

GUIDELINES FOR CALORIES**VEGETABLE SERVINGS** (cooked)

Vegetables prepared without added fats or sugar are very low in calories, about 25 per half-cup serving. The somewhat starchy vegetables, such as green peas and winter squash, contain about 70 calories per half-cup serving. Dark green and deep yellow vegetables are good sources of Vitamin A. Most dark green vegetables, if not overcooked, are also reliable sources of Vitamin C.

Asparagus	6 to 7 spears
Beans, green or wax	1/2 cup
Beets, sliced	1/2 cup
Broccoli	1 large stalk or 1/2 cup
Brussels sprouts	5 to 6 sprouts
Cabbage	1/2 cup
Carrots, sliced	1/2 cup
Cauliflower	1/2 cup
Eggplant	1/2 cup
Greens	1/2 cup
Mushrooms	1/2 cup
Okra	1/2 cup
Onions	1/2 cup
Peas, green	1/2 cup
Spinach	1/2 cup
Squash, yellow or zucchini, sliced	1/2 cup
Tomatoes, stewed	1/2 cup

REVISION

(OVER)

SALADS (including raw vegetables)

Most salads fall into the Vegetable/Fruit Group of the Basic Four Food Groups. Salads can be low in calories, if consumption of dressings and starchy salad bar items is limited. Fruits and vegetables add fiber to the diet; raw vegetables have negligible calories. For a tossed salad of very few calories, lemon juice, vinegar and seasonings, or Zero Dressing can be substituted for regular salad dressings. The following Armed Forces Recipe Service salads provide 45 to 80 calories per 1/2 cup serving.

Carrot salad (shredded carrots with dressing, raisins or pineapple)	1/2 cup
Cole slaw	1/2 cup
Cottage cheese	1/4 cup plus 3 slices fruit as desired
Cucumber and onion salad	1/2 cup
Fruit salad	1/2 cup
Pickled beet and onion salad	1/2 cup
Pickled green bean salad	1/2 cup
Three bean salad	1/3 cup drained
Tossed salads	Greens as desired plus 1 tablespoon dressing or 2 tablespoons low-calorie dressing
Waldorf salad	1/2 cup

Relishes: celery sticks, carrot sticks, green peppers, radishes, cherry tomatoes and tomato wedges, cucumber and dill pickles have negligible calories.

(CONTINUED)