

GUIDELINES FOR CALORIES

<u>A. Beef</u>	<u>Portion Size</u>
Beef, ground, meatballs	3-1 ¹ / ₃ ounce meatballs
Beef, ground, meat loaf	3 ounces (1 inch thick slice)
Beef, ground, pattie	1 pattie
Beef, oven roast	3 ounces
Beef, pot roast	3 ounces
Beef stew	1 cup (use slotted spoon)
Chili con carne	1 cup
Liver	4 ounces
Meat sauce (for spaghetti)	1 cup
Steak, grilled	3 ounces
Steak, Swiss	3 ounces
<u>B. Fish/Seafood</u>	
Baked fish	4-4 ¹ / ₂ ounces
Salmon cakes	1 cake
Salmon loaf	1 inch slice
Scallop creole	1 cup
Seafood newburg	1 cup
Shrimp creole	1 cup
Shrimp curry	3/4 cup
Tuna salad	3/4 cup
Baked tuna and noodles (counts as entree plus starch serving)	1 cup

REVISION

(OVER)

<u>C. Pork</u>	
Ham, sliced	3 ounces
Ham, chunks	1 cup
Ham, loaf	3 ounces
Pork chop	1 small
Pork chop suey	1 cup (use slotted spoon)
Pork roast	3 ounces
<u>D. Poultry</u>	
Chicken, baked	1/4 chicken (thigh and drumstick or 1 breast piece and wing)
Chicken, BBQ, without extra sauce	1/4 chicken
Chicken (or turkey) salad	3/4 cup
Duck, roast (high in fat)	1/4 duck
Rock Cornish hen	1/2 hen
Turkey, cutlet	1 cutlet
Turkey, roast, sliced	3 ounces
<u>E. Veal</u>	
Veal steak, breaded	1 small steak
Veal parmesan	3 ounces
Veal roast, sliced	3 ounces

Cottage cheese, 3/4 cup, is nutritionally similar to 3 ounces of meat.

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