

GUIDELINES FOR CALORIES**B. Cereal Products**

Baked macaroni and cheese	1/3 cup (counts as one starch serving and one fat)
Cereal, cooked	1/2 cup
Cereal, ready-to-eat, unsweetened	1 individual box or 1 ounce
Crackers, saltine, 2 inch square	6
Crackers, soda, 2 ¹ / ₂ inch square	4
Grits	1/2 cup
Mexican rice	1/2 cup
Pasta, cooked (spaghetti, noodles, macaroni)	1/2 cup
Rice, steamed	1/2 cup
Rice pilaf	1/2 cup
Spanish rice	1/2 cup (counts as one starch serving and one fat)

REVISION

(OVER)

C. Starchy Vegetables

Beans (lima, pinto, kidney, white)	1/3 cup
Corn	1/2 cup
Corn on the cob	1 medium ear
Potato, baked or boiled	1 small
*Potatoes, hashed brown, lyonnaise, cottage fried	1/2 cup
*Potato griddle cake (German)	1 cake
Sweet potato, baked	1/2 potato
Sweet potato, mashed	1/2 cup
Succotash	1/2 cup
Peas	1/2 cup
Winter squash	1/2 cup

*Fat serving should be eliminated from the meal

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