

# Food Is Tops!



## TAKE OFF POUNDS SAFELY

by

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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.



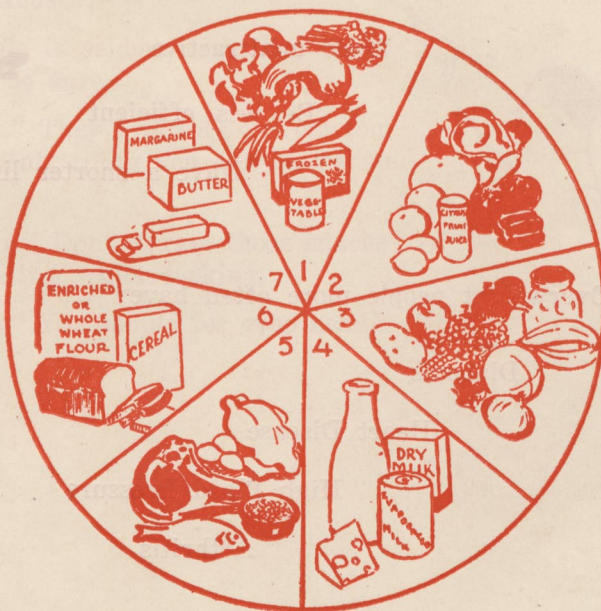
**BE FIT — NOT FAT**





## FACE THE FACTS

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

All can eat at the same table  
but "chubby" shuns the high  
calories.

### *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
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{8}$  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
- $\frac{1}{4}$  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
- $\frac{1}{2}$  cup cooked or canned peas
- $\frac{1}{4}$  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

1  $\frac{1}{4}$  cups

353 Calories (1 T.—18 cal)

- 1  $\frac{1}{2}$  T. butter or margarine, (melted)
- 2 T. flour
- 1 t. sugar
- 1 t. salt
- 1 t. mustard
- Few grains cayenne
- $\frac{3}{4}$  cup skimmed milk
- $\frac{1}{4}$  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
- $\frac{1}{4}$  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.

**PINEAPPLE 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 ( $\frac{1}{2}$  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

$\frac{1}{2}$  cup dry skim milk  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup frozen or fresh fruit (ready to  
eat)  
 $\frac{1}{2}$  cup sugar (or  $\frac{1}{2}$  t. liquid non caloric  
sweetener)  
 $\frac{1}{4}$  t. salt  
1 T. lemon juice

870 Calories ( $\frac{1}{2}$  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  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  cup scalded skim milk  
1 egg yolk, well beaten  
1 T. grated orange peel  
 $\frac{2}{3}$  cup orange juice  
4 non-caloric sweetening tablets  
1 T. lemon juice  
1 egg white, stiffly beaten  
 $\frac{1}{4}$  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**

$\frac{1}{4}$ broiled chicken	180	3 oz. broiled round steak	225
$\frac{1}{2}$ cup peas	40	1 new potato	97
1 cup squash	34	1 cup cabbage	40
$\frac{1}{2}$ cantaloupe	37	Radishes and celery	11
Tomato lettuce Salad		1 cup strawberries	54
(1 tsp. low calorie dressing)	40	$\frac{3}{4}$ cup skim milk	87
$\frac{3}{4}$ cup skim milk	87		

498

464



**EAT THREE GOOD MEALS  
AND DRINK SKIMMED  
MILK EVERY DAY**



# Calorie Chart

(Taken from "Composition of Foods", Handbook No. 8, U.S.D.A.)

ALMONDS: Shelled, 1 cup -----	848	BOUILLON CUBES: 1 cube -----	2
In shell, 1 cup -----	238	BRAINS: All kinds, raw, 3 oz. -----	106
APPLES: Raw: 1 large -----	117	BRAN: (breakfast cereal) 1 cup -----	145
1 medium -----	76	BREADS:	
1 small -----	58	Boston Brown Bread, 1 slice -----	105
1 cup cubed or sliced -----	83	Raisin Bread, 1 slice -----	65
Cooked, sweetened: 1 cup -----	294	Rye Bread, American, 1 slice	
Apple Betty: 1 cup -----	344	½ in. thick -----	57
Apple Butter: 1 tbsp. -----	33	White Bread, 1 slice, ½ in. thick -----	64
Apple Juice, fresh or canned: 1 cup --	124	Bread crumbs, dry, grated, 1 cup -----	339
Applesauce, canned:		BROCCOLI: Cooked (no fat) 1 cup -----	44
Unsweetened, 1 cup -----	100	BUTTER: 1 cup -----	1,604
Sweetened, 1 cup -----	184	1 tbsp. -----	100
APRICOTS: Canned, sirup pack, 4		BUTTERMILK: 1 cup -----	86
medium halves and 2 tbsp. sirup --	97	CABBAGE: Raw, 1 cup shredded finely ---	24
Dried: Cooked, unsweetened, fruit and		Cooked (no fat) 1 cup -----	40
liquid, 1 cup -----	242	CAKES:	
Cooked, sweetened, fruit and		Angel Food, 2 in. sector	
sirup, 1 cup -----	400	1-12 of 8 in. diam. -----	108
Frozen: 3 oz. -----	70	Plain: 1 sq. 3 x 2 x 1 3-4 in. -----	228
ASPARAGUS: Cooked, 1 lb. -----	92	Plain with egg white icing,	
Canned, green, 1 cup cut spears		2 in. sector of layer cake	
with liquid -----	42	(1-16 of 10 in. diam.) -----	410
AVOCADOS: Raw, 1 cup (½ in. cubes) -	372	Plain with fudge icing, 2 in. sector	
BACON: Medium fat, broiled or		of layer cake (1-16 of 10 in. diam.)--	419
fried, 2 slices -----	97	Fruit, dark, 1 piece 2 x 2 x ½ in. ---	106
BANANAS: Raw: 1 large -----	119	Plain cupcake, 2 3-4 in. diam. -----	131
1 medium -----	88	Plain cupcake, (small) 1 3-4 in. diam. --	81
1 cup slices -----	136	Pound, 1 slice 2 ¾ x 3 x ¾ in. -----	130
BEANS: Common or Kidney:		Sponge, 2-in. sector 1-12 of 8 inch diam. 117	
Red Kidney: Canned or cooked, 1 cup -	230	CANDY:	
Canned, baked:		Ginger root, crystallized, 1 oz. -----	97
Pork and Molasses, 1 cup -----	325	Lemon, orange, or grapefruit peel,	
Pork and tomato sauce, 1 cup ----	295	1 ounce -----	90
Lima, cooked or canned, 1 cup -----	152	Caramels, 1 ounce -----	118
Snap, green, cooked (no fat) 1 cup ---	27	Chocolate, 1 ounce -----	143
BEEF CUTS: Cooked:		Chocolate with almonds, 1 ounce -----	151
Chuck: 3 oz. without bone -----	265	Chocolate creams, 1 ounce -----	110
Hamburger: 3 oz. -----	316	Fondant, 1 ounce -----	101
Rib Roast: 3 oz. without bone -----	266	Fudge, plain, 1 ounce -----	116
BEER: 1 cup -----	114	Marshmallows, 1 ounce -----	92
BEETS: Cooked, 1 cup diced (no fat) ---	68	Peanut Brittle, 1 ounce -----	125
BEVERAGES: Carbonated:		CANTALOUPS, Raw: ½ melon (5 in.	
Gingerale, 1 cup -----	80	diam.) -----	37
Other, including Kola type: 1 cup ----	107	CARROTS: Raw: 1 carrot 5½ x 1 in.,	
BISCUITS: 1- (2½ in. diam.) -----	129	or 25 thin strips -----	21
BLACKBERRIES: Raw: 1 cup -----	82	1 cup grated -----	45
Canned, solids and liquid, sirup		Cooked, 1 cup diced (no fat) -----	44
pack, 1 cup -----	216	CASHEW NUTS: 1 ounce -----	164



CELERY, Bleached: Raw: 3 small inner stalks 5 in. long, $\frac{3}{4}$ in. wide -----	9	DOUGHNUTS, cake type: 1 doughnut ---	136
1 large outer stalk, 8 in. long, 1 in. wide, $1\frac{1}{2}$ in. at root end ----	7	EGGS: 1 medium -----	77
1 cup diced -----	18	1 egg white — medium -----	16
Cooked, 1 cup diced (no fat) -----	44	1 egg yolk — medium -----	61
CHEESE: Cheddar, 1 cup grated -----	446	Scrambled, 1 egg -----	106
1 oz. (1 in. cube) -----	113	FATS: Cooking (vegetable fat), 1 tbsp. --	110
Cottage, from skim milk, 1 cup -----	215	FIGS: Dried, 1 cup cut -----	453
Cream Cheese, 1 tbsp. -----	56	Fig bars, 1 large -----	87
CHERRIES: Raw, 1 cup, pitted -----	94	FLOUR: 1 cup -----	375
Red, sour, pitted, canned, 1 cup -----	122	FRUIT COCKTAIL, Canned:	
CHICKEN: Broilers, $\frac{1}{2}$ bird, (8 oz. bone out) -----	332	Solids and liquid, 1 cup -----	179
Roasters, (4 oz. bone out) -----	227	GELATIN: Plain, 1 tbsp. -----	34
Fryers: 1 breast (8 oz. bone out) -----	210	Dessert powder, 3 oz. pkg. $\frac{1}{2}$ cup ----	324
1 leg, (5 oz. bone out) -----	159	GINGERBREAD, 1 piece 2 x 2 x 2 in. --	180
Canned, boned, 3 oz. -----	169	GRAPEFRUIT:	
CHILI SAUCE: 1 tbsp. -----	17	Raw: $\frac{1}{2}$ large (5 in. diam.) -----	104
CHOCOLATE: Bitter, 1 oz. -----	142	$\frac{1}{2}$ medium ( $4\frac{1}{4}$ in. diam.) -----	75
Chocolate beverage made with milk, 1 cup -----	239	$\frac{1}{2}$ small (3 7-8 in. diam.) -----	49
Chocolate sirup, 1 tbsp. -----	42	1 cup sections -----	77
COCOA, dry powder: 1 tbsp. -----	21	Canned in sirup, solids and liquid, 1 cup -----	181
Cocoa beverage, made with all milk, 1 cup -----	236	Juice, fresh, 1 cup -----	87
COCOANUT: Fresh, 1 cup shredded ----	349	Canned, unsweetened, 1 cup -----	92
COLESLAW: 1 cup -----	102	Canned, sweetened, 1 cup -----	131
COOKIES: 1 cookie (3 in. diam. and $\frac{1}{2}$ in. thick) -----	109	Frozen, concentrate, 1 can (6 fl. oz.) --	297
CORN: Sweet, white or yellow, 1 ear (5 in. long, $1\frac{3}{4}$ in. diam) ----	84	Grapefruit-Orange Juice blend:	
Canned: 1 cup -----	140	Canned: Unsweetened, 1 cup -----	99
CORNBREAD OR MUFFINS: Whole ground cornmeal, 1 muffin ( $2\frac{3}{4}$ in. diam.) 103		Sweetened, 1 cup -----	132
CORN FLAKES: 1 cup -----	96	Frozen, concentrate, 1 can (6 fl. oz.) -	297
CORN GRITS: Cooked, 1 cup -----	122	GRAPES: Raw: American type, 1 cup with skins and seeds -----	84
CORN MEAL: Bolted, 1 cup -----	459	1 bunch $3\frac{1}{2}$ x 3 in. (slip skin) -----	55
CRACKERS: Graham, 4 small or 2 medium -----	55	1 cup (40, dry as Malaga) -----	102
Saltines, 2 crackers (2 in. sq.) -----	34	Juice, bottled, commercial, 1 cup -----	170
Soda, plain, 2 crackers ( $2\frac{1}{2}$ in. sq.) ---	47	HONEY: strained or extracted, 1 tbsp. --	62
1 cup oyster crackers, 1 oz. -----	119	HONEYDEW MELON: Raw, 1 wedge, 2 x 7 in. -----	49
CRANBERRIES: Raw: 1 cup -----	54	ICE CREAM: Plain: 1 slice or individual brick of quart brick -----	167
Sauce, sweetened, canned or cooked 1 cup -----	549	JAMS, MARMALADES, PRESERVES, 1 tbsp. -----	55
CREAM: Light, table, or coffee, $\frac{1}{2}$ pint -----	489	JELLIES, 1 tbsp. -----	50
1 tbsp. -----	30	LAMB: 3 oz. without bone -----	356
Heavy or whipping, $\frac{1}{2}$ pint -----	779	LARD: 1 cup -----	1,984
(approx. 1 pint whipped) -----		1 tbsp. -----	126
1 tbsp. -----	49	LEMONS: 1 medium -----	20
CUCUMBERS, raw: 1 cucumber $7\frac{1}{2}$ x 2 in. -----	25	Juice: 1 cup -----	59
CUSTARD: Baked, 1 cup -----	283	1 tbsp. -----	4
DATES: "Fresh" and dried, 1 cup pitted -----	505	LETTUCE: Headed, raw:	
		1 head, loose-leaf (4-in. diam.) -----	32
		1 head, compact ( $4\frac{3}{4}$ 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



<b>MARGARINE:</b> 1 cup -----	1,613
1 tbsp. -----	101
<b>MILK:</b> 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
( $\frac{1}{4}$ cup dry milk)	
$\frac{1}{4}$ cup whipped topping -----	30
Chocolate flavored, 1 cup -----	185
<b>MOLASSES:</b> 1 tbsp. -----	50
<b>MUFFINS:</b> 1 muffin ( $2\frac{1}{2}$ in. diam.) ---	134
<b>MUSHROOMS,</b> canned, solids and	
liquid, 1 cup -----	28
<b>OATMEAL:</b> Cooked, 1 cup -----	148
<b>OILS:</b> Salad or cooking, 1 cup -----	1,945
1 tbsp. -----	124
<b>OLIVES:</b> Green, 10 olives -----	72
<b>ONIONS:</b> Raw, 1 onion ( $2\frac{1}{2}$ in. diam.) --	49
<b>ORANGES:</b>	
1 large ( $3\frac{3}{4}$ in. diam.) -----	106
1 medium ( $3\frac{1}{2}$ in. diam.) -----	70
1 small ( $2\frac{1}{2}$ in. diam.) -----	49
1 cup sections -----	87
Juice, fresh, 1 cup -----	108
Canned, unsweetened, 1 cup -----	109
Canned, sweetened, 1 cup -----	135
Concentrate, frozen, 1 can	
(6 fluid ounces) -----	300
<b>OYSTER STEW:</b> 1 cup with 3 or 4	
oysters -----	209
<b>PANCAKES:</b> 1 cake (4 inch diam.) -----	59
<b>PARSNIPS:</b> 1 cup -----	94
<b>PEACHES:</b> 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
<b>PEANUTS:</b> Virginia type:	
1 cup medium halves -----	805
1 tbsp. chopped -----	50
<b>PEANUT BUTTER:</b> 1 cup -----	1,486
1 tbsp. -----	92
<b>PEARS:</b> Raw, 1 pear -----	95
1 cup quartered -----	120
Canned, solids and liquid,	
sirup pack, 1 cup -----	174
<b>PEAS:</b> Cooked, 1 cup -----	111
<b>PECANS:</b> 1 cup halves -----	752
1 tbsp. chopped -----	52
<b>PEPPERS:</b> Green, raw, 1 medium -----	16
<b>PICKLES:</b>	
Dill, cucumber, 1 large ( $1\frac{1}{4}$ inch	
diam. 4 inches long) -----	15

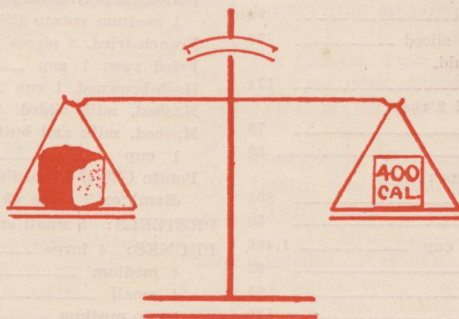
Fresh, cucumber (as bread and	
butter pickles), 1 cup -----	118
Sour, cucumber or mixed, 1 large	
( $1\frac{1}{4}$ in. diam., 4 inches long) -----	15
Sweet, cucumber or mixed, 1 pickle	
( $2\frac{1}{2}$ in. long, $\frac{1}{4}$ in. diam.) -----	22
1 cup, mixed, chopped -----	225
<b>PIES:</b> (4 inch sector or one seventh of a	
9 inch pie)	
Apple -----	331
Blueberry -----	291
Cherry -----	340
Cocoanut Custard -----	266
Custard -----	266
Lemon Meringue -----	302
Mince -----	341
Pumpkin -----	263
<b>PIE CRUST:</b> 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
<b>PINEAPPLE:</b> Raw, 1 cup diced -----	74
Canned, sirup pack, solids and	
liquid, 1 cup crushed -----	204
Frozen, 4 oz. -----	97
Juice, canned, 1 cup -----	121
<b>PLUMS:</b> 1 cup halves (2 in. diam.) ----	94
<b>POPCORN:</b> Popped, 1 cup -----	54
<b>PORK:</b> Ham, 3 oz. without bone -----	338
Cured: Ham, smoked, cooked, 3 oz.	
without bone -----	339
Luncheon meat, boiled ham, 2 oz. ----	172
Canned, spiced, 2 oz. -----	164
<b>POTATOES:</b> Cooked, baked, 1 medium	
potato ( $2\frac{1}{2}$ inch diam.) -----	97
Boiled, unpeeled before cooking,	
1 medium potato ( $2\frac{1}{2}$ inch diam.) -----	118
French-fried, 8 pieces $2 \times \frac{1}{2} \times \frac{1}{2}$ 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.) -----	108
<b>PRETZELS:</b> 5 small sticks -----	18
<b>PRUNES:</b> 4 large -----	94
4 medium -----	73
4 small -----	54
1 cup medium -----	375
Cooked, no sugar added, 1 cup,	
16-18 prunes and $\frac{1}{2}$ cup liquid -----	310
Cooked, sugar added, 1 cup, 16-18	
prunes and $\frac{1}{2}$ cup liquid -----	483
<b>RADISHES:</b> Raw, 4 small -----	4
<b>RAISINS:</b> 1 cup -----	429
1 tbsp. -----	26
<b>RASPBERRIES:</b> Black, raw, 1 cup -----	100
Red, frozen, 3 ounces -----	84



RHUBARB: Raw, 1 cup diced -----	19	SQUASH: Summer, cooked, 1 cup -----	34
Cooked, sugar added, 1 cup -----	383	Winter, boiled, mashed, 1 cup -----	86
RICE: Cooked, 1 cup -----	204	STRAWBERRIES: Raw, capped, 1 cup --	54
RICE PRODUCTS: Puffed, 1 cup -----	55	Frozen, 3 ounces -----	90
ROLLS: Plain, 1 roll -----	118	SUGARS: Granulated, 1 cup -----	770
Sweet, 1 roll -----	178	1 tbsp. -----	48
SALAD DRESSING: Commercial, 1 tbsp.-	58	1 tsp. -----	16
French, 1 tbsp. -----	59	1 piece, lump sugar -----	27
Home-cooked, boiled, 1 tbsp. -----	28	Powdered: 1 cup -----	493
Mayonnaise, 1 tbsp -----	92	1 tbsp. -----	31
SALMON: Canned, solids and liquid,		Brown: 1 cup, firm packed -----	813
3 ounces -----	173	1 tbsp. -----	51
SARDINES: 3 ounces -----	288	SWEETPOTATOES: Cooked, 1 sweetpotato,	
SAUERKRAUT:		peeled (5 x 2 inches) -----	183
1 cup -----	32	Boiled, 1 sweetpotato, peeled,	
SAUSAGE: 1 lb. raw -----	1,360	(5 x 2½ inches) -----	252
Frankfurter, 1 -----	124	Candied, 1 small sweetpotato	
Vienna Sausage, canned, 4 oz. -----	244	(3½ x 2¼ inches) -----	314
SHERBET: ½ cup -----	118	TOMATOES: Raw, 1-medium (2 x 2½ in.)--	30
SHRIMP, Canned, 3 ounces -----	108	Canned or cooked, 1 cup -----	46
SOUP: (Ready-to-Serve)		Tomato Juice, canned, 1 cup -----	50
Bean, 1 cup -----	191	Tomato catsup: 1 cup -----	268
Beef, 1 cup -----	100	1 tbsp. -----	17
Bouillon, 1 cup -----	9	TUNA FISH: Drained solids, 3 oz. -----	169
Chicken, 1 cup -----	75	TURKEY: Medium fat, raw, 4 oz. -----	304
Cream soup, 1 cup -----	201	TURNIPS: Cooked, 1 cup diced -----	42
Pea, 1 cup -----	141	Turnip Greens, cooked, 1 cup (no fat)---	43
Tomato, 1 cup -----	90	WAFFLES: 1 waffle (4½ x 5½ x ½ in.)-	216
Vegetable, 1 cup -----	82	WATERMELONS: ½ slice (¾ x 10 in.) -	45
SPINACH: Cooked, 1 cup -----	46	WHITE SAUCE: 1 cup -----	429
		YEAST: Compressed, baker's, 1 oz. ----	24

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VIRGINIA STATE DEPARTMENT OF HEALTH  
RICHMOND, VIRGINIA

and

VIRGINIA POLYTECHNIC INSTITUTE AND THE  
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