

Snack Menu

Nuts	Portions (# servings)	Calories	Grains	Portion (#servings)	Calories
Almonds, whole	1 oz (24 nuts)	164	Crackers, Cheese	10 – 1” crackers	50
Brazil nuts, shelled	1 oz (6-8 nuts)	186	Crackers, Graham	2 squares	59
Cashews, salted	1 oz	163	Crackers, Saltine	4 crackers	52
Coconut, dried, sweet	½ cup	233	Crackers, Wheat, thin	4 crackers	38
Macadamia nuts, dry	1 oz (10-12 nuts)	203	Popcorn, air popped	1 cup	31
Peanuts, dry roasted	1 oz (~28 nuts)	166	Popcorn, oil popped	1 cup	55
Peanut butter, regular	1 tbsp	95	Popcorn, caramel	1 cup	152
Pecans, halves	1 oz (20 halves)	196	Pretzels, stick	10 pretzels	11
Pistachio nuts	1 oz (47 nuts)	161	Pretzels, twisted	10 pretzels	229
Walnuts, English	1 oz (14 halves)	185	Ready-to-eat Cereals	½-1 cup (1)	80-200

Fruit

Fresh Fruit or Dried Fruit

Vegetables

Fresh veggies with low-fat dip

Estimating Portion Sizes

GENERAL MEASURES
 1 cup (8 oz) = fist of average adult, baseball
 ½ cup (4 oz) = half a baseball
 ¼ cup = Golf ball
 2 tbsp = Ping-Pong ball

GRAINS & STARCH
 Serving = ½ cup cooked cereal, pasta or rice
 Serving = 1 oz bread (1 slice of bread)
 Serving = 1 oz (1 cup) dry cereal

FRUITS
 Serving = medium potato (computer mouse size)
 Serving = medium ear of corn, ½ cup cooked corn
 Serving = ½ cup fruit (half a baseball)
 Serving = medium apple, orange, peach (tennis ball size)
 Serving = ¼ cup dried fruit (golf ball size)

VEGETABLES
 Serving = 1 cup raw leafy greens
 Serving = ½ cup cooked vegetables, 7-8 carrot sticks

MEAT & BEANS
 Serving = 3 oz of cooked meat (size of deck of cards, half of a small chicken breast, medium pork chop)
 Serving = ½ cup cooked beans

MILK & CHEESE
 Serving = 1 cup milk or yogurt
 Serving = 1/3 cup shredded cheese
 Serving = 1 oz hard cheese
 (size of average thumb, 2 dominoes, 4 dice)

Oils

Choose liquid plant oils:

- Canola
- Corn
- Cottonseed
- Olive
- Peanut
- Safflower
- Soybean
- Sunflower

(Except Palm & Coconut)

Spreads

Choose tub Margarine
Use Butter sparingly

Avoid other solid fats:
beef fat, chicken fat,
lard, stick margarine,
and shortening

Avoid Saturated and
Trans Fats!

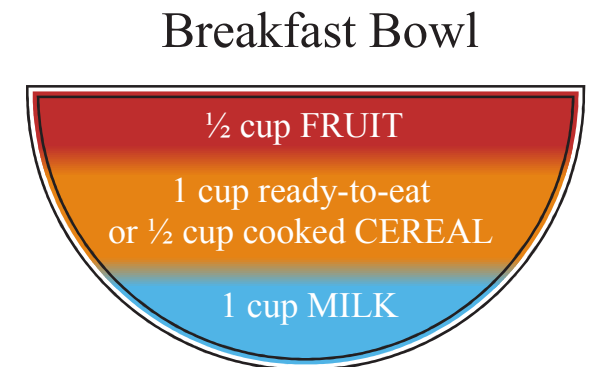
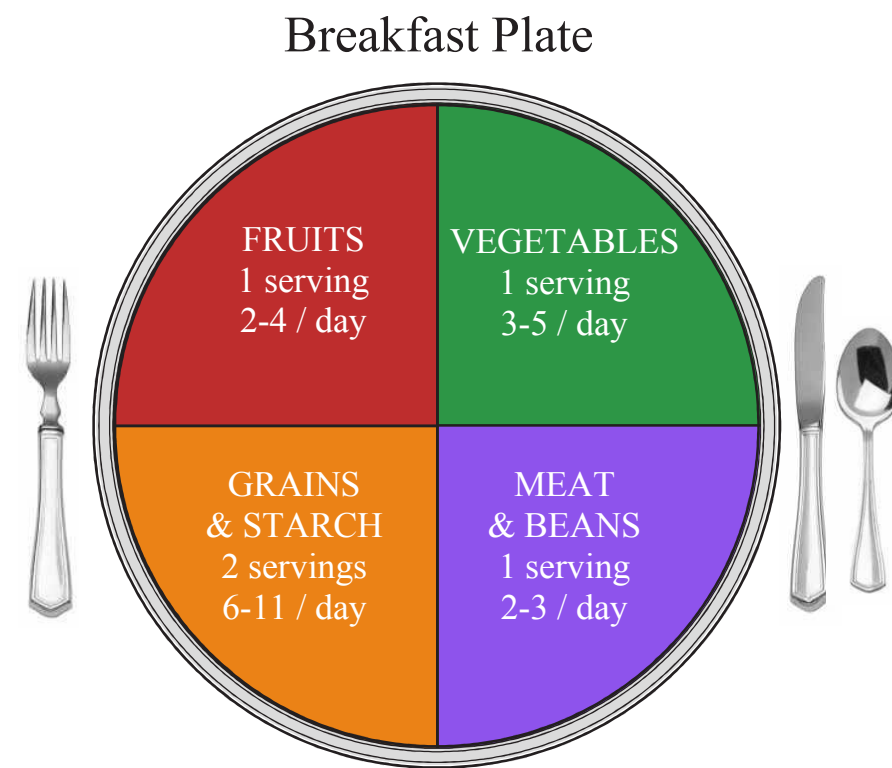
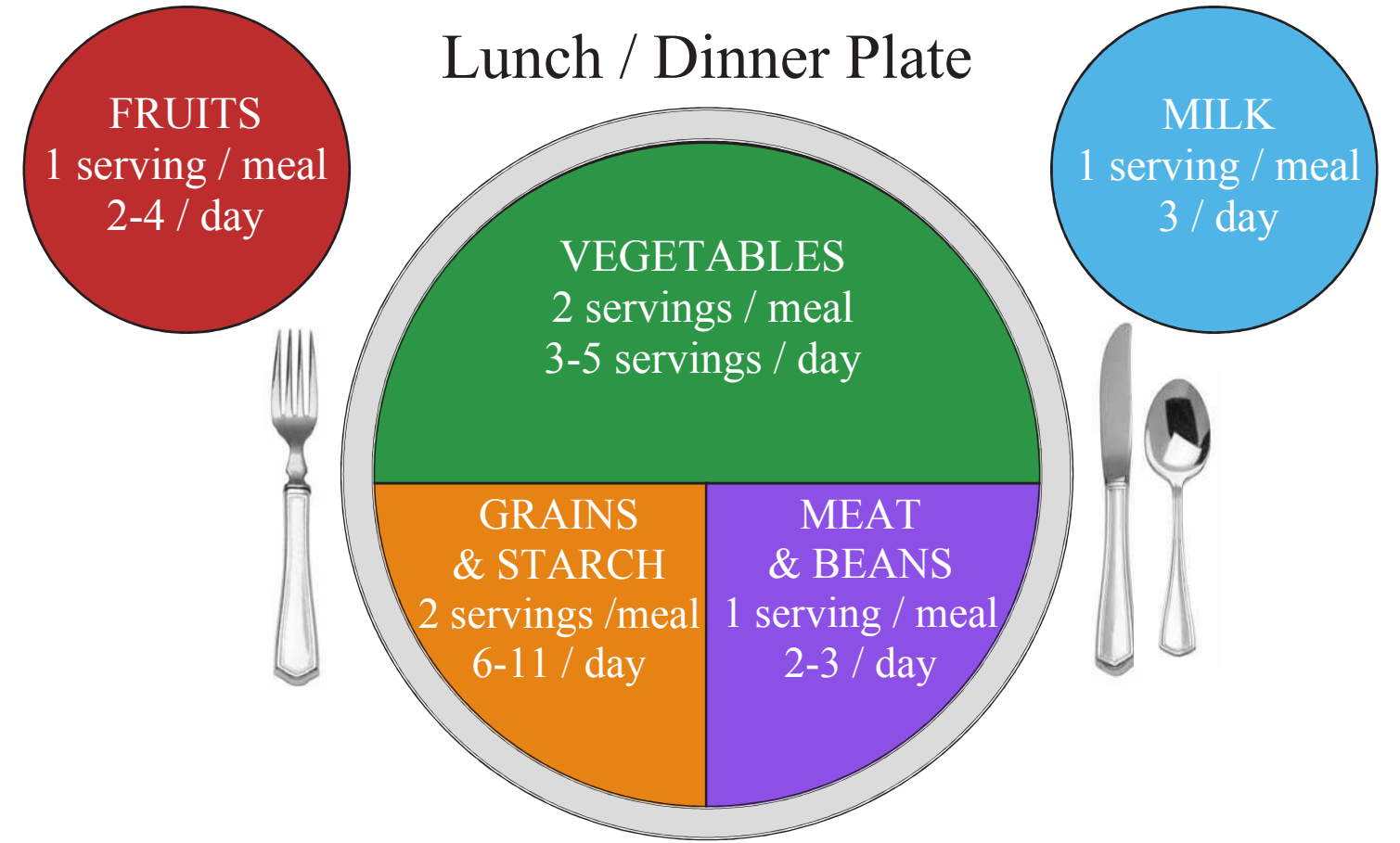
FIBER

Males - 30 grams / day
Females - 21 grams / day

Sources:

Whole Grains	1 serving = 2-8 grams
Legumes	1 serving = 4-8 grams
Vegetables	1 serving = 1-4 grams
Whole fruits	1 serving = 1-4 grams

Daily Nutrition Menu For Adults



Breakfast Menu

Starters

<u>Fruit choices</u>	<u>Portions (# servings)</u>	<u>Calories</u>
Apple	1 small (1)	81
Apple Juice	1 cup (2)	117
Apricots	1 apricot (1)	17
Banana	1 medium (1)	109
Blackberries	1 cup (2)	75
Blueberries	1 cup (2)	81
Cherries	1 cup (2)	88
Cranberries (dried)	¼ cup (1)	92
Dates	5 dates	116
Figs (dried)	2 figs	97
Fruit Cocktail (syrup)	1 cup (2)	181
Grapefruit	½ medium (1)	37
Grapefruit juice	1 cup (2)	96
Grapes (seedless, raw)	10 grapes	36
Grape juice	1 cup (2)	154
Kiwi fruit	1 medium (1)	46
Mangos	1 mango (2)	135
Melon	1 cup cubes (2)	56
Oranges	1 small (1)	62
Orange juice	1 cup (2)	112
Peaches	1 peach (1)	42
Peaches (canned, syrup)	1 cup (2)	194
Pears	1 pear (1)	98
Pears (canned, syrup)	1 cup (2)	197
Pineapple (raw, diced)	1 cup (2)	76
Pineapple (can, syrup)	1 cup (2)	198
Pineapple juice	1 cup (2)	140
Plums	1 plum (1)	36
Prunes (dried, pitted)	5 prunes	100
Raisins	1/4 cup (1)	109
Raspberries	1 cup (2)	60
Strawberries (sliced)	1 cup (2)	50
Watermelon (diced)	1 cup (2)	49

Entrees

<u>Meat choices</u>	<u>Portions (# servings)</u>	<u>Calories</u>
Eggs (hard boiled)	1 large	78
Eggs (poached)	1 large	75
Eggs (fried in margarine)	1 large	92
Eggs (scrambled)	1 large	101
Ham (lean, no fat)	3 oz - broiled	172
Ham (lean, no fat)	3 oz - pan fried	197
Ham (lean, no fat)	3 oz - roasted	179
Canadian bacon	2 – 1oz slices	86

Sides

<u>Grain/Starch</u>	<u>Portions (# servings)</u>	<u>Calories</u>
Bagel (plain)	4" bagel (3)	245
Banana bread	1 slice (2)	196
Biscuits	2.5" biscuit (2)	212
Bread, Mixed grain	1 slice (1)	65
Bread, Wheat	1 slice (1)	65
Bread, White	1 slice (1)	67
Bread, Rye	1 slice (1)	83
Cooked Cereals	1 cup (2)	130-150
Ready-to-eat Cereals	½-1 cup (1)	80-200
Cornbread	1 piece (1)	188
English muffin	1 muffin (1)	134
French toast	1 slice (1)	149
Granola bar	1 bar (1)	134
Blueberry muffin	1 muffin (2)	158
Bran muffin	1 muffin (1)	106
Pancakes	1 pancake (1)	83
Tortilla (corn)	1 tortilla (1)	58
Tortilla (flour)	1 tortilla (1)	104
Waffles	1 waffle 7" dia (2)	218
Hashed brown	1 patty (1)	63
Hashed browns	1 cup recipe (2)	326

Accompaniments

<u>Vegetable</u>	<u>Portions (#servings)</u>	<u>Calories</u>
Tomatoes		
Fresh	1 cup chopped (1)	38
Canned whole	1 cup (1)	46
Tomato juice	1 cup (1)	41
Onions	¼ cup chopped (1)	8
Peppers, green	½ pepper (1)	9
Vegetable juice	1 cup (1)	46

Milk

<u>Dairy products</u>	<u>Portions (# servings)</u>	<u>Calories</u>
Milk (1%)	1 cup (1)	102
Milk (skim)	1 cup (1)	86
Chocolate milk (1%)	1 cup (1)	158
Yogurt lowfat fruit	1 cup (1)	231
Yogurt lowfat plain	1 cup (1)	144
Cottage Cheese		
Low fat 1%	1 cup (½)	164
Uncreamed	1 cup (½)	123
Cheddar Cheese	1 oz (¾)	114
Mozzarella	1 oz (¾)	80
Swiss	1 oz (¾)	107
Parmesan	1 oz (¾)	129

Lunch & Dinner Menu

Entrees

<u>Meat choices</u>	<u>Portion (# servings)</u>	<u>Calories</u>
<u>Fish & Shellfish</u>		
Cod (baked or broiled)	3 oz (1)	89
Crab (steamed)	3 oz (1)	82
Halibut (baked or broiled)	3 oz (1)	119
Salmon (baked or broiled)	3 oz (1)	184
Shrimp (breaded, fried)	3 oz (1)	206
Trout (baked or broiled)	3 oz (1)	144
Tuna (baked or broiled)	3 oz (1)	118
Tuna (canned in water)	3 oz (1)	99
<u>Meat</u>		
Beef, Ground 83% lean	3 oz (1)	218
Beef, Roast, lean only	3 oz (1)	143
Beef, Steak, sirloin	3 oz (1)	166
Lamb Chops, loin, lean	3 oz (1)	184
Lamb, Leg, roast, lean	3 oz (1)	162
Pork, Ham, light cure, roast	3 oz (1)	133
Pork, Chop, loin, lean only	3 oz (1)	172
<u>Poultry</u>		
Chicken, roasted, ½ breast	4.2 oz (1.5)	142
Chicken, roasted, thigh	1 thigh (1)	109
Chicken, stewed, chopped	1 cup (2)	332
Chicken, canned, boneless	5 oz (2)	234
Turkey, roasted, chopped	1 cup (2)	238
Turkey, ground, cooked	1 cup (2)	298

Sides

<u>Grain/Starch</u>	<u>Portion (# servings)</u>	<u>Calories</u>
-See Breakfast Menu for Breads, Cereals, etc-		
Macaroni (elbows)	1 cup cooked (2)	197
Noodles, chow mein	1 cup (2)	237
Noodles, (egg noodles)	1 cup (2)	213
Rice, Brown, long grain	1 cup cooked (2)	216
Rice, White, long grain	1 cup cooked (2)	205
Rice, Wild	1 cup cooked (2)	166
Rolls, Dinner	1 roll (1)	84
Spaghetti, enriched	1 cup cooked (2)	197
Spaghetti, whole wheat	1 cup cooked (2)	174
Tortilla (corn)	1 tortilla 6" (1)	58
Tortilla (flour)	1 tortilla 6" (1)	104
Corn, sweet, yellow	1 cup cooked (2)	131
Corn, sweet, yellow	1 cup creamed (2)	184
Corn, sweet, white	1 cup cooked (2)	83
Potatoes, Baked, w/ skin	1 potato (2)	220
Potatoes Boiled	1 potato (2)	118
Potatoes Au gratin mix	1 cup (2)	228
Potatoes, Mashed recipe	1 cup (2)	237
Potatoes, Scalloped	1 cup (2)	228

Light Entrees

<u>Beans & Nuts</u>	<u>Portions (# servings)</u>	<u>Calories</u>
<u>Beans, dry, cooked</u>		
Black	1 cup (2)	227
Kidney	1 cup (2)	225
Lima, large	1 cup (2)	216
Pea (navy)	1 cup (2)	258
Pinto	1 cup (2)	234
Beans, Baked beans, can	1 cup (2)	236
Beans, White, canned	1 cup (2)	307
Black eyed peas, cooked	1 cup (2)	200
Chickpeas, dry, cooked	1 cup (2)	269
Lentils, dry, cooked	1 cup (2)	230
Refried beans, canned	1 cup (2)	237
Soybeans, dry, cooked	1 cup (2)	298
Soy Tofu, firm	3 oz (1)	62

Accompaniments

<u>Vegetables</u>	<u>Portions (#servings)</u>	<u>Calories</u>
Artichokes	1 cup cooked (2)	84
Asparagus	1 cup cooked (2)	43
Beans, Snap, cut	1 cup cooked (2)	44
Bean sprouts (mung)	1 cup cooked (2)	26
Beets	1 cup cooked (2)	75
Beet greens	1 cup cooked (2)	39
Broccoli, chopped	1 cup raw (1)	25
Broccoli, chopped	1 cup cooked (2)	44
Brussel sprouts	1 cup cooked (2)	61
Cabbage	1 cup cooked (2)	33
Carrots	1 carrot 7 ½" raw (1)	31
Carrots	1 cup cooked (2)	70
Cauliflower	1 cup raw (1)	25
Celery	1 cup raw (1)	19
Collards	1 cup cooked (2)	49
Cucumber	1 cup sliced (1)	14
Eggplant	1 cup cooked (2)	28
Lettuce, Romaine	1 cup shredded (1)	8
Mushrooms	1 cup cooked (2)	42
Pea pods	1 cup cooked (2)	67
Peas, green (starchy)	1 cup cooked (2)	117
Spinach	1 cup raw (1)	7
Spinach	1 cup cooked (2)	41
Squash, Summer	1 cup cooked (2)	36
Squash, Winter	1 cup cooked (2)	80
Sweetpotatoes	1 potato cooked (2)	150
Tomato Paste	1 cup (2)	215
Tomato Puree	1 cup (2)	100
Tomato Sauce	1 cup (2)	74
Tomatoes, stewed	1 cup (2)	71