

GUIDELINES FOR CALORIES**DESSERTS**

Fruit is a low fat, low calorie dessert with a greater ratio of essential vitamins and minerals to calories than many other common desserts, and is preferable for weight-conscious personnel as a dessert choice. Generally, the portions for cake, brownies, cookies and pie are one-half the Armed Forces Recipe Service portion. Approximate calories per serving is 150.

Cake, angel food, plain	4 inch square, 1 1/2 inches thick
Cake, unfrosted	2 inch square
Cobbler, any flavor	2 inch square
Cookie, 3 inch diameter	1
Cookie, bar type	2 inch square
Doughnut (not filled)	1 small or 1/2 large (1 ounce)
Gelatin dessert, plain	1/2 cup or a 3 inch square
Ice cream, sherbet, or frozen yogurt, plain	1/2 cup
Pie	1/12 of 9 inch pie (1/2 regular serving)
Pudding or custard without topping	1/2 cup

Sandwiches—Portions Recommended for Weight Control

Sandwiches provide entree variety for dieters. They replace the usual entree, starch, and fat serving of a meal. One sandwich or 1/2 submarine is a portion. (The exception is Beef Tacos. Two tacos equal the entree, starch, and fat serving.) Butter and salad dressing should be omitted from the recipe. Breads—rye, French, whole wheat, sandwich and pumpernickel that weigh about 1 ounce per slice are permitted. One-half of a 6-inch submarine roll equals 2 slices of bread. One Kaiser roll, hamburger bun, hot dog roll, or English muffin is equivalent to 2 slices of bread.

REVISION

(OVER)

SAMPLE 1500-1700 CALORIE MEAL PLAN**Breakfast Pattern**

- 1—Breakfast Appetizer (Fruit or Juice)
- 1—Breakfast Entree
- 2—Starch Servings
- 1—Fat Serving¹
- 1 Cup Skim or 2% Lowfat Milk, or 1/2 cup whole
- Coffee or Tea—as desired (without cream or sugar)

Lunch Pattern

- 1—Lunch Appetizer
- 1—Lunch Entree
- 1—Starch Serving
- Vegetables—(plain—as desired or 1/2 cup buttered or starchy vegetable)
- 1—Salad (lettuce—as desired plus 2 tbsp low calorie salad dressing or 1/2 cup fruit or other vegetable salad)
- 1—Fat serving¹
- 1 Cup Skim or 2% Lowfat Milk or 1/2 cup whole
- Coffee or Tea—as desired (without cream or sugar)

(CONTINUED)