

**GUIDELINES FOR CALORIES****APPETIZERS** (lunch/dinner)

A fruit or fruit juice or vegetable juice serving, large or small, is a good appetizer. Other possible appetizers containing about 120 calories include:

Soup

Broth-based soups (e.g., chicken noodle)	1 cup
Creamy soups	1/2 cup
Stuffed celery (filled with cheese spread or peanut butter)	2-4 sticks
Fruit cup	1/2 cup

**LARGE FRUIT SERVINGS** (for lunch/dinner appetizer or dessert)

Serve fresh fruits whenever possible to avoid the sugar added to most canned and frozen fruits. When only canned fruits are available, serve 1/2 cup and drain off the syrup. The following fruit servings are twice the size of the breakfast fruit servings and provide about 120 calories per serving.

Apple	1 medium
Banana	1 small or 1/2 large
Berries (except strawberry)	1 cup
Grapes	10
Melon	
Cantaloupe	1/2
Honeydew	1/4
Watermelon	2 cups (chunks)
Nectarine	1 large

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Orange	1 medium
Peach	1 large
Pear	1 medium
Pineapple	1 cup (chunks)
Plums	2 large or 4 medium
Prunes	2 large or 4 medium
Raisins	1/4 cup
Tangerine	1 large
Fruit juice, unsweetened	1 cup
Tomato or vegetable juice	1 cup

**MEAT SERVINGS** (3 ounce lunch/dinner entree)

An ounce of cooked meat provides approximately 75 calories. Lean meats such as bottom round, roast veal, chicken without skin and fish contain approximately 55 calories per ounce. High-fat meats such as cold cuts, spareribs, sausage, corned beef and frankfurters have about 100 calories per ounce.

Serve lean meats whenever possible to reduce saturated fats, cholesterol and calories. Trim off visible fat. Remember that sauces and gravies, except tomato, seafood cocktail, and mustard, should be avoided by weight-conscious personnel. The following meats have about 225 calories per serving. For the most part, plain meat portions are 3 ounces cooked (4 ounces raw meat makes a 3-ounce portion when cooked); mixed dishes (casseroles) are 1 cup. Use slotted spoon to serve casserole dishes such as beef stew to minimize calories from the gravy.

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