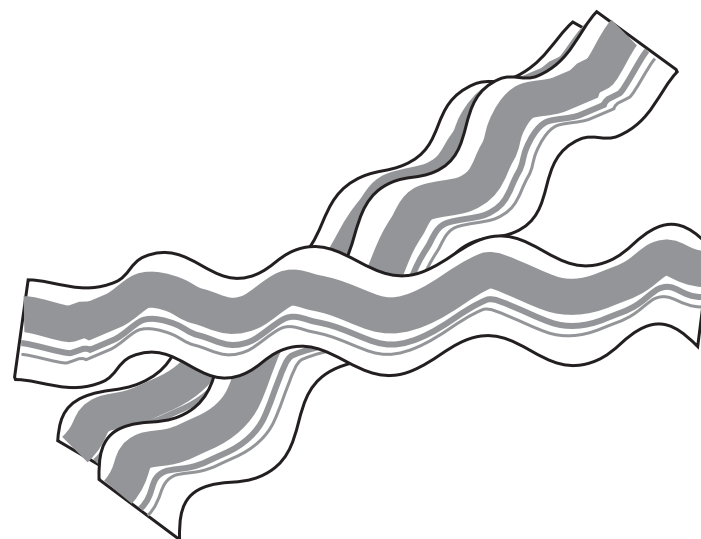
<i>Food</i>	<i>Measure</i>
Avocado	1/6 or 2 tablespoons mashed
Dressings, Salad	
All varieties (Ranch, Italian, 1000 Island, etc.)	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Margarine (first ingredient, liquid oil)	1 teaspoon
Nuts	
Almonds	6
Cashews	1 tablespoon
Macadamia	1 tablespoon
Peanuts	1 tablespoon (20 small or 10 large)
Pecans	1 tablespoon
Pistachio	1 tablespoon
Walnuts	4 halves (1 tablespoon)
Other nuts	1 tablespoon
Oil	
Canola, coconut, cottonseed, corn safflower, peanut, sesame, soybean, sunflower and vegetable	1 teaspoon
Olives , ripe	10 small or 5 large
Peanut butter	1/2 tablespoon
Sesame seeds	1 tablespoon
Sunflower seed	
unshelled	1/4 cup
shelled	1 tablespoon
Tartar sauce	2 teaspoons



Fat Group B (high in saturated fats)

Fat Group B - high in saturated fats. One fat serving contains approximately 45 calories and 5 grams of fat.

<i>Food</i>	<i>Measure</i>
Butter	1 teaspoon
★ Bacon , crisp	1 slice
Cheese, cream	1 tablespoon
Coconut	
Immature meat (sponge)	1-1/2 cup (add 1 bread)
Mature meat	1 piece (1" x 1" x 3/8")
Cream, no water added	1 tablespoon
Milk (1 tablespoon water to 1 tablespoon cream)	1 tablespoons
Coconut, grated	2 tablespoons
Coffee creamer	
Liquid	2 tablespoons
Powder	4 tablespoons or 1/4 cup
Cream	
Table	2 tablespoons
Whipped	2 tablespoons
Whipping, heavy	1 tablespoon
Margarine (first ingredient hydrogenated or hardened oil)	1 teaspoon
★ Salt pork	1/4 ounce
Solid cooking fats , lard, shortening	1 teaspoon
Sour cream	2 tablespoons



★Food high in salt.

Note: A medium **turkey tail** contains 12 fat servings which equals 60 grams of fat.

Foods that Do Not Need to be Measured

Some foods and condiments have very little carbohydrate, protein or fat and can be used without measuring and with a few exceptions, as often as you like.

Beverages

- Carbonated water, club soda
- Coffee, plain
- Soft drinks, artificially sweetened
- Sugar free drink mixes
- Tea, plain
- Water

Desserts

- Gelatin desserts, artificially sweetened
- Sugar substitutes

Miscellaneous

- ★Finedene
- Non stick pan spray
- Pickles, unsweetened
- Seaweeds
- Taco sauce

★Soups

- Bouillon, without fat
- Clear broth

Seasonings

- Chives
- ★Fish sauce (Patis)
- Garlic
- Ginger
- Lemon juice
- Lime juice
- Mustard, dry or prepared
- Parsley
- Pepper
- ★Salt (in moderation)
- ★Soy Sauce (in moderation)
- Spices and herbs
- Tabasco sauce
- Vinegar



★Food high in salt

Other Foods for Occasional Use

Moderate amounts of some foods can be used in your meal plan, in spite of their sugar or fat content. The following list includes food group serving values for some of these foods. Because they are concentrated sources of carbohydrate, you will notice that the portion sizes are very small. Check with your nutritionist for advice on how often and when you can eat them.

<i>Food</i>	<i>Measure</i>	<i>Food Group</i>
*Alcohol - Beer	12 ounce, can	3-1/2 fat
Wine	4 ounce, 1/2 cup	2 fat
Whiskey, gin, rum, vodka (100 proof)	1-1/2 ounce or 1 shot	3 fat
Animal crackers	8 crackers	1 starch
Biscucho	1	1 starch, 1 fat
Brownie, no frosting	1 (3" x1-1/2" x 7/8")	1 starch, 1 fat
Cake, angel food or sponge	1/12 cake	2 starch
Cake, no icing	cupcake size, flat top	1 starch, 1 fat
Cake, with icing	cupcake size, flat top	1 starch, 2 fat
Candy bar (Snickers)	1 (2 ounces)	2 starch, 1 fat
Cheese cake	3 ounces	2 starch, 3 fat
Cookies	2 small (1-3/4" across)	1 starch, 1 fat
Donut, cake	1	1 starch, 1 fat
French fried potatoes	10	1 starch, 1 fat
Frozen fruit yogurt	1/3 cup	1 starch
Granola bars	1 small	1 starch, 1 fat
Gujuria	5 pieces	1 starch, 1 fat
Ice cream, any flavor	1/2 cup	1 starch, 2 fat
Ice milk	1/2 cup	1 starch, 1 fat
Jam, jelly, honey, syrup	1 tablespoon	1 fruit
Jello	1/2 cup	1 fruit
Juice drinks	12 ounce can	2-1/2 fruit

*Because of minimal nutrient value, fat is used as the equivalent exchange

Other Foods for Occasional Use *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Food Group</i>
Macaroni or Potato Salad	1/2 cup	1 starch, 3 fat
Malasada	1	1 starch, 3-1/2 fat
Manju	1 (2-3/8" diameter x 3/4")	1 starch
Mochi	1 (2" diameter x-1/2")	1-1/2 starch
Mochi with sweet bean filling	1 (2 1/4" diameter x-1/2")	1-1/2 starch
Muffin	2" diameter	1 starch, 1 fat
Pie, fruit	1/8 pie	2 starch, 1 fruit, 3 fat
Popsicle	1/2 twin pop	1 fruit
Pudding	1/2 cup	2 starch, 1 fat
Rosquette or Rosketi	2 (1 ounce)	1 starch, 1 fat
Sherbert, any flavor	1/4 cup	1 starch
Soda, sweetened	12 ounce can	2-1/2 fruits
Snack chips, all varieties	1 ounce	1 starch, 2 fat
Sugar	1 tablespoon	1 fruit
Sugar cane, stalk, peeled	4 ounce	1 fruit
Syrup	1 tablespoon	1 fruit
Tea, sweetened	12 ounce can	2-1/2 fruit
Vanilla wafers	6 small	1 starch
Yogurt with fruit	1 cup	1 milk, 1 fruit, 1 fat

Common Recipes

<i>Recipe</i>	<i>Measure</i>	<i>Food Group</i>
Bulalo Soup	1 cup	4 "B" protein/meat, 1/2 vegetable, 1 fat
Buchi Buchi (pastry filled with sweetened pumpkin)	1 piece (5 ounce)	1 starch, 1/2 vegetable, 2 fat
Chicken Adobo (with soy sauce)/Estufao	1 piece 4 ounce meat with bone	4 "A" protein/meat, 1-1/2 fat, 1 vegetable
Chicken Kelaguen with Coconut	1 cup	6 "A" protein/meat, 1/2 starch, 1/2 vegetable, 1 fat
Chicken Sinigang (chicken in Tamarind soup)	1 cup	2-1/2 "A" protein/meat, 1/2 vegetable, 1/2 fat
Chili	1 cup	2 "B" protein/meat, 2 starch
Beef Curry	1/2 cup	1-1/2 "B" protein/meat, 1 vegetable, 3 fat
Beef Kelaguen	3 ounces	3 "B" protein/meat, 1/2 vegetable
Eggplant with Coconut Milk	1 cup	1 vegetable, 3 fat
Empanada (filled with ground beef and vegetables)	1 pastry (3-1/2 ounce)	2-1/2 starch, 1 "B" protein/meat, 5-1/2 fat
Fish Eskabeche	4 ounces fish, 1-1/2 cup vegetable	4 "A" protein/meat, 1-1/2 vegetable, 1/2 fruit
Fried Noodles	1 cup	2-1/2 starch, 1-1/2 fat
Fried Rice with Ham and Vegetables	1 cup	1 "B" protein/meat, 1/2 vegetable, 2-1/2 starch, 3 fat
Ginataan (glutinous rice with mixed fruit)	1/2 cup	1/2 starch, 1/2 fruit, 3-1/2 fat
Ham Hock Soup	1 cup	5 "B" protein/meat, 1 vegetable
Mackeral Kelaguen	1 cup	2 "A" protein/meat, 1 vegetable, 1 fat
Mechado/Menudo (sauteed meat with potatoes)	1 cup	4 "B" protein/meat, 1 vegetable, 1 starch, 3 fat
★Mongo Soup with Spinach	1 cup	1 "A" protein/meat, 1 "B" protein/meat, 1/2 vegetable, 1 fat
Pancit Canton (flour noodles)	1 cup	2 "B" protein/meat, 1/2 vegetable, 1 starch, 1 fat
Pancit Gisado/Bijon (bean thread with meat)	1 cup	2 "B" protein/meat, 1/2 fat, 1/2 vegetable, 1-1/2 starch

★Food high in salt.

Common Recipes *(Continued)*

<i>Recipe</i>	<i>Measure</i>	<i>Food Group</i>
Pancit Michy (used with egg noodles)	1 cup	1 "B" protein/meat, 1-1/2 fat, 1-1/2 starch, 1 vegetable
Pansit (turnover filled with pumpkin or squash)	1 turnover	1/2 vegetable, 1-1/2 starch, 1-1/2 fat
Poto (steamed ground rice cake)	1 piece (3 ounce)	1/2 starch, 1 fruit, 1/2 fat
Soy Bean Soup (Miso broth)	1 cup	1 "B" protein/meat, 1 vegetable, 1/2 fat
Shrimp Sauteed with Broccoli	1 cup	2-1/2 "A" protein/meat, 2-1/2 fat, 1-1/2 vegetable
Shrimp Curry	1 cup	2-1/2 "A" protein/meat, 1-1/2 fat, 1 vegetable
Sinigang (fish in Tamarind sauce)	1-1/2 cup	6 "A" protein/meat, 1 vegetable
Spam Kelaguen	1 cup	4 "C" protein/meat, 1 vegetable, 4 fat
Taro Leaves with Coconut Milk	1/2 cup	1 vegetable, 1 fat
Taro Root with Coconut Milk	1/2 cup	1 starch, 1 fat
Uraro Cookies	1 cookie (2" diameter)	1 starch, 1 fat
★Vegetable Curry	1 cup	5 fat, 3 vegetable, 1 starch
Yema (egg custard candy)	1 piece (1/2 tablespoon)	1/2 calcium/milk, 4 fat

★Food high in salt.

Fast Food Restaurants

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Burger King			
Hamburger	1	272	2 starch, 2 "B" protein/meat
Cheeseburger	1	317	2 starch, 2 "B" protein/meat, 1 fat
Whopper Jr.	1	322	2 starch, 2 "B" protein/meat, 1 fat
Chicken Tenders			
with BBQ dipping sauce	6 pieces	275	1 starch, 2 "B" protein/meat, 2 fat
BK Broiler	1 sandwich	265	2 starch, 3 "A" protein/meat
BK Broiler Sauce	1 order	90	2 fat
Garden Salad	1	90	1 vegetable, 1 fat
Salad bar without dressing	1	28	1 vegetable
Reduced calorie Italian			
salad dressing	1 pkg.	30	1/2 fat
French Fries	Regular	235	1-1/2 starch, 2 fat
Domino's Pizza			
Cheese Pizza, 16" large	2 slices	376	4 starch, 2 "B" protein/meat
Ham Pizza, 16" large	2 slices	417	4 starch, 2 "B" protein/meat
Kentucky Fried Chicken			
Original Recipe			
Breast	1	260	1/2 starch, 3 "B" protein/meat
Drumstick	1	152	2 "B" protein/meat
Skinfree Crispy			
Breast	1	296	1 starch, 3 "B" protein/meat
Drumstick	1	166	2 "B" protein/meat
Mashed Potatoes with Gravy	1/3	71	1 starch
Corn-on-the-Cob	1/2 ear	90	2 starch
Cole Slaw	1/3	114	2 vegetable, 1 fat

Fast Food Restaurants *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
McDonald's			
<i>Sandwiches/French Fries:</i>			
Hamburger	1	225	2 starch, 1 "B" protein/meat, 1 fat
Cheeseburger	1	305	2 starch, 1-1/2 "B" protein/meat, 1 fat
Quarter Pounder	1	410	2 starch, 3 "B" protein/meat, 1 fat
Quarter Pounder with Cheese	1	510	2 starch, 3-1/2 "B" protein/meat, 2 fat
McLean Deluxe	1	320	2 starch, 3 "A" protein/meat
McLean Deluxe with Cheese	1	370	2 starch, 3 "A" protein/meat, 1 fat
Big Mac	1	500	3 starch, 3 "B" protein/meat, 2 fat
Filet-O-Fish	1	370	2-1/2 starch, 1 "B" protein/meat, 2 fat
McChicken Sandwich	1	470	2-1/2 starch, 2 "B" protein/meat, 3 fat
Chicken Fajita	1	190	1 starch, 1 "A" protein/meat, 1 fat
Small French Fries	1	220	2 starch, 2 fat
Medium French Fries	1	320	2-1/2 Starch, 3 fat
Large French Fries	1	400	3 starch, 4 fat
<i>Chicken McNuggets/Sauces:</i>			
Chicken McNuggets	6 pieces	270	1 starch, 2 "B" protein/meat, 1 fat
Hot mustard sauce	1.05 ounce	70	1/2 fruit, 1/2 fat
Barbeque Sauce	1.12 ounces	50	1 fruit
Sweet 'n Sour Sauce	1.12 ounces	60	1 fruit
Honey	1/2 ounce	45	1 fruit
<i>Salads/Salad Dressings:</i>			
Chef Salad	1	170	1 vegetable, 2 "B" protein/meat
Chunky Chicken Salad	1	150	1 vegetable, 3 "A" protein/meat
Garden Salad	1	50	1 vegetable
Side Salad	1	30	1 vegetable
Croutons	1	50	1/2 starch
Bacon bits	1	15	Free
Bleu Cheese Dressing	2.5 ounce packet	250	5 fat
Ranch Dressing	2 ounce packet	220	5 fat
1000 Island Dressing	2.5 ounce packet	225	5 fat
Lite Vinaigrette Dressing	2 ounce packet	48	1 fat
Red French Reduced Calorie	2 ounce packet	50	1 fat

Breakfast:

Egg McMuffin	1	280	2 starch, 2 "B" protein/meat
Sausage McMuffin	1	345	2 starch, 1-1/2 "B" protein/meat, 2 fat
Sausage McMuffin with Egg	1	430	2 starch, 2-1/2 "B" protein/meat, 2 fat
English Muffin with Spread	1	170	2 starch, 1 fat
Sausage Biscuit	1	420	2 starch, 1 "B" protein/meat, 4 fat
Sausage Biscuit with Egg	1	505	2 starch, 2 "B" protein/meat, 4 fat
Bacon, Egg, and Cheese Biscuit	1	440	2 starch, 2 "B" protein/meat, 3 fat
Biscuit	1	260	2 starch, 2 fat
Sausage	1	160	1 "C" protein/meat, 1-1/2 fat
Scrambled Eggs	2	140	2 "B" protein/meat
Hash Browns	1	130	1 starch, 1-1/2 fat
Hotcakes (plain)	1	245	2 starch, 1/2 fat
Breakfast Burrito	1	280	1 starch, 2 "B" protein/meat, 1 fat
English Muffin with Butter	1	170	2 starch, 1 fat

Desserts/Shakes:

Vanilla Lowfat Frozen Yogurt Cone	1	110	1-1/2 starch
Strawberry Lowfat Frozen Yogurt Sundae	1	210	2 starch, 1 fruit
Hot Fudge Lowfat Frozen Yogurt Sundae	1	240	2 starch, 1 fruit, 1/2 fat
Hot Caramel Lowfat Frozen Yogurt Sundae	1	270	2 starch, 1-1/2 fruit, 1/2 fat
Baked Apple Pie	1	280	1 starch, 1 fruit, 3 fat
McDonaldland Cookies	1	290	3 starch, 2 fat
Chocolatey Chip Cookies	1	330	2-1/2 starch, 3 fat
Chocolate Shake	1	350	4 starch, 1 fat
Strawberry Shake	1	340	4 starch, 1 fat
Vanilla Shake	1	310	3-1/2 starch, 1 fat

Pizza Hut

Thin-n-Crispy, Cheese, 12" medium pizza	2 slices	398	2 starch, 1 "B" protein/meat, 1 vegetable
Hand-Tossed Pizza, Pepperoni, 12" medium pizza	2 slices	518	4 starch, 3-1/2 "B" protein/meat
Pan Pizza, Cheese, 12" medium pizza	2 slices	492	4 starch, 3 "B" protein/meat

Subway

Cold Cut Combo Sub	6"	427	3 starch, 2 "B" protein/meat, 2 fat
Meatball Sub	6"	459	3 starch, 2 "B" protein/meat, 2 fat
Turkey Breast Sub	6"	322	3 starch, 2 "B" protein/meat
Roast Beef Sub	6"	345	3 starch, 2 "B" protein/meat

Fast Food Restaurants *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Taco Bell			
Bean Burrito	1	427	4 starch, 1 "B" protein/meat, 2 fat
Beef Burrito	1	402	2-1/2 starch, 2 "B" protein/meat, 1 fat
Tostada	1	243	1 starch, 2 "B" protein/meat, 1 fat
Taco	1	184	1 starch, 2 "A" protein/meat
Soft Taco	1	213	1 starch, 1-1/2 "B" protein/meat, 1 fat
Fajita Steak with Guacamole	1	269	1 starch, 2 "B" protein/meat, 1 fat
Chicken Fajita	1	225	1 starch, 2 "B" protein/meat
Wendy's			
<i>Sandwiches</i>			
Single with everything	1	440	2 starch, 1 vegetable, 2 "B" protein/meat, 2 fat
Plain Single	1	350	2 starch, 2 "B" protein/meat, 1 fat
Big Bacon Classic	1	640	3 starch, 4 "C" protein/meat
Jr. Bacon Cheeseburger	1	440	2 starch, 1 vegetable, 2 "B" protein/meat, 1 fat
Jr. Hamburger	1	270	2 starch, 2 "A" protein/meat
Jr. Cheeseburger	1	320	2 starch, 2 "B" protein/meat
Jr. Cheeseburger Deluxe	1	390	2 starch, 1 vegetable, 2 "B" protein/meat
Hamburger, Kid's Meal	1	270	2 starch, 2 "A" protein/meat
Cheeseburger, Kid's Meal	1	310	2 starch, 2 "B" protein/meat
Grilled Chicken Sandwich	1	290	2 starch, 1 vegetable, 2 "A" protein/meat
Breaded Chicken Sandwich	1	450	3 starch, 2 "C" protein/meat
Chicken Club Sandwich	1	520	3 starch, 3 "C" protein/meat
<i>Potatoes, Chili, Nuggets</i>			
French Fries, medium	4.8 ounces	360	3 starch, 3 fat
Plain Baked Potato	10 ounces	310	4 starch
Bacon & Cheese Baked Potato	1	530	4 starch, 1 calcium/milk, 1 fat
Broccoli & Cheese Baked Potato	1	460	4 starch, 2 vegetable, 2 fat
Cheese Baked Potato	1	560	4 starch, 1 calcium/milk, 2 fat
Chili & Cheese Baked Potato	1	610	4 starch, 1 calcium/milk, 1 vegetable, 1 fat
Sour Cream & Chives Potato	1	380	4 starch, 1 fat
Chili, Small	8 ounces	190	1 starch, 1 vegetable, 1 "B" protein/meat
Chicken Nuggets	6 pieces	280	1 starch, 1 "C" protein/meat

Fresh Salads to Go

Caesar Side Salad (w/o dressing)	1	110	1 vegetable, "C" protein/meat
Deluxe Garden Salad (w/o dressing)	1	110	2 vegetable, 1 fat
Grilled Chicken Salad (w/o dressing)	1	200	2 vegetable, 2 "B" protein/meat
Side Salad (w/o dressing)	1	60	1 vegetable, 1 fat
Taco Salad	1	580	3 starch, 2 vegetable, 2 "C" protein/fat, 2 fat
Soft Breadstick	1	130	1-1/2 starch

Desserts

Frosty Dairy Dessert, small	12 ounces	340	3 starch, 1 calcium/milk
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