

**GUIDELINES FOR CALORIES****FAT SERVINGS**

Fats are concentrated sources of calories. Average calories per serving = 45.

Avocado (4" diameter)	1/8
Bacon, crisp	1 strip
Bacon fat	1 teaspoon
Blue Cheese Dressing	1 tablespoon
Butter or margarine	1 pat or 1 teaspoon
Cream for coffee	2 tablespoons
Cream, sour	2 tablespoons
Cream, whipping	1 tablespoon
Cream cheese	1 tablespoon
Creamy Italian dressing	1 tablespoon
French dressing	1 tablespoon
Green Goddess dressing	1 tablespoon
Italian dressing	1 tablespoon
Low-calorie dressing	2 tablespoons
Salad dressing	1 teaspoon
Thousand Island dressing	1 tablespoon
Olives	5 small

REVISION

(OVER)

**BEVERAGES****A. Milk Servings**

Two 8-ounce glasses of milk or other dairy product equivalent are recommended daily for adults to meet calcium requirements. One Milk Serving equals one 8-ounce glass milk or equivalent. Approximate calories per serving = 90.

Milk, skim	1 cup (1/2 pint or 8 fluid ounces)
Milk, low fat	3/4 cup (6 fluid ounces)
Milk, whole	1/2 cup (4 fluid ounces)
Buttermilk	1 cup
Yogurt, low fat (without fruit)	1 cup

**B. Other Beverages**

Unsweetened black coffee, unsweetened tea, sugar-free soft drinks, and bouillons range from 0 to 25 calories.

Sweetened soft drinks, milk shakes, and hot cocoa are high in sugar and calories. Milk shakes range in calories from approximately 290-450 calories depending on the ingredients used. Milk shakes contribute calcium. Dehydrated ice milk-milk shake mix (approximately 290 calories per serving) is a source of both calcium and Vitamin A—a consideration for Navy afloat patrons when milk is not available to supply these nutrients.

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