Food Is Tops!

Take Off Pounds Safely

by

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and

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WHAT MAKES ME FAT??

Dr. John T. T. Hundley, Jr., past President of the Medical Society of Virginia says, "There is just one cause of overweight—overeating."

Do you offer these excuses?

"It's my glands." This is seldom true, but check with your doctor, to be sure.

"All my family is fat." They probably overeat too. Your skeleton is the only thing you can blame on your ancestors.

"I eat hardly anything." Don't forget those snacks between meals or tasting while cooking.

"I never eat breakfast." You should for good health and energy.

DON'T FOOL YOURSELF
The Scales Tell The Truth
DOES IT MATTER?

Overweight is our No. 1 nutritional problem—

Too many pounds make you:

Tire easily—Have no pep
Look unattractive
Be less efficient
Have a shorter life span

Overweight people more often have:

Diabetes
Heart Disease
High Blood Pressure
Arthritis

No one food is fattening, but some foods are higher in calories than others.

BE FIT — NOT FAT
1. Decide that you WILL lose weight.

2. Check with your doctor and get his approval of your plan.

3. Team up with another “chubby,” unless your family needs to lose, too!

4. Decide how much you want to lose. Plan how you can lose. Then stick to your plan.

5. Eat three nutritious (but low calorie) meals every day.

6. Drink water if you get hungry. It is good for you and has no calories.

BEWARE OF:

- Fad Diets
- Reducing pills and cold creams
- Losing too fast (not more than 2 pounds a week)

The average woman needs 2000—2400 calories a day. The reducer should:
- Eat 500 calories less each day to lose 1 pound a week
- Eat 1000 calories less each day to lose 2 pounds a week

Caution: Do not reduce your calorie intake below 1,000 unless your doctor prescribes and supervises your diet. The most frequent reducing diets call for 1200 calories per day.
SIGNALS TO FOLLOW

Go
Eat all you want of:

- Vegetables without fat
- Fruits
- Skimmed milk or buttermilk
- Lean meats, fish, or eggs
- Saccharine and other non-caloric sweeteners (available at drug stores)

Caution
Go slow on these:

- Bread
- Butter and other fats
- Cookies
- Gravy and Sauces
- Salad dressings (even low caloric ones)
- Sugar and cream in coffee

Stop
Turn your back on:

- Candy
- Sweetened Drinks
- Cake
- Pie
- Jelly and jam

Excess weight is a burden which you carry wherever you go. No wonder you get tired!
EAT AND GROW SLIM

Meal Patterns for the Reducer

Breakfast
Fruit, unsweetened
Eggs, poached or boiled
Bread or cereal with milk
Butter or margarine
Black coffee or tea

Lunch or Supper
Soup or salad
1 slice of bread or 1 small potato
Fruit, unsweetened
Skimmed milk or buttermilk

Dinner
Lean meat, baked or broiled
Green or yellow vegetable
1 other vegetable or salad
1 roll, biscuit, or equivalent
Low calorie dessert (see recipes)
Black coffee, tea or skimmed milk

REFERENCES FOR BOOKLETS AND FILMS ON REDUCING—

Abbott Laboratories, North Chicago, Illinois
American Institute of Baking, Chicago, Illinois
Metropolitan Life Insurance Company, New York City
National Dairy Council, Chicago, Illinois
Wheat Flour Institute, Chicago 6, Illinois

Film Library, Virginia Department of Education, Richmond, Va.
LOW CALORIE RECIPES

BROILED MEAT PATTIE  Serves 6  727 Calories (1 serving—120 cal)

1 lb. ground meat  
1 cup milk or tomato juice  
½ tsp. salt  
⅛ tsp. pepper

Add milk or juice and seasonings. Let stand a few minutes until liquid is absorbed. Broil in oven 7 min. on one side. Turn and broil 5 min. longer. To pan broil, omit salt. Cook until brown on salted ungreased skillet.

JELLIED MEAT SALAD  Serves 6  784 Calories (1 serving—150 cal)

2 T. gelatin  
¼ cup cold water  
2 cups hot broth (from meat or poultry) or bouillon  
2 tsp. grated onion  
Salt to taste  
2 T. vinegar or Lemon juice  
2 cups chopped cooked meat, poultry, or fish  
⅜ cup cooked or canned peas  
⅛ cup chopped celery or carrot

Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth. Add onion, salt, and vinegar or lemon juice. Chill until thick enough to hold solid food in place. Stir in meat, peas, celery. Pour into small loaf pan or individual molds and chill until firm.

COOKED SALAD DRESSING  1⅛ cups  353 Calories (1 T.—18 cal)

1½ T. butter or margarine, (melted)  
2 T. flour  
1 t. sugar  
1 t. salt  
1 t. mustard  
Few grains cayenne  
⅛ cup skimmed milk  
⅛ cup vinegar  
1 egg

Mix the dry ingredients, add egg slightly beaten, melted butter, and milk, then very slowly add the vinegar. Cook in top of double boiler until mixture thickens. Cool.

TOMATO FRENCH DRESSING  4 cups  2,077 Calories (1 T.—32 cal)

1 cup oil  
2 cups thick tomato juice or 1 can tomato soup  
2 T. dry mustard  
1 cup vinegar  
2 T. grated onion  
2 T. salt  
6 T. sugar  
¼ t. pepper

Mix with dry ingredients, onion and oil. Let stand 15 minutes. Add remaining ingredients. Mix thoroughly. Let stand 12 hours before using. Keep in covered jar in the lower part of the refrigerator. This will keep 2 months or longer, but I doubt if you'll keep it that long.
PIÑEAPPLE SHERBET  4 cups
2 cups buttermilk
1 cup sugar (or 1 tsp. non-caloric sweetener)
1 cup crushed pineapple
1 tbsp. vanilla

1,180 Calories (½ cup—148 cal)
without sugar—each serving 50 calories
Stir mixture once or twice during freezing to make it smoother.

FRUIT MILK WHIP  Serves 4
½ cup dry skim milk
½ cup water
½ cup frozen or fresh fruit (ready to eat)
½ cup sugar (or ½ t. liquid non-caloric sweetener)
½ t. salt
1 T. lemon juice

870 Calories (½ cup—145 cal)
without sugar—each serving 45 calories
Put water in bowl, add milk and lemon and whip until stiff. Add fruit and whip until well blended. In electric mixer beat all together at once until completely blended and thick. This may be used as is, frozen, or add 1 tbsp. softened gelatin to stiffen it.

ORANGE CREAM  Serves 6
1 envelope unflavored gelatin
½ cup cold water
½ cup scalded skim milk
1 egg yolk, well beaten
1 T. grated orange peel
¾ cup orange juice
4 non-caloric sweetening tablets
1 T. lemon juice
1 egg white, stiffly beaten
¼ cup heavy cream, whipped

71 calories each serving
Soften unflavored gelatin in cold water. Dissolve thoroughly in scalded skim milk. Slowly beat into egg yolk. Add orange peel. Cook over hot water until thickened slightly, stirring constantly. Mix into orange juice, and sweetening tablets which have been crushed and dissolved in the lemon juice. Chill to unbeaten egg white consistency. Fold in beaten egg white; then the whipped cream. Turn into molds and chill until firm. Unmold and serve decorated as desired. (If whipped dried milk is used instead of cream, calories are reduced to 60 per serving.)

SUGGESTED LOW CALORIE MEALS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ broiled chicken</td>
<td>180</td>
</tr>
<tr>
<td>½ cup peas</td>
<td>40</td>
</tr>
<tr>
<td>1 cup squash</td>
<td>34</td>
</tr>
<tr>
<td>½ cantaloupe</td>
<td>37</td>
</tr>
<tr>
<td>Tomato lettuce Salad (1 tsp. low calorie dressing)</td>
<td>40</td>
</tr>
<tr>
<td>¾ cup skim milk</td>
<td>87</td>
</tr>
<tr>
<td>3 oz. broiled round steak</td>
<td>225</td>
</tr>
<tr>
<td>1 new potato</td>
<td>97</td>
</tr>
<tr>
<td>1 cup cabbage</td>
<td>40</td>
</tr>
<tr>
<td>Radishes and celery</td>
<td>11</td>
</tr>
<tr>
<td>1 cup strawberries</td>
<td>54</td>
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<tr>
<td>¾ cup skim milk</td>
<td>87</td>
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<td>498</td>
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EAT THREE GOOD MEALS AND DRINK SKIMMED MILK EVERY DAY
<table>
<thead>
<tr>
<th>Food Description</th>
<th>Calories</th>
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<tbody>
<tr>
<td>ALMONDS: Shelled, 1 cup</td>
<td>848</td>
</tr>
<tr>
<td>In shell, 1 cup</td>
<td>238</td>
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<tr>
<td>APPLES: Raw</td>
<td>117</td>
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<tr>
<td>1 medium</td>
<td>75</td>
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<tr>
<td>1 small</td>
<td>58</td>
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<tr>
<td>1 cup cubed or sliced</td>
<td>83</td>
</tr>
<tr>
<td>Cooked, sweetened</td>
<td>1 cup</td>
</tr>
<tr>
<td>Apple Betty</td>
<td>1 cup</td>
</tr>
<tr>
<td>Apple Butter</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>Apple Juice, fresh or canned</td>
<td>1 cup</td>
</tr>
<tr>
<td>Applesauce, canned</td>
<td>1 cup</td>
</tr>
<tr>
<td>Unsweetened</td>
<td>1 cup</td>
</tr>
<tr>
<td>APRICOTS: Canned, sirup pack</td>
<td>4 medium halves and 2 tbsp. sirup</td>
</tr>
<tr>
<td>Dried</td>
<td>Cooked, unsweetened, fruit and liquid</td>
</tr>
<tr>
<td>Cooked, sweetened, fruit and sirup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Frozen</td>
<td>3 oz.</td>
</tr>
<tr>
<td>ASPARAGUS: Cooked</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Canned, green</td>
<td>1 cup cut spears</td>
</tr>
<tr>
<td>with liquid</td>
<td></td>
</tr>
<tr>
<td>AVOCADOS: Raw</td>
<td>1 cup (½ in. cubes)</td>
</tr>
<tr>
<td>BACON: Medium fat, broiled or fried</td>
<td>2 slices</td>
</tr>
<tr>
<td>BANANAS: Raw</td>
<td>1 large</td>
</tr>
<tr>
<td>1 medium</td>
<td>88</td>
</tr>
<tr>
<td>1 cup slices</td>
<td>136</td>
</tr>
<tr>
<td>BEANS: Common or Kidney</td>
<td>Red Kidney: Canned or cooked</td>
</tr>
<tr>
<td>Canned, baked</td>
<td>Pork and Molasses</td>
</tr>
<tr>
<td>Pork and tomato sauce</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lima, cooked or canned</td>
<td>1 cup</td>
</tr>
<tr>
<td>Snap, green, cooked (no fat)</td>
<td>1 cup</td>
</tr>
<tr>
<td>BEEF CUTS: Cooked</td>
<td>Chuck</td>
</tr>
<tr>
<td>Hamburger</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Rib Roast</td>
<td>3 oz. without bone</td>
</tr>
<tr>
<td>BEER: 1 cup</td>
<td>114</td>
</tr>
<tr>
<td>BEETS: Cooked, 1 cup diced (no fat)</td>
<td>65</td>
</tr>
<tr>
<td>BEVERAGES: Carbonated</td>
<td>Ginger ale, 1 cup</td>
</tr>
<tr>
<td>Other, including Kola type</td>
<td>1 cup</td>
</tr>
<tr>
<td>BISCUITS: 1- (2½ in. diam.)</td>
<td>129</td>
</tr>
<tr>
<td>BLACKBERRIES: Raw</td>
<td>1 cup</td>
</tr>
<tr>
<td>Canned, solids and liquid, sirup pack</td>
<td>1 cup</td>
</tr>
<tr>
<td>BOUILLON CUBES: 1 cube</td>
<td>2</td>
</tr>
<tr>
<td>BRAINS: All kinds, raw</td>
<td>3 oz.</td>
</tr>
<tr>
<td>BRAN: (breakfast cereal)</td>
<td>1 cup</td>
</tr>
<tr>
<td>BREADS:</td>
<td>Boston Brown Bread</td>
</tr>
<tr>
<td>Raisin Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Rye Bread, American</td>
<td>1 slice</td>
</tr>
<tr>
<td>White Bread, 1 slice</td>
<td>1/2 in. thick</td>
</tr>
<tr>
<td>Bread crumbs, dry, grated</td>
<td>1 cup</td>
</tr>
<tr>
<td>BROCCOLI: Cooked (no fat)</td>
<td>1 cup</td>
</tr>
<tr>
<td>BUTTER: 1 cup</td>
<td>1,604</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td>100</td>
</tr>
<tr>
<td>BUTTERMILK: 1 cup</td>
<td>86</td>
</tr>
<tr>
<td>CABBAGE: Raw</td>
<td>1 cup shredded finely</td>
</tr>
<tr>
<td>Cooked (no fat)</td>
<td>1 cup</td>
</tr>
<tr>
<td>CAKES: Angel Food</td>
<td>2 in. sector</td>
</tr>
<tr>
<td>Plain: 1 sq.</td>
<td>3 x 2 x 1 3/4 in.</td>
</tr>
<tr>
<td>Plain with egg white icing</td>
<td>2 in. sector of layer cake</td>
</tr>
<tr>
<td>Plain with fudge icing</td>
<td>2 in. sector of layer cake (1-16 of 10 in. diam.)</td>
</tr>
<tr>
<td>Fruit, dark</td>
<td>1 piece</td>
</tr>
<tr>
<td>Plain cupcake</td>
<td>2 3/4 in. diam.</td>
</tr>
<tr>
<td>Plain cupcake, (small)</td>
<td>1 3/4 in. diam.</td>
</tr>
<tr>
<td>Pound</td>
<td>1 slice</td>
</tr>
<tr>
<td>Sponge, 2-in. sector</td>
<td>1-12 of 8 in diam.</td>
</tr>
<tr>
<td>CANDY: Ginger root, crystallized</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Lemon, orange, or grapefruit peel</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Caramels</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Chocolate with almonds</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Chocolate creams</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Fudge</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Fudge, plain</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Peanut Brittle</td>
<td>1 ounce</td>
</tr>
<tr>
<td>CANTALOUPS, Raw</td>
<td>1/2 melon (5 in. diam.)</td>
</tr>
<tr>
<td>CARROTS: Raw</td>
<td>1 carrot 5/8 x 1 in., or 25 thin strips</td>
</tr>
<tr>
<td>1 cup grated</td>
<td>45</td>
</tr>
<tr>
<td>Cooked</td>
<td>1 cup diced (no fat)</td>
</tr>
<tr>
<td>CASHEW NUTS: 1 ounce</td>
<td>164</td>
</tr>
</tbody>
</table>
CELERY, Bleached: Raw: 3 small inner stalks 5 in. long, ¼ in. wide 9
1 large outer stalk, 8 in. long,
1 in. wide, 1¼ in. at root end 7
1 cup diced ____________________________ 18
Cooked, 1 cup diced (no fat) ______ 44
CHEESE: Cheddar, 1 cup grated _______ 446
1 oz. (1 in. cube) _______ 113
Cottage, from skim milk, 1 cup _______ 215
Cream, Cheese, 1 tbsp. _____________ 56
CHERRIES: Raw, 1 cup, pitted ________ 94
Red, sour, pitted, canned, 1 cup ______ 122
CHICKEN: Broilers, ¼ bird,
(8 oz. bone out) ________________ 322
Roasters, (4 oz. bone out) _________ 227
Fryers: 1 breast (8 oz. bone out) ______ 210
1 leg, (5 oz. bone out) _____________ 159
Canned, boned, 3 oz. _________________ 169
CHILI SAUCE: 1 tbsp. _______ 17
CHOCOLATE: Bitter, 1 oz. _______ 142
Chocolate beverage made with milk, 1 cup _______ 239
Chocolate sirup, 1 tbsp. _______ 42
COCOA, dry powder: 1 tbsp. ______ 21
Cocoa beverage, made with all milk, 1 cup _______ 236
COCOANUT: Fresh, 1 cup shredded _______ 349
COLESLAW: 1 cup ___________________ 102
COOKIES: 1 cookie (3 in. diam. and ¼ in. thick) ______ 199
CORN: Sweet, white or yellow,
1 ear (5 in. long, 1½ in. diam.) ______ 84
Canned: 1 cup _________________________ 140
CORNBREAD OR MUFFINS: Whole ground cornmeal, 1 muffin (2½ in. diam.) ______ 103
CRACKERS: Graham, 4 small or
2 medium _____________________________ 55
Saltines, 2 crackers (2 in. sq.) _______ 34
Soda, plain, 2 crackers (2½ in. sq.) _______ 47
1 cup oyster crackers, 1 oz. _________ 119
CRANBERRIES: Raw: 1 cup _______ 54
Sauce, sweetened, canned or cooked 1 cup _______ 549
CREAM: Light, table, or coffee,
½ pint _______________________________ 489
1 tbsp. ______________________________ 30
Heavy or whipping, ½ pint (approx. 1 pint whipped) 779
1 tbsp. ______________________________ 49
CUCUMBERS, raw: 1 cucumber
7¾ x 2 in. _____________________________ 25
CUSTARD: Baked, 1 cup _____________ 283
DATES: “Fresh” and dried,
1 cup pitted __________________________ 505
DOUGHNUTS, cake type: 1 doughnut ______ 136
EGGS: 1 medium ______________________ 77
1 egg white — medium _______ 16
1 egg yolk — medium _______ 61
Scrambled, 1 egg _____________ 106
FATS: Cooking (vegetable fat), 1 tbsp. _______ 110
FIGS: Dried, 1 cup cut _______ 453
Fig bars, 1 large _________________ 87
FLOUR: 1 cup _____________ 375
FRUIT COCKTAIL, Canned:
Solids and liquid, 1 cup _______ 179
GELATIN: Plain, 1 tbsp. _______ 34
Dessert powder, 3 oz. pkg. ½ cup _______ 324
GINGERBREAD, 1 piece 2 x 2 x 2 in. _______ 180
GRAPEFRUIT:
Raw: ½ large (5 in. diam.) _______ 104
½ medium (4½ in. diam.) _______ 75
½ small (3 7-8 in. diam.) _______ 49
1 cup sections _______ 77
Canned in sirup, solids and liquid,
1 cup _____________________________ 181
Juice, fresh, 1 cup _______ 87
Canned, unsweetened, 1 cup _______ 92
Canned, sweetened, 1 cup _______ 131
Frozen, concentrate, 1 can (6 fl. oz.) _______ 297
Grapefruit-Orange Juice blend:
Canned: Unsweetened, 1 cup _______ 99
Sweetened, 1 cup _______ 132
Frozen, concentrate, 1 can (6 fl. oz.) _______ 297
GRAPESES: Raw: American type, 1 cup with skins and seeds _______ 84
1 bunch 3½ x 3 in. (slip skin) _______ 55
1 cup (40, dry as Malaga) _______ 102
Juice, bottled, commercial, 1 cup _______ 170
HONEY: strained or extracted, 1 tbsp. _______ 62
HONEYDEW MELON: Raw, 1 wedge, 2 x 7 in. _______ 49
ICE CREAM: Plain: 1 slice or individu-
ial brick of quart brick _______ 167
JAM, MARMALADES, PRESERVES,
1 tbsp. _______ 55
JELLIES, 1 tbsp. _______ 50
LAMB: 3 oz. without bone _______ 356
LARD: 1 cup _______ 1,984
1 tbsp. _______ 126
LEMONS: 1 medium _______ 20
Juice: 1 cup _______ 59
1 tbsp. _______ 4
LETTUCE: Headed, raw:
1 head, loose-leaf (4-in. diam.) _______ 32
1 head, compact (4½ in. diam.) _______ 68
2 large or 4 small leaves _______ 7
LIVER: Beef, cooked, fried, 2 oz. _______ 118
Calf, raw, 3 oz. _______ 120
MACARONI: Cooked, 1 cup (1 inch pieces or elbow type) _______ 209
Macaroni and cheese, baked, 1 cup _______ 464
MARGARINE: 1 cup 1,613
1 tbsp. 107
MILK: Fluid, whole, 1 cup 166
Fluid, nonfat (skim), 1 cup 87
Canned, evaporated, 1 cup 346
Canned, condensed (sweetened), 1 cup 981
Dried, nonfat solids (skim), 1 cup 434
1 tbsp. 28
1 cup whipped dry milk 120
(1¼ cup dry milk) 90
¼ cup whipped topping 30
Chocolate flavored, 1 cup 185
MOLASSES: 1 tbsp. 50
MUFFINS: 1 muffin (2½ in. diam.) 134
MUSHROOMS, canned, solids and liquid, 1 cup 28
OATMEAL: Cooked, 1 cup 148
OILS: Salad or cooking, 1 cup 1,945
1 tbsp. 124
OLIVES: Green, 10 olives 72
ONIONS: Raw, 1 onion (2½ in. diam.) 49
ORANGES: 1 large (3½ in. diam.) 106
1 medium (3 in. diam.) 79
1 small (2½ in. diam.) 49
1 cup sections 87
Juice, fresh, 1 cup 168
Canned, unsweetened, 1 cup 109
Canned, sweetened, 1 cup 135
Concentrate, frozen, 1 can (6 fluid ounces) 300
OYSTER STEW: 1 cup with 3 or 4 oysters 299
PANCAKES: 1 cake (4 inch diam.) 89
PARSNIPS: 1 cup 94
PEACHES: Raw, 1 cup sliced 77
Canned, solids and liquid, sirup pack, 1 cup 174
2 medium halves and 2 tbsp. sirup 79
Frozen, 4 ounces 89
PEANUTS: Virginia type:
1 cup medium halves 806
1 tbsp. chopped 50
PEANUT BUTTER: 1 cup 1,486
1 tbsp. 92
PEARS: Raw, 1 pear 95
1 cup quartered 120
Canned, solids and liquid, sirup pack, 1 cup 174
PEAS: Cooked, 1 cup 111
PECANS: 1 cup halves 782
1 tbsp. chopped 52
PEPPERS: Green, raw, 1 medium 16
PICKLES:
Dill, cucumber, 1 large (1½ inch diam. 4 inches long) 15
Fresh, cucumber (as bread and butter pickles), 1 cup 118
Sour, cucumber or mixed, 1 large
(1½ in. diam., 4 inches long) 15
Sweet, cucumber or mixed, 1 pickle
(2½ in. long, 3½ in. diam.) 22
1 cup, mixed, chopped 225
PIES: (4 inch sector or one seventh of a 9 inch pie)
Apple 331
Blueberry 291
Cherry 240
Coconut Custard 266
Custard 266
Lemon Meringue 302
Mince 341
Pumpkin 263
PIE CRUST: 1 lower crust (9 inch) 657
one seventh of lower crust 93
2 crust — top and bottom 1,314
one seventh of double crust 186
PINEAPPLE: Raw, 1 cup diced 74
Canned, sirup pack, solids and liquid, 1 cup crushed 204
Frozen, 4 oz. 97
Julep, canned, 1 cup 121
PLUMS: 1 cup halves (2 in. diam.) 94
POPCORN: Popped, 1 cup 54
PORK: Ham, 3 oz. without bone 383
Cured: Ham, smoked, cooked, 3 oz. without bone 389
Luncheon meat, boiled ham, 2 oz. 172
Canned, spiced, 2 oz. 164
POTATOES: Cooked, baked, 1 medium potato (2½ inch diam.) 97
Boiled, unpeeled before cooking, 1 medium potato (2½ inch diam.) 118
French-fried, 8 pieces 2 x ½ x ½ in. 157
Fried raw, 1 cup 479
Hash-browned, 1 cup 470
Mashed, milk added, 1 cup 159
Mashed, milk and butter added, 1 cup 240
Potato Chips, 10 medium (2 in. diam.) or 7 large (3 in. diam.) 188
PRETZELS: 5 small sticks 18
PRUNES: 4 large 94
4 medium 73
4 small 54
1 cup medium 375
Cooked, no sugar added, 1 cup, 16-18 prunes and ½ cup liquid 319
Cooked, sugar added, 1 cup, 16-18 prunes and ½ cup liquid 483
RADISHES: Raw, 4 small 4
RAISINS: 1 cup 429
1 tbsp. 26
RASPBERRIES: Black, raw, 1 cup 100
Red, frozen, 3 ounces 84
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Amount</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>RHUBARB</td>
<td>1 cup</td>
<td>19</td>
</tr>
<tr>
<td>*Cooked, sugar added, 1 cup</td>
<td></td>
<td>383</td>
</tr>
<tr>
<td>RICE: Cooked, 1 cup</td>
<td></td>
<td>204</td>
</tr>
<tr>
<td>RICE PRODUCTS: Puffed, 1 cup</td>
<td></td>
<td>55</td>
</tr>
<tr>
<td>ROLLS: Plain, 1 roll</td>
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<td>118</td>
</tr>
<tr>
<td>Sweet, 1 roll</td>
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<td>178</td>
</tr>
<tr>
<td>SALAD DRESSING: Commercial, 1 tbsp.</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>French, 1 tbsp.</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Home-cooked, boiled, 1 tbsp.</td>
<td></td>
<td>28</td>
</tr>
<tr>
<td>Mayonnaise, 1 tbsp</td>
<td></td>
<td>92</td>
</tr>
<tr>
<td>SALMON: Canned, solids and liquid, 3 ounces</td>
<td>173</td>
<td></td>
</tr>
<tr>
<td>SARDINES: 3 ounces</td>
<td></td>
<td>288</td>
</tr>
<tr>
<td>SAUERKRAUT: 1 cup</td>
<td></td>
<td>32</td>
</tr>
<tr>
<td>SAUSAGE: 1 lb. raw</td>
<td></td>
<td>1,360</td>
</tr>
<tr>
<td>Frankfurter, 1</td>
<td></td>
<td>124</td>
</tr>
<tr>
<td>Vienna Sausage, canned, 4 oz.</td>
<td></td>
<td>244</td>
</tr>
<tr>
<td>SHERBET: ½ cup</td>
<td></td>
<td>118</td>
</tr>
<tr>
<td>SHRIMP, Canned, 3 ounces</td>
<td></td>
<td>108</td>
</tr>
<tr>
<td>SOUP: (Ready-to-Serve)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bean, 1 cup</td>
<td></td>
<td>191</td>
</tr>
<tr>
<td>Beef, 1 cup</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>Bouillion, 1 cup</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Chicken, 1 cup</td>
<td></td>
<td>75</td>
</tr>
<tr>
<td>Cream soup, 1 cup</td>
<td></td>
<td>201</td>
</tr>
<tr>
<td>Pea, 1 cup</td>
<td></td>
<td>141</td>
</tr>
<tr>
<td>Tomato, 1 cup</td>
<td></td>
<td>90</td>
</tr>
<tr>
<td>Vegetable, 1 cup</td>
<td></td>
<td>82</td>
</tr>
<tr>
<td>SPINACH: Cooked, 1 cup</td>
<td></td>
<td>46</td>
</tr>
<tr>
<td>SQUASH: Summer, cooked, 1 cup</td>
<td></td>
<td>34</td>
</tr>
<tr>
<td>Winter, boiled, mashed, 1 cup</td>
<td></td>
<td>86</td>
</tr>
<tr>
<td>STRAWBERRIES: Raw, capped, 1 cup</td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>Frozen, 3 ounces</td>
<td></td>
<td>90</td>
</tr>
<tr>
<td>SUGARS: Granulated, 1 cup</td>
<td></td>
<td>770</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td></td>
<td>48</td>
</tr>
<tr>
<td>1 tsp.</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>1 piece, lump sugar</td>
<td></td>
<td>27</td>
</tr>
<tr>
<td>Powdered, 1 cup</td>
<td></td>
<td>493</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td></td>
<td>31</td>
</tr>
<tr>
<td>Brown, 1 cup, firm packed</td>
<td></td>
<td>813</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td></td>
<td>51</td>
</tr>
<tr>
<td>SWEETPOTATOES: Cooked, 1 sweetpotato, peeled (5 x 2 inches)</td>
<td>183</td>
<td></td>
</tr>
<tr>
<td>Boiled, 1 sweetpotato, peeled, (5 x 2½ inches)</td>
<td>252</td>
<td></td>
</tr>
<tr>
<td>Candied, 1 small sweetpotato (3½ x 2½ inches)</td>
<td>314</td>
<td></td>
</tr>
<tr>
<td>TOMATOES: Raw, 1-medium (2 x 2½ in.)</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Canned or cooked, 1 cup</td>
<td></td>
<td>46</td>
</tr>
<tr>
<td>Tomato Juice, canned, 1 cup</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Tomato catsup: 1 cup</td>
<td></td>
<td>268</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td></td>
<td>17</td>
</tr>
<tr>
<td>TUNA FISH: Drained solids, 3 oz.</td>
<td></td>
<td>169</td>
</tr>
<tr>
<td>TURKEY: Medium fat, raw, 4 oz.</td>
<td></td>
<td>304</td>
</tr>
<tr>
<td>TURNIPS: Cooked, 1 cup diced</td>
<td></td>
<td>42</td>
</tr>
<tr>
<td>Turnip Greens, cooked, 1 cup (no fat)</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>WAFFLES: 1 waffle (4½ x 5½ x ½ in.)</td>
<td>216</td>
<td></td>
</tr>
<tr>
<td>WATERMELONS: ½ slice (¾ x 10 in.)</td>
<td></td>
<td>45</td>
</tr>
<tr>
<td>WHITE SAUCE: 1 cup</td>
<td></td>
<td>429</td>
</tr>
<tr>
<td>YEAST: Compressed, baker's, 1 oz.</td>
<td></td>
<td>24</td>
</tr>
</tbody>
</table>

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VIRGINIA STATE DEPARTMENT OF HEALTH
RICHMOND, VIRGINIA

and

VIRGINIA POLYTECHNIC INSTITUTE AND THE
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
EXTENSION SERVICE, BLACKSBURG, VIRGINIA