

GUIDELINES FOR CALORIES

Guidelines for calories employs two principles: (1) average calories based on food groups or categories rather than calorie counting of individual recipes; and (2) controlling calories by simple modifications. These modifications include serving method, smaller portion sizes, and eliminating or minimizing high calorie accompaniments such as gravy and sauces and the fat added in food preparation.

Food Categories and portion sizes follow: ¹

BREAKFAST APPETIZERS (Small fruit serving)

The sample meal pattern on the last card of this guideline information suggests one of the following fruit servings with the breakfast meal. (Items in bold face are good sources of Vitamin C). Average calories per serving = 60:

| | |
|---|---------------------------|
| Canned fruit | 1/2 cup, drained of syrup |
| Fruit juice, unsweetened | 1/2 cup |
| (orange, grapefruit, grapefruit and orange, pineapple, apple, tomato, vegetable, grape | |

¹Army users can refer to a listing of weight control portion sizes of AFRS recipes by recipe number in "Nutrition Education and Calorie Awareness."

REVISION

(OVER)

| | |
|--|---------------|
| Apple | 1 small |
| Banana | 1/2 small |
| Berries, except strawberry | 1/2 cup |
| Berries, strawberry (unsweetened) | 3/4 cup |
| Cranberry juice cocktail | 1/2 cup |
| Fruit cup | 1/2 cup |
| Grapefruit | 1/2 |
| Grapefruit sections | 1/2 cup |
| Grapefruit and pineapple juice cocktail | 1/2 cup |
| Grapes | 12 |
| Melon | |
| Cantaloupe | 1/4 |
| Honeydew | 1/8 |
| Orange | 1 small |
| Orange and pineapple juice cocktail | 1/2 cup |
| Pear | 1 small |
| Plums | 2 medium |
| Prunes | 2 medium |
| Raisins | 2 tablespoons |
| Tangerine | 1 medium |

(CONTINUED)