

## Where the calories are

To understand where the calories are in your food, imagine that each of the scale weights is a 1-gram weight (there are 28 grams in an ounce). Each dot represents one calorie. The number of dots shows the energy (or calorie) density of the major components of the foods you eat. As you can see, the energy density varies widely, from 9 calories per gram (cal/g) for fat, 7 for alcohol, 4 for carbohydrate and protein, 2 for fiber, to 0 for water. Remember that low-energy-dense foods with few calories per gram give you bigger, more satisfying portions than high-energy-dense foods.



Fat  
9 cal/g



Alcohol  
7 cal/g



Carbohydrate  
4 cal/g



Protein  
4 cal/g



Fiber  
2 cal/g



Water  
0 cal/g

## Calculating energy density

$$\text{Energy Density} = \frac{\text{Calories}}{\text{Grams}}$$

(E.D.)

A *calorie* is a measure of energy from food. Calories provide energy to power your body.

A *gram* (abbreviated “g”) is a measure of weight. There are 28 grams in 1 ounce.

Let’s look at an example. The Energy Density of a reduced-fat mozzarella stick is 2.1.

$$\text{Energy Density} = \frac{60 \text{ Calories}}{28 \text{ Grams}} = 2.1$$

(E.D.)

### Nutrition Facts

Serving Size 1 stick (28g)

Servings Per Container 12

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#### Amount Per Serving

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**Calories** 60

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### Category 1: Very Low-Energy-Dense Foods (0 to 0.6 calories per gram)

Remember, if the number of calories is less than the number of grams per serving: go for it—you can eat satisfying portions.

Food	Energy Density
Chicken broth, fat-free	0.07
Gelatin, fruit-flavored, sugar free	0.07
Cucumber	0.13
Celery	0.16
Chicken broth	0.16
Lettuce	0.18
Tomato	0.21
Asparagus	0.24
Mushrooms	0.27
Broccoli	0.28
Strawberries	0.30
Vegetarian vegetable soup	0.30
Grapefruit	0.30
Fennel	0.31
Watermelon	0.32
Green beans	0.35
Cantaloupe	0.35
Chicken, rice, and vegetable soup	0.38
Winter squash	0.39
Carrots	0.43
Peach	0.43
Applesauce, unsweetened	0.43
Italian dressing, fat-free	0.47
Orange	0.47
Raspberries	0.48
Yogurt, fruit, fat-free, low-calorie sweetener	0.53
Yogurt, plain, fat-free	0.56
Blueberries	0.56
Apples	0.58
Gelatin, fruit-flavored	0.59
Pears	0.59

### Category 2: Low-Energy-Dense Foods (0.6 to 1.5 calories per gram)

These foods make up most of what we eat—you can eat satisfying portions at the low end, but start portion control at the high end.

Food	Energy Density
Tofu	0.61
Instant oatmeal, prepared with water	0.62
Mayonnaise, fat-free	0.62
Yogurt, plain, low-fat	0.63
Cottage cheese, fat-free	0.65
Grapes	0.67
Vegetarian chili	0.67
Beans, black	0.78
Green peas	0.78
Corn on the cob (boiled, drained)	0.86
Orange roughy (broiled)	0.89
Banana	0.92
Beans, baked	0.93
Sour cream, fat-free	0.94
Shrimp, boiled or steamed	1.0
Yogurt, frozen, fat-free	1.0
Yogurt, fruit, low-fat	1.0
Cottage cheese, regular (full fat)	1.0
Sweet potato, baked	1.0
Olives	1.1
Bran flakes with 1 percent milk	1.1
Ketchup	1.1
Potato, baked with skin	1.1
Tuna, canned in water	1.2
Yogurt, frozen, fruit varieties	1.3
Rice, white, long-grain, cooked	1.3
Chili con carne	1.3
Ranch dressing, fat-free	1.4
Pasta, cooked	1.4
Avocado	1.4
Ham, extra lean, 5 percent fat	1.5
Spaghetti with meat sauce	1.5

### Category 3: Medium-Energy-Dense Foods (1.5 to 4.0 calories per gram)

Watch portion size, especially at the high end of this broad range of foods.

Food	Energy Density
Yogurt, frozen, chocolate or vanilla, soft serve	1.6
Egg, hard boiled	1.6
Turkey breast, roasted, no skin	1.6
Chicken breast, roasted, no skin	1.7
Vegetable burger	1.8
Sirloin steak, lean, broiled	1.9
Tuna, canned in oil	2.0
Bean and cheese burrito	2.0
Egg, fried	2.0
Pumpkin pie	2.1
Margarine, low-calorie	2.1
Bread, whole-wheat	2.5
Preserves, jellies and marmalades	2.5
Ice cream, premium	2.5
Angel food cake	2.6
Mozzarella cheese, part-skim	2.6
Ranch dressing, reduced-fat	2.7
Italian bread, white	2.7
Ground beef, lean, broiled	2.7
Bagel, plain	2.8
Cheese pizza	2.9
Muffin, blueberry	2.9
Raisins	3.0
Potatoes, french fried	3.2
Ravioli, cheese	3.2
Mayonnaise, light	3.3
Cream cheese, full fat	3.5
Italian dressing, full fat	3.6
Chocolate cake with frosting	3.7
Cheese, Swiss or American	3.8
Hard pretzels	3.9
Tortilla chips, baked	3.9
Potato chips, baked	3.9

### Category 4: High-Energy-Dense Foods (4.0 to 9.0 calories per gram)

You need to manage intake from this category by limiting portions or making substitutions.

Food	Energy Density
Onion rings, battered and fried	4.1
Frosting, white	4.1
Croissant	4.1
Pie crust	4.1
Doughnut, plain	4.1
Graham crackers	4.2
Granola bar	4.3
Popcorn, caramel	4.3
Cheese, Parmesan	4.6
Chocolate chip cookies, homemade	4.6
Creame-filled chocolate sandwich cookies	4.9
Cheese crackers	5.0
Bacon	5.0
Tortilla chips	5.1
Peanut butter, reduced-fat	5.3
Chips, potato or corn	5.4
Milk chocolate bar	5.4
Peanuts, roasted	5.9
Ranch dressing, full fat	5.9
Peanut butter, creamy	5.9
Pecans, dry roasted	6.6
Mayonnaise, regular, full fat	7.2
Butter	7.2
Margarine, stick	7.2
Oil, vegetable	8.8

## Calories in beverages

Beverages can be a source of hidden calories. Often beverages sold in “individual” packages, such as a 16-ounce bottle of soda, contain multiple servings. Think about the beverages you had yesterday . . . how many calories did you drink?

Beverage	Amount	Calories	Energy Density
Water or diet soda	8 ounces	0	0.00
	12 ounces	0	
	16 ounces	0	
Light beer	8 ounces	66	0.28
	12 ounces	99	
	16 ounces	132	
Nonfat milk	8 ounces	86	0.35
	12 ounces	129	
	16 ounces	172	
Beer	8 ounces	97	0.41
	12 ounces	146	
	16 ounces	195	
Cola/soda	8 ounces	101	0.41
	12 ounces	152	
	16 ounces	203	
1 percent milk	8 ounces	102	0.42
	12 ounces	153	
	16 ounces	205	
Orange juice	8 ounces	112	0.45
	12 ounces	167	
	16 ounces	223	
2 percent milk	8 ounces	122	0.50
	12 ounces	183	
	16 ounces	244	
Whole milk	8 ounces	149	0.61
	12 ounces	223	
	16 ounces	298	
Wine	8 ounces	165	0.70
	12 ounces	248	
	16 ounces	330	

## Easy ways to save calories

Instead of	E.D.	Calories	Substitute	E.D.	Calories	Calorie Savings
Medium bagel (1 bagel)	2.8	195	Whole-wheat toast (1 slice)	2.5	62	<b>133</b>
Jelly donut (1 doughnut)	3.4	289	<i>Blueberry Applesauce Muffin</i> (page 68) (1 muffin)	1.6	123	<b>166</b>
Whole milk (8 ounces)	0.61	150	Nonfat milk (8 ounces)	0.35	86	<b>64</b>
Premium ice cream (½ cup)	2.5	270	Fat-free frozen yogurt (½ cup)	1.2	80	<b>190</b>
Tuna packed in oil (2 ounces)	2.0	110	Tuna packed in water (2 ounces)	1.2	66	<b>44</b>
Roasted chicken wings (3 ounces)	2.9	247	Roasted skinless chicken breast (3 ounces)	1.7	140	<b>107</b>
Regular soda (12 ounces)	0.41	152	Diet soda (12 ounces)	0	0	<b>152</b>

# The principles of *Volumetrics*

What is the ideal weight-loss plan? It is one that satisfies hunger, reduces calories, includes a wide variety of foods, meets nutritional needs, and includes physical activity. It also must be enjoyable and sustainable.

Element	Recommendation	Comments
Energy (Calories)	Reduce usual intake by 500 to 1000 calories a day	This should lead to weight loss of 1 to 2 pounds a week.
Fat	20 to 30 percent of total calories	Choose reduced-fat foods with a low energy density. Emphasize healthy fats.
Carbohydrates	55 percent or more of total calories	To increase satiety emphasize carbohydrates from whole grains, vegetables, and fruits.
Fiber	25 grams a day for women,	Enjoy lots of vegetables, fruits, legumes, and whole grains. Fiber helps lower energy density and increases satiety.
Sugars	Choose a diet moderate in sugars	Decrease intake of sugar-based drinks, which add calories with little satiety.
Protein	15 to 35 percent of calories, about 0.4 grams per pound of body weight. You can go up to 0.8 grams per pound if you are very active.	More satiating than carbohydrates or fat. During weight loss, adequate amounts help prevent muscle loss and thus maintain metabolic rate. Choose beans, low-fat fish, and lean meats.
Alcohol	Limit to 1 drink a day for women, 2 for men	Consume with low-energy-dense meals.
Water	Drink about 9 cups of fluids a day for women, 13 for men. This includes water and other beverages.	Replace sugary drinks with water or calorie-free beverages.
Physical activity	Aim for 30 to 60 minutes of modest-intensity physical activity on most days. Include resistance training twice a week.	Many everyday activities can help you reach this goal. Time spent gardening, walking, housekeeping, and using the stairs adds up quickly. Use a step counter!

### Here is an example of realistic goals.

Week 0 (Baseline)		Goals	
Age:	<u>35 years</u>		
Waist size: (page 36)	<u>42 inches</u>		
Weight:	<u>165 pounds</u>	Goal weight:	<u>149 pounds</u>
BMI: (page 35)	<u>27</u>	Goal BMI:	<u>24</u>
Daily calorie requirement: (page 43)	<u>2324 calories</u>	Daily calorie goal:	<u>1824 calories</u>
Daily step count: (page 46)	<u>4,500 steps</u>	Initial Daily step goal:	<u>6,500 steps</u>
		Long-term step goal:	<u>10,000 steps</u>

### Use this goals chart for your own goals.

Week 0 (Baseline)		Goals	
Age: _____			
Waist size: _____			
Weight: _____		Goal weight: _____	
BMI: _____		Goal BMI: _____	
Daily calorie requirement: _____		Daily calorie goal: _____	
Daily step count: _____		Initial Daily step goal: _____	
		Long-term step goal: _____	



## Calculate your weight loss goal

### EXAMPLE

If you weigh 165 pounds, 10% of your body weight is 16 pounds

$$\begin{array}{l} \underline{165} \text{ pounds} \times 0.10 = \underline{16} \text{ pounds} \\ \text{(current body weight)} \qquad \qquad \text{(10\% of your body weight)} \end{array}$$

Your goal weight would be 149 pounds.

$$\begin{array}{l} \underline{165} \text{ pounds} - \underline{16} \text{ pounds} = \underline{149} \text{ pounds} \\ \text{(current body weight)} \quad \text{(10\% of your body weight)} \end{array}$$

### NOW IT IS YOUR TURN

10% of your body weight: (for a 5% weight loss substitute 0.05 for 0.10)

$$\begin{array}{l} \underline{\hspace{2cm}} \text{ pounds} \times 0.10 = \underline{\hspace{2cm}} \text{ pounds} \\ \text{(current body weight)} \qquad \qquad \text{(10\% of your body weight)} \end{array}$$

Your goal weight.

$$\begin{array}{l} \underline{\hspace{2cm}} \text{ pounds} - \underline{\hspace{2cm}} \text{ pounds} = \underline{\hspace{2cm}} \text{ pounds} \\ \text{(current body weight)} \quad \text{(10\% of your body weight)} \end{array}$$

Use this chart to determine your BMI by finding the intersection of your weight and your height.

Weight	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
Height																															
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	40	41	42	43	44
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	37	38	39	40	41	42
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	37	38	39	40	41
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	35	36	37	38	39	40
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	35	36	37	38	39
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	38
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	38
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	31	31	32	33	34	35	36
6'1"	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	30	31	32	33	34	35	36
6'2"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	29	30	31	32	33	34	35
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	29	30	31	32	33	34
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	29	30	31	32	33	34

Underweight	Normal weight	Overweight	Obese
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### Sample *Volumetrics* food diary

Date Aug 17

Time	Food	Amount	E. D. Category	Improvement Strategies
7:30	Orange juice	1 cup	1	Substitute a whole orange.
7:30	Coffee with cream	1 cup	1	Use milk.
7:30	English muffin with butter	2	3	Substitute fiber-rich breakfast cereal with low-fat milk.
10:30	Chocolate cream-filled sandwich cookies	6	4	Pack and snack on an apple.
12:30	Baked potato with butter and cheese sauce	1	3	Top the potato with steamed broccoli and salsa.
12:30	Ham and cheese sandwich	1	3	Use whole-wheat bread. Add more vegetables. Use mustard or reduced-fat mayo.
3:30	Potato chips	1 small bag	4	Pack and snack on low-fat yogurt or a reduced-fat cheese stick.
6:00	Thick-crust pizza with extra meat and cheese	3 slices	3	Start dinner with a low-energy-dense soup and salad. Eat fewer slices of pizza. Order thin-crust pizza with extra veggies.
8:00	Milk shake	1 cup	2	Have a fresh fruit smoothie.

**Volumetrics food diary**

Date \_\_\_\_\_

A blank food diary for you to copy and use to keep track of what you are eating.

Time	Food	Amount	E. D. Category	Improvement Strategies

## Sample daily energy requirements worksheet for women

Determine your daily activity level

**Sedentary:** little walking, stair climbing, gardening or other activity

**Low active:** 30 to 90 minutes a day brisk activity (~3,600 to 10,800 steps)

**Active:** 1½ to 3½ hours a day brisk activity (~10,800 to 25,000 steps)

**Very active:** 3½ or more hours a day brisk activity (~25,000 steps)

1. If your activity level is:

**Sedentary**, enter 1.00

**Low active**, enter 1.14

**Active**, enter 1.27

**Very active**, enter 1.45

1.14  
(activity level)

(A)

If you spend 45 minutes a day walking briskly, you have a low activity level and would enter a 1.14

2. Multiply your height (inches) by 16.78

1107  
(height x 16.78)

(B)

If you are 5 foot 6 inches tall, your height in inches is 66.  
 $66 \times 16.78 = 1107$

3. Multiply your weight (pounds) by 4.95

817  
(weight x 4.95)

(C)

$165 \text{ pounds} \times 4.95 = 817$

4. Multiply your age (years) by 7.31

256  
(age x 7.31)

(D)

$35 \text{ years} \times 7.31 = 256$

5. Add line B and line C

1924  
(B + C)

(E)

$1107 + 817 = 1924$

6. Multiply line A by line E

2193  
(A x E)

(F)

$1.14 \times 1924 = 2193$

7. Subtract line D from 387

131  
(387 - D)

(G)

$387 - 256 = 131$

8. Add line G and line F

2324 calories  
(G + F)

(H)

$131 + 2193 = 2324$   
Your daily energy needs are 2324 calories. To lose a pound a week, consume 500 calories less, which is 1824 calories.

## Daily energy requirements worksheet

Determine your daily activity level

**Sedentary:** little walking, stair climbing, gardening or other activity

**Low active:** 30 to 90 minutes a day brisk activity (~3,600 to 10,800 steps)

**Active:** 1½ to 3½ hours a day brisk activity (~10,800 to 25,000 steps)

**Very active:** 3½ or more hours a day brisk activity (~25,000 steps)

### WOMEN

1. If your activity level is:

**Sedentary**, enter 1.00 \_\_\_\_\_ (A)

**Low active**, enter 1.14 (activity level)

**Active**, enter 1.27

**Very active**, enter 1.45

2. Multiply your height \_\_\_\_\_ (B)  
(inches) by 16.78 (height x 16.78)

3. Multiply your weight \_\_\_\_\_ (C)  
(pounds) by 4.95 (weight x 4.95)

4. Multiply your age \_\_\_\_\_ (D)  
(years) by 7.31 (age x 7.31)

5. Add line B and line C \_\_\_\_\_ (E)  
(B + C)

6. Multiply line A by \_\_\_\_\_ (F)  
line E (A x E)

7. Subtract line D \_\_\_\_\_ (G)  
from 387 (387 - D)

8. Add line G and line F \_\_\_\_\_ (G + F)

### MEN

1. If your activity level is:

**Sedentary**, enter 1.00 \_\_\_\_\_ (A)

**Low active**, enter 1.12 (activity level)

**Active**, enter 1.27

**Very active**, enter 1.54

2. Multiply your height \_\_\_\_\_ (B)  
(inches) by 12.8 (height x 12.8)

3. Multiply your weight \_\_\_\_\_ (C)  
(pounds) by 6.46 (weight x 6.46)

4. Multiply your age \_\_\_\_\_ (D)  
(years) by 9.72 (age x 9.72)

5. Add line B and \_\_\_\_\_ (E)  
line C (B + C)

6. Multiply line A \_\_\_\_\_ (F)  
by line E (A x E)

7. Subtract line D \_\_\_\_\_ (G)  
from 864 (864 - D)

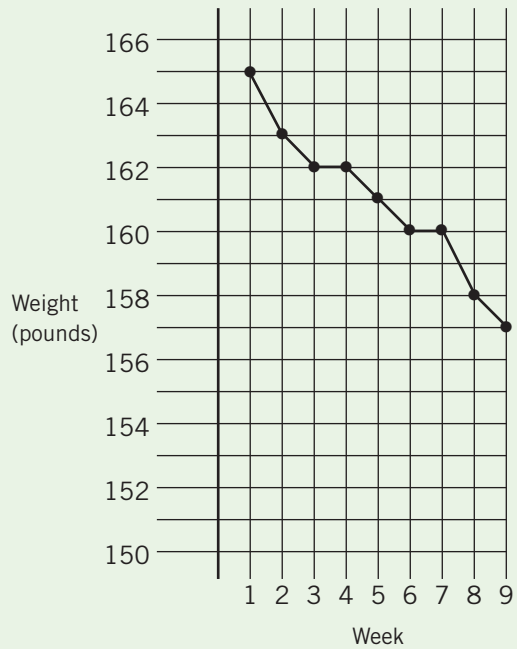
8. Add line G and line F \_\_\_\_\_ (G + F)

This is the estimated number of calories you need to maintain your current weight

Use this chart to track how many steps you take each day

Week 0 Steps	
Monday	Number of steps:
Tuesday	Number of steps:
Wednesday	Number of steps:
Thursday	Number of steps:
Friday	Number of steps:
Saturday	Number of steps:
Sunday	Number of steps:
	Total steps over the week =
	Average steps (sum divided by 7) =
	Steps goal (average steps + 2000) =

### Example of how to plot your weight loss success!





**Daily self-monitoring form: What I ate.**

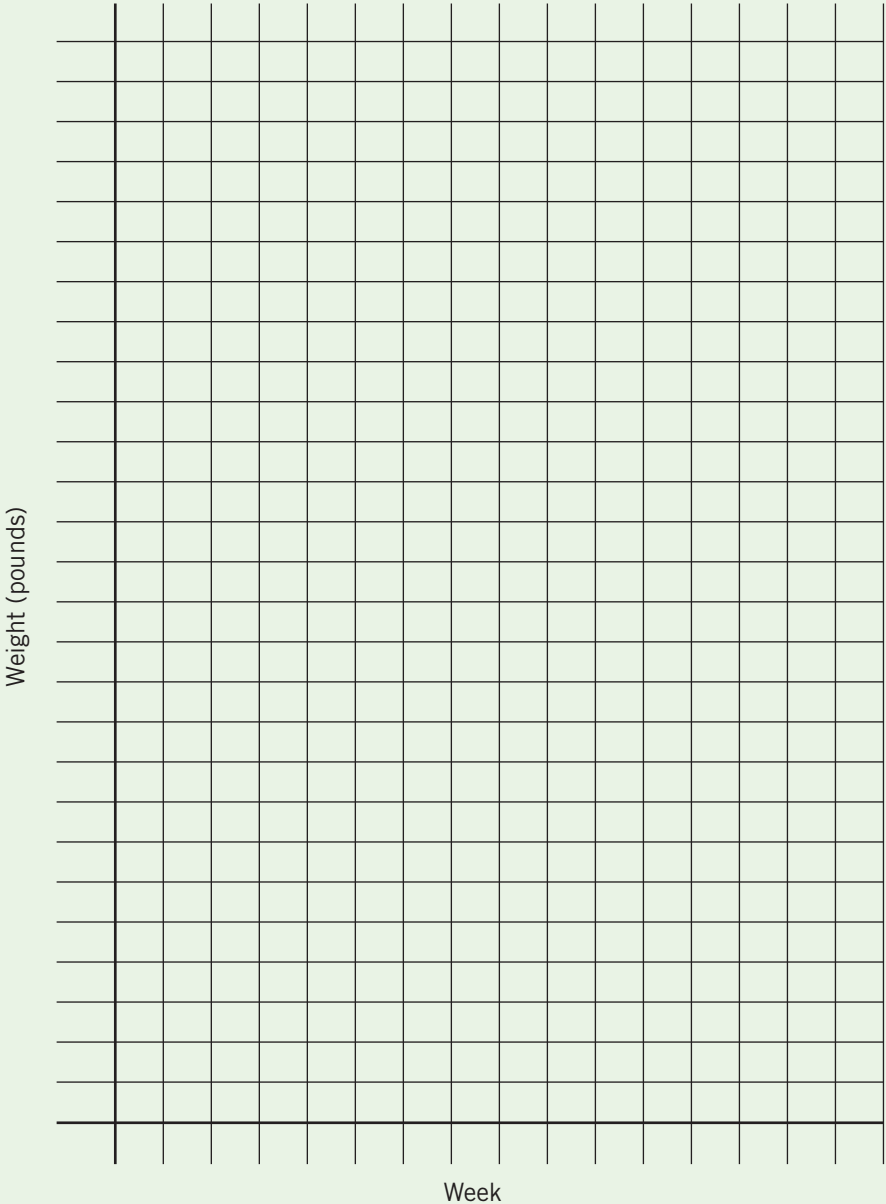
	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Beverages
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Daily self-monitoring form: How am I doing?

Weight: \_\_\_\_\_

	Meals: Were they full of low ED foods?	Hunger and satiety guided your eating.	Daily steps	Favorite volumetric meals & snacks	Daily personal goal
Monday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Wednesday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Thursday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Friday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Saturday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Sunday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			

Plot your weight loss success!



**WEEK 1 Menu Plan:** The meals listed in this first week contain a variety of *Volumetrics* recipes. Feel free to try meals from weeks 2 and 3 or to make substitutions with the modular lists.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 1 cup wheat bran flakes ½ cup blueberries 1 banana (302 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 whole-wheat English muffin 1 ounce Swiss cheese (220 calories) 1 grapefruit ½ teaspoon sugar (81 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 packet instant oatmeal ¼ cup oat bran ¼ cup raisins dash cinnamon (307 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 whole-wheat frozen waffles 1 tablespoon light margarine ½ cup strawberries 1 kiwifruit (292 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1½ cups oat bran flakes ¼ cup dried cranberries (296 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Creamy Apricot Oatmeal</i> (page 69, 265 calories) ½ pink grapefruit ¼ teaspoon sugar (40 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Piquant Frittata</i> (page 66, 175 calories) 1 cup cantaloupe 1 cup honeydew (118 calories) 1 cup 1% milk (102 calories)
<b>Lunch</b> <i>Roasted Portobello Sandwich</i> (page 119, 290 calories) <i>Tabbouleh</i> (page 148, 100 calories) 1 pear (98 calories)	<b>Lunch</b> <i>Cold-Cut Combo Sandwich</i> (page 116, 345 calories) <i>Tangy Cole Slaw</i> (page 139, 65 calories) ½ cup fruit- flavored gelatin 1 cup strawberries (80 calories)	<b>Lunch</b> <i>Garden Fresh Vegetable Pizza</i> (page 238, 285 calories) <i>Gazpacho</i> (page 110, 120 calories) 1 snack cup nonfat chocolate pudding (100 calories)	<b>Lunch</b> <i>Zesty Tuna Salad Pita</i> (page 124, 285 calories) <i>Fresh Fruit and Spinach Salad with Orange- Poppy Seed Dressing</i> (page 138, 150 calories) 1 apple (81 calories)	<b>Lunch</b> <i>South of the Border Chicken Stew</i> (page 208, 325 calories) <i>Volumetrics Salad</i> (page 134, 100 calories) 1 cup fruit cocktail in light syrup (76 calories)	<b>Lunch</b> <i>Santa Fe Steak Salad</i> (page 144, 400 calories) ½ cup low-fat cottage cheese ¼ cup peaches canned in light syrup (108 calories)	<b>Lunch</b> <i>Risotto Primavera</i> (page 222, 290 calories) <i>Fennel, Orange, &amp; Arugula Salad</i> (page 133, 80 calories) <i>Maple Crème Caramel</i> (page 258, 130 calories)
<b>Dinner</b> <i>Chicken Merlot</i> (page 206, 240 calories) ⅔ cup brown rice (144 calories) <i>Insalata Mista</i> (page 137, 60 calories) <i>Balsamic Berries</i> (page 246, 55 calories)	<b>Dinner</b> <i>Veggie-Stuffed Macaroni and Cheese</i> (page 234, 330 calories) <i>Curried Cauliflower Soup</i> (page 100, 105 calories) ¾ cup mandarin orange slices (69 calories)	<b>Dinner</b> <i>Baked Tilapia with Sautéed Vegetables</i> (page 194, 160 calories) <i>Oven Roasted Potatoes</i> (page 169, 110 calories) <i>Roasted Asparagus</i> (page 163, 50 calories) <i>Chocolate Fondue with Fresh Fruit</i> (page 259, 185 calories)	<b>Dinner</b> <i>South of the Border Chicken Stew</i> (page 208, 325 calories) Whole-wheat roll (110 calories) 1 cup grapes (62 calories)	<b>Dinner</b> <i>Poach-Roast Salmon</i> (page 193, 225 calories) <i>Vegetable Pilaf</i> (page 221, 135 calories) <i>Charlie's Greek Salad</i> (page 130, 80 calories) 1 3-ounce frozen fruit and juice bar (70 calories)	<b>Dinner</b> <i>Charlie's Pasta Primavera</i> (page 228, 345 calories) <i>Corn &amp; Tomato Chowder</i> (page 95, 105 calories) 1 kiwifruit (46 calories)	<b>Dinner</b> <i>Pork Chops with Orange-Soy Sauce</i> (page 188, 195 calories) <i>Stir-Fried Green Beans</i> (page 164, 65 calories) ½ cup brown rice (72 calories) <i>Raspberry- Topped Ricotta Cakes</i> (page 255, 165 calories)

**WEEK 2 Menu Plan:** Here you will find a mix of Volumetrics recipes and quick meal ideas.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 1 packet instant maple & brown sugar oatmeal ¼ cup oat bran (235 calories) 1 orange (62 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1½ cups wheat bran flake cereal 1 peach (246 calories) 1 cup cantaloupe (56 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup nonfat vanilla yogurt 1 cup pineapple ¼ cup low-fat granola (304 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup shredded wheat, spoon size ¼ cup dried apricots (291 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 whole-wheat English muffin 1 tablespoon reduced-fat peanut butter 1 sliced apple (304 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes</i> (page 62, 270 calories) 1 cup sugar-free fruited yogurt (120 calories)	<b>Breakfast</b> <i>Mexican Egg Wrap</i> (page 65, 240 calories) 1 cup grapes (62 calories) 1 cup 1% milk (102 calories)
<b>Lunch</b> 1 baked potato topped with veggies, salsa, and cheese (350 calories) <i>Lemony Fennel Salad</i> (page 136, 55 calories) 1 pear (98 calories)	<b>Lunch</b> 6" turkey sub on a wheat roll (no mayo or cheese, but lots of veggies) (280 calories) 2 cups vegetarian vegetable soup (144 calories) 1 cup grapes (81 calories)	<b>Lunch</b> <i>Buffalo Chicken Wrap</i> (page 120, 350 calories) <i>Insalata Mista</i> (page 137, 60 calories) 1 apple (81 calories)	<b>Lunch</b> <i>Tuna and White Bean Salad</i> (page 150, 200 calories) 1 3½-inch oat bran bagel (181 calories) 1 cup sugar-free fruited yogurt (120 calories)	<b>Lunch</b> 1 frozen reduced-calorie entrée of choice (300 calories) 15 baby carrots 1 tablespoon nonfat ranch dressing (82 calories) 1 banana (109 calories)	<b>Lunch</b> <i>Open-Faced Roast Beef Sandwich</i> (page 118, 200 calories) <i>Cannellini Bean Soup</i> (page 105, 265 calories) 1 plum (40 calories)	<b>Lunch</b> <i>Ratatouille</i> (page 162, 75 calories) 1 cup whole-wheat pasta (174 calories) <i>Strawberry Trifle with Lemon Cream</i> (page 256, 250 calories)
<b>Dinner</b> <i>Old World Goulash</i> (page 182, 335 calories) <i>Stuffed Mushrooms Florentine</i> (page 86, 45 calories) ½ cup low-fat cottage cheese 1 kiwifruit (128 calories)	<b>Dinner</b> <i>Bayou Red Beans &amp; Rice</i> (page 218, 300 calories) <i>Volumetrics Salad</i> (page 134, 100 calories) ½ cup low-fat vanilla ice cream (92 calories)	<b>Dinner</b> ¾ cup cooked whole-wheat pasta, 1½ cups frozen mixed vegetables, ½ cup prepared pasta sauce, and 1 teaspoon Parmesan cheese (460 calories) Piece of chocolate (50 calories)	<b>Dinner</b> <i>Hearty Chicken and Vegetable Soup</i> (page 108, 290 calories) <i>Fresh Fruit and Spinach Salad with Orange-Poppy Seed Dressing</i> (page 138, 150 calories) 1 cup cantaloupe (56 calories)	<b>Dinner</b> <i>Nouveau Lamb Stew</i> (page 186, 245 calories) <i>Insalata Caprese</i> (page 81, 105 calories) ½ cup chocolate pudding (150 calories)	<b>Dinner</b> <i>Oceanside Pasta</i> (page 230, 400 calories) <i>Creamy Cucumber and Dill Salad</i> (page 132, 50 calories) ½ cup peaches ½ tablespoon reduced-fat frozen whipped topping (51 calories)	<b>Dinner</b> <i>Stir-Fried Beef with Snow Peas and Cherry Tomatoes</i> (page 181, 255 calories) <i>Asian Spring Rolls</i> (page 82, 130 calories) 2 fortune cookies (56 calories) ½ peach 1 tablespoon light cream (51 calories)

**WEEK 3 Menu Plan:** This week contains a variety of quick meal ideas along with several Volumetrics recipes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 2 slices whole-wheat toast 2 tablespoons reduced-fat cream cheese 2 kiwifruits (292 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 eggs scrambled 2 tablespoons salsa (163 calories) $\frac{3}{4}$ cup pineapple $\frac{1}{2}$ cup low-fat cottage cheese (139 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup nonfat vanilla yogurt $\frac{3}{4}$ cup chopped mango $\frac{1}{4}$ cup low-fat granola (309 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup shredded wheat, spoon size 1 diced peach (256 calories) 1 tangerine (37 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 veggie sausage links (80 calories) 2 slices whole-wheat toast, $\frac{1}{2}$ tablespoon light margarine (155 calories) 1 cup honeydew (62 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 Blueberry Applesauce Muffins (page 68, 250 calories) $\frac{1}{2}$ pink grapefruit $\frac{1}{4}$ teaspoon sugar (40 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> Baked Berry French Toast (page 64, 315 calories) $\frac{3}{4}$ cup 1% milk (75 calories)
<b>Lunch</b> Grilled chicken sandwich (no mayo or cheese, but lots of veggies) (320 calories) 7 wheat crackers, 1 ounce reduced-fat cheese (144 calories) 1 clementine (37 calories)	<b>Lunch</b> 5-ounce frozen bean and cheese burrito $\frac{1}{4}$ cup salsa (325 calories) 1 cup sugar-free fruited yogurt 1 cup strawberries (168 calories)	<b>Lunch</b> Ham sandwich on 6" wheat roll, 1 slice cheese (no mayo, but lots of veggies) (380 calories) $\frac{1}{2}$ cup fruit sorbet (120 calories)	<b>Lunch</b> 1 can broth-based vegetable soup (180 calories) 1 whole-wheat bagel 1 tablespoon reduced-fat cream cheese (230 calories) 1 pear (98 calories)	<b>Lunch</b> 1 frozen reduced-calorie entrée of choice (300 calories) $1\frac{1}{2}$ cups chicken, rice, and vegetable soup (135 calories) 1 cup grapes (62 calories)	<b>Lunch</b> 1 small fast-food cheeseburger (no mayo, but lots of veggies) (310 calories) Large garden salad without croutons, $\frac{1}{4}$ cup fat-free salad dressing (150 calories) 1 plum (40 calories)	<b>Lunch</b> Veggie burger on a whole-wheat roll, lettuce and sliced tomato (320 calories) 2 cups chicken noodle soup (150 calories) $\frac{1}{2}$ cup raspberries (30 calories)
<b>Dinner</b> $\frac{1}{4}$ of a bagged, reduced-calorie, frozen family-size meal entrée. Add 2 cups frozen vegetables (300 calories) 1 ounce angel food cake, $\frac{1}{2}$ cup strawberries, 2 tablespoons reduced-calorie whipped topping (193 calories)	<b>Dinner</b> Chicken Fajita Pizza (page 240, 390 calories) $\frac{1}{2}$ cup sugar-free vanilla pudding prepared with nonfat milk $\frac{1}{2}$ cup blueberries (110 calories)	<b>Dinner</b> Pizza Margherita (page 239, 265 calories) Green salad with nonfat dressing (50 calories) Grilled Banana Splits (page 248, 185 calories)	<b>Dinner</b> Shrimp Fried Rice (page 200, 325 calories) 1 cup fresh pineapple (76 calories) 1 fortune cookie (28 calories) $\frac{1}{2}$ cup nonfat frozen yogurt (80 calories)	<b>Dinner</b> Liz's Pasta Salad (page 146, 400 calories) Baked apple, 1 teaspoon sugar, dash of cinnamon (96 calories)	<b>Dinner</b> 3-ounce baked pork chop 1 cup wild rice (338 calories) White Bean Bruschetta (page 79, 60 calories) Minted broccoli (page 158, 35 calories) $1\frac{1}{4}$ cups watermelon (60 calories)	<b>Dinner</b> Italian Turkey Spirals (page 212, 140 calories) 1 cup green beans (20 calories) $\frac{3}{4}$ cup brown rice (162 calories) Fresh Fruit Parfait (page 252, 170 calories)

**WEEK 4 Menu Plan:** Fill this in with your favorite Volumetrics meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

## MODULAR FOOD LISTS

You can use these lists to make substitutions for foods in the menu plan and when developing your personal Volumetrics Eating Plan. Within each modular list, foods are grouped by calorie level, so you can easily determine which foods are interchangeable. The energy density of each food is listed to help you make the most satiating choices. I've also included the weight of the foods in grams so you will see how the portion sizes compare when you are choosing foods. To find the values for more foods, check *The Volumetrics Weight-Control Plan*.

### Breakfast Food Modular List

Let's use the breakfast modular list to show you how to make the most satiating choices. When choosing between foods with a similar calorie level, you will be able to have a larger portion if you choose the food with the lower energy density. For example, a glazed doughnut (E.D. 4.0) and the Creamy Apricot Oatmeal (page 69) (E.D. 0.90) both contain about 250 calories. The doughnut weighs 61 grams; the oatmeal weighs 294 grams—almost 5 times as much.

Cereal with nonfat or low-fat milk is a good choice for breakfast. Check the label to find cereals you like that have at least 3 grams of fiber per serving. Pay attention to portion sizes. I list calories per cup of cereal, but that does not mean you should eat that amount. If you ate a cup of granola with milk, you would consume 620 calories!



	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Scrambled liquid egg substitute, ¼ cup	0.91	58	53
Whole-wheat toast, 1 slice	2.8	23	65
White toast, 1 slice	2.9	23	67
Poached egg, 1 large egg	1.5	50	75
Boiled egg, 1 large egg	1.6	49	78
Turkey kielbasa, 2 ounces	1.4	57	80
Veggie sausage links, 2 links	1.8	45	80
Pancake, 1 plain item, 4-inch diameter	2.3	37	86
Waffle, 1 plain, frozen variety	2.6	33	87
Canadian bacon, 2 slices	1.9	47	89
Turkey bacon, 3 slices	2.4	37	90
Fried egg, 1 large egg	2.0	46	92
<b>100 to 200 calories</b>			
Cream of Wheat, 1 cup, prepared with water	0.49	251	123
<i>Blueberry Applesauce Muffins</i> , page 68	1.6	78	125
English muffin, toasted	2.6	51	128
Pork bacon, 3 slices	5.7	24	138
Corn grits, 1 cup, prepared with water	0.60	242	145
Oatmeal, 1 cup, instant, prepared with water	0.62	233	145
Kellogg's Product 19 cereal, 1 cup with ½ cup 1 percent milk	1.0	151	151
Corn flakes cereal, 1 cup with ½ cup 1 percent milk	1.1	137	151
French toast, 1 slice, made with 2 percent milk	2.3	66	151
Bran muffin, 2½-inch diameter	2.7	57	153
General Mills Wheaties, 1 cup with ½ cup 1 percent milk	1.1	146	161
General Mills Cheerios, 1 cup with ½ cup of 1 percent milk	1.1	147	162
General Mills Fiber One cereal, 1 cup with ½ cup 1 percent milk	0.94	182	171
<i>Piquant Frittata</i> , page 66	1.0	170	175
Oat bran bagel, 1 item, 3⅓-inch diameter	2.5	70	181
Post Grape-Nuts Flakes cereal, 1 cup with ½ cup 1 percent milk	1.1	168	185
Cinnamon raisin bagel, 3⅓-inch diameter	2.9	67	194
Plain bagel, 3⅓-inch diameter	2.8	70	195

	Energy Density	Weight (grams)	Calories
Oat bran flakes cereal, 1 cup with ½ cup 1 percent milk	1.2	165	198
<b>200 to 300 calories</b>			
Wheat bran flakes cereal, 1 cup with ½ cup 1 percent milk	1.2	170	204
Fruit toaster pastry	3.9	52	204
All-bran cereal, Kellogg's, 1 cup with ½ cup 1 percent milk	1.1	192	211
1 biscuit, 2½-inch diameter	3.5	61	212
Post shredded wheat cereal, spoon size, 1 cup with ½ cup 1 percent milk	1.3	171	221
Cinnamon sweet roll with raisins	3.7	60	223
Post 100 percent Bran cereal, 1 cup with ½ cup 1 percent milk	1.2	188	226
Butter croissant	4.1	56	231
<i>Mexican Egg Wrap</i> , page 65	1.3	185	240
Quaker Toasted oatmeal cereal, 1 cup with ½ cup 1 percent milk	1.4	171	240
Raisin bran cereal, 1 cup with ½ cup 1 percent milk	1.3	185	241
Glazed doughnut	4.0	61	242
General Mills Multibran Chex cereal, 1 cup with ½ cup 1 percent milk	1.4	179	251
<i>Creamy Apricot Oatmeal</i> , page 69	0.90	294	265
<i>Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes</i> , page 62	1.0	230	270
<b>300 to 400 calories</b>			
<i>Baked Berry French Toast</i> , page 64	1.1	286	315
Cinnamon Danish pastry, 1 item	4.0	87	349
Butter croissant with bacon, eggs, and cheese	3.3	117	386
<b>More than 400 calories</b>			
Granola cereal, 1 cup, reduced-fat, with ½ cup 1 percent milk	2.0	216	431
Post Grape-nuts cereal, 1 cup with ½ cup 1 percent milk	1.9	237	451
Pork sausage, 2 fried patties	6.7	76	506
Biscuit with egg and sausage	3.2	182	581
Granola cereal, 1 cup with ½ cup 1 percent milk	2.5	248	620

## Soup Modular List

Remember, if you are choosing a soup as a starter, keep the calories to 150 or less. Soups that are higher in calories make a nutritious and filling main course at lunch or dinner. Soups also make good snacks. If you are buying prepared soup, check the label for the energy density and calories since brands can differ considerably.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Chicken broth, 1 cup, nonfat	0.07	243	17
Beef broth, 1 cup, nonfat	0.08	250	20
Vegetable broth, 1 cup	0.09	222	20
Beef broth, 1 cup	0.12	250	30
Chicken broth, 1 cup	0.16	244	39
Gazpacho, 1 cup, canned, ready to serve	0.23	243	56
Onion soup, 1 cup, canned, condensed, prepared with water	0.24	242	58
Vegetarian vegetable soup, 1 cup, canned, condensed, prepared with water	0.30	240	72
Chicken noodle soup, 1 cup, canned, condensed, prepared with water	0.31	242	75
Minestrone soup, 1 cup, canned, condensed, prepared with water	0.34	241	82
Tomato soup, 1 cup, canned, condensed, prepared with water	0.35	243	85
Chicken, rice and vegetable soup, 1 cup canned, ready to serve	0.38	237	90
New England clam chowder, 1 cup canned, condensed, prepared with water	0.39	244	95
<b>100 to 200 calories</b>			
<i>Curried Cauliflower Soup</i> , page 100	0.30	350	105
<i>Corn and Tomato Chowder</i> , page 95	0.40	263	105
Black bean soup, 1 cup, canned, condensed, prepared with water	0.47	247	116
<i>Gazpacho</i> , page 110	0.28	429	120
<i>Vegetarian Barley Soup</i> , page 107	0.40	300	120

	Energy Density	Weight (grams)	Calories
Vegetable soup, 1 cup, canned, ready-to-serve	0.51	239	122
<i>Rustic Tomato Soup</i> , page 101	0.40	312	125
<i>Minestrone</i> , page 102	0.50	250	125
Lentil and ham soup, 1 cup, canned, ready-to-serve	0.56	248	139
<i>Autumn Harvest Pumpkin Soup</i> , page 96	0.40	375	150
Beef with vegetables, 1 cup, canned, ready-to-serve	0.63	243	153
<i>Creamy Broccoli Soup</i> , page 98	0.60	267	160
Tomato soup, 1 cup canned condensed, prepared with 2 percent milk	0.65	248	161
Beef soup, 1 cup, canned, ready-to-serve	0.71	239	170
Bean with bacon soup, 1 cup, canned, condensed, prepared with water	0.68	253	172
Chicken noodle, 1 cup, canned, ready-to-serve	0.73	240	175
Split pea soup with ham, 1 cup	0.77	240	185
Potato ham chowder, 1 cup, canned, ready-to-serve	0.80	240	192
Corn chowder, 1 cup, canned, ready-to-serve	0.82	244	200
<b>More than 200 calories</b>			
Cream of mushroom soup, 1 cup, canned, condensed, prepared with 2 percent milk	0.82	248	203
<i>Lentil and Tomato Soup</i> , page 106	0.60	383	230
Bean with ham soup, 1 cup canned, ready-to-serve	0.95	243	231
<i>Asian Black Bean Soup</i> , page 104	0.70	343	240
<i>Cannellini Bean Soup</i> , page 105	0.50	470	265
<i>Hearty Chicken and Vegetable Soup</i> , page 108	0.60	483	290

## Side Dish Modular List

This list contains an assortment of side dishes such as vegetables, grains, salads, and starters. You will find many dishes of less than 100 calories, as well as many in the 100 to 200 calorie range. I've included a few side dishes with calorie levels greater than 200 calories; they can also be used as main dishes.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Cauliflower, ½ cup, boiled	0.23	61	14
Green cabbage, ½ cup, boiled	0.23	74	17
Summer squash, ½ cup, boiled	0.20	90	18
Swiss chard, ½ cup, boiled	0.20	90	18
Spinach, ½ cup, boiled	0.22	95	21
Green beans, ½ cup, boiled	0.35	62	22
Asparagus, ½ cup, boiled	0.24	92	22
Carrots, ½ cup, raw	0.43	61	26
Brussels sprouts, ½ cup, boiled	0.39	77	30
<i>Minted Broccoli</i> , page 158	0.28	125	35
Beets, ½ cup, boiled	0.44	84	37
Winter squash, ½ cup, baked	0.39	102	40
<i>Stuffed Mushrooms Florentine</i> , page 86	0.40	113	45
<i>Creamy Cucumber and Dill Salad</i> , page 132	0.28	179	50
<i>Roasted Asparagus</i> , page 163	0.40	125	50
<i>Lemony Fennel Salad</i> , page 136	0.36	153	55
<i>Insalata Mista</i> , page 137	0.39	154	60
<i>White Bean Bruschetta</i> , page 79	1.5	50	60
Green peas, ½ cup, frozen, boiled	0.78	79	62
<i>Stir-Fried Green Beans</i> , page 164	0.40	163	65
<i>Pepper Slaw</i> , page 140	0.60	108	65
<i>Tangy Coleslaw</i> , page 139	0.43	151	65
Corn, ½ cup, canned, boiled	0.81	81	66
<i>Ratatouille</i> , page 162	0.50	150	75
<i>Smashed Potatoes</i> , page 170	0.70	105	75
Bulgur, ½ cup, cooked	0.83	92	76

	Energy Density	Weight (grams)	Calories
Cob of corn, 1 item, boiled	0.86	90	77
Buckwheat grouts (kasha), ½ cup, roasted, cooked	0.97	79	77
<i>Charlie's Greek Salad</i> , page 130	0.50	160	80
<i>Fennel, Orange, and Arugula Salad</i> , page 133	0.58	138	80
Cowpeas (black-eyed peas), ½ cup, boiled	0.97	82	80
<i>Garlic-Roasted Vegetables</i> , page 160	0.40	225	90
<i>Sesame Mushroom Kebobs</i> , page 84	0.70	129	90
French fried potatoes, 1 ounce	3.2	28	91
Refried beans, ½ cup, canned, nonfat	0.72	128	92
Creamed corn, ½ cup	0.72	128	92
Lima beans, ½ cup, frozen, boiled	1.1	86	95
Pearled barley, ½ cup, cooked	1.2	81	97
<b>100 to 200 calories</b>			
<i>Volumetrics Salad</i> , page 134	0.38	265	100
Black beans, ½ cup, canned	0.78	128	100
<i>Tabbouleh</i> , page 148	1.0	100	100
Kidney beans, ½ cup, canned	0.81	128	104
<i>Insalata Caprese</i> , page 81	0.81	130	105
Quinoa, ½ cup, cooked	0.99	107	106
Lima beans, ½ cup, boiled	1.2	90	108
Brown rice, ½ cup, cooked	1.1	98	108
<i>Oven-Roasted Potatoes</i> , page 169	1.6	69	110
Mashed potatoes with margarine and whole milk, ½ cup	1.1	101	111
Lentils, ½ cup, boiled	1.2	96	115
Split peas, ½ cup, boiled	1.2	96	115
Sweet potato, ½ cup, baked	1.0	117	117
Pinto beans, ½ cup, boiled	1.4	84	117
Refried beans, ½ cup, canned	0.94	127	119
Navy beans, ½ cup, boiled	1.4	92	129
<i>Asian Spring Rolls</i> , page 82	1.2	108	130
<i>New Potatoes with Peas</i> , page 168	0.80	169	135
<i>Vegetable Pilaf</i> , page 221	0.90	150	135
Chickpeas (garbanzo beans), ½ cup, canned	1.2	119	143
Millet, ½ cup, cooked	1.2	119	143
<i>Bulgur-and-Vegetable-Stuffed Peppers</i> , page 172	0.50	300	150

	Energy Density	Weight (grams)	Calories
<i>Fresh Fruit and Spinach Salad</i> , page 138	0.64	234	150
Great Northern beans, ½ cup, canned	1.1	136	150
White beans, ½ cup, canned	1.2	128	154
<i>Potato Salad with Green Beans and Tarragon</i> , page 149	0.80	194	155
Hash-brown potatoes, ½ cup	2.1	78	163
Baked beans, ½ cup, homemade	1.5	127	191
<i>Mary's Quinoa with Lime</i> , page 224	0.77	253	195
<b>More than 200 calories</b>			
<i>Herbed Barley Stuffed Squash</i> , page 171	0.60	350	210
Baked potato with skin, 1 medium	1.1	193	212
<i>Lemon Shrimp Bruschetta</i> , page 80	1.6	134	215
Onion rings, 7 batter-dipped rings, fried	4.1	70	285

## Main Dish Modular List

In this list you will find a variety of dishes that serve as the center of the meal. They are varied and include meat, poultry and fish, as well as pizza, pasta, sandwiches, and large salads. Add side dishes and starters that fit your calorie level and balance your meal.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Orange roughy, 3 ounces, cooked with dry heat	0.89	85	76
Alaskan king crab, 3 ounces, cooked with moist heat	0.96	85	82
Lobster, 3 ounces, cooked with moist heat	0.98	85	83
Shrimp, 3 ounces, boiled or steamed	1.0	84	84
Cod, 3 ounces, cooked with dry heat	1.0	89	89
Scallops, 3 ounces, cooked with moist heat	1.1	82	90
Tuna, 3 ounces, canned in water	1.2	83	99
<b>100 to 200 calories</b>			
Perch, 3 ounces, cooked with dry heat	1.2	83	100
Turkey tenderloin, 3 ounces	1.3	85	110
Oysters, 3 ounces, cooked with moist heat	1.4	83	116
Yellowfin tuna, 3 ounces, cooked with dry heat	1.4	84	118
Halibut, 3 ounces, cooked with dry heat	1.4	85	119
Turkey breast, ground, 4 ounces, 99 percent fat-free	1.4	86	120
Clams, 3 ounces, cooked with moist heat	1.5	84	126
Pink salmon, 3 ounces, cooked with dry heat	1.5	85	127
Swordfish, 3 ounces, broiled with margarine	1.6	83	132
Chicken liver, 3.5 ounces, simmered	1.6	83	133
<i>Italian Turkey Spirals</i> , page 212	1.0	140	140
<i>Roasted Lamb Chops with Gremolata</i> , page 190	1.3	108	140
Cheese pizza, 1 slice, $\frac{1}{8}$ of 12-inch-diameter pie, regular crust	2.2	64	140
Chicken breast, 3.5 ounces, roasted, no skin	1.7	84	142
Ham, 3.5 ounces, extra lean (5 percent fat)	1.5	97	145
Cornish game hen, $\frac{1}{2}$ bird, without skin	1.4	105	147
Vegetable pizza, 1 slice, $\frac{1}{8}$ of 12-inch-diameter pie, thin crust	2.1	70	148
Turkey, 3.5 ounces, white meat without skin	1.6	98	157
<i>Baked Tilapia with Sautéed Vegetables</i> , page 194	0.80	200	160
Turkey, 3.5 ounces, ground, lean 7 percent fat	1.9	84	160
Beef liver, 3.5 ounces, braised	1.6	101	161
<i>Chicken Provençal</i> , page 210	0.70	236	165
Tuna, 3 ounces, canned in oil	2.0	84	168
Oysters, 3 ounces, breaded and fried	2.0	84	168
Clams, 3 ounces, breaded and fried	2.0	86	172
Macaroni, 1 cup, whole-wheat, cooked	1.2	145	174



	Energy Density	Weight (grams)	Calories
Spaghetti, 1 cup, whole-wheat, cooked	1.2	145	174
Veal chop, 3.5 ounces, lean, roasted	1.8	97	175
Ham, 3.5 ounces, 11 percent fat	1.8	99	178
Steak, 3.5 ounces, select sirloin, broiled	1.8	100	180
<i>Sautéed Flounder with Lemon Sauce</i> , page 196	1.2	150	180
<i>Fiesta Fish Stew</i> , page 202	0.40	463	185
Turkey, 3.5 ounces, dark meat without skin	1.9	98	187
Vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, regular crust	2.5	76	191
Chicken breast, 3.5 ounces, roasted, with skin	2.0	97	193
Meat-and-vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, thin crust	2.4	80	193
<i>Pork Chops with Orange-Soy Sauce</i> , page 188	1.6	122	195
Turkey, 3.5 ounces, light meat with skin	2.0	98	195
Catfish, 3 ounces, battered and fried	2.3	85	195
Macaroni, 1 cup cooked	1.4	141	197
Spaghetti, 1 cup cooked	1.4	141	197
<b>200 to 300 calories</b>			
<i>Tuna and White Bean Salad</i> , page 150	0.66	303	200
<i>Open-Faced Roast Beef Sandwich</i> , page 118	1.1	182	200
<i>Chicken Parmesan</i> , page 205	1.8	111	200
Duck, 3.5 ounces, without skin	2.1	96	201
Lean pork chop, 3.5 ounces, center loin, broiled	2.0	101	202
Cheese pizza, 1 slice, 1/8 of 12-inch-diameter pie, thick crust	2.8	72	202
Meat pizza, 1 slice, 1/8 of 12-inch-diameter pie, thin crust	2.9	72	208
Turkey, 3.5 ounces dark meat with skin	2.2	100	219
<i>Poach-Roast Salmon with Yogurt and Dill Sauce</i> , page 193	1.6	140	225
Buffalo chicken wings, 3.5 ounces, with skin	2.3	100	229
<i>Fillet of Sole and Vegetable Parcels</i> , page 197	0.70	329	230
Turkey, 3.5 ounces, ground	2.4	97	233
Meat and vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, thick crust	2.7	87	234
Goose, 3.5 ounces, without skin	2.4	99	238
Beef ravioli, 1 cup, canned in tomato and meat sauce	0.95	252	239
<i>Chicken Merlot</i> , page 206	0.70	343	240

	Energy Density	Weight (grams)	Calories
Meat pizza, 1 slice, $\frac{1}{8}$ of 12-inch-diameter pie, thick crust	3.1	78	243
<i>Nouveau Lamb Stew</i> , page 186	0.40	613	245
<i>Stir-Fried Beef with Snow Peas and Cherry Tomatoes</i> , page 181	1.2	213	255
<i>Thai Chicken Salad</i> , page 142	0.71	359	255
Ground beef, 3.5 ounces, extra lean, broiled	2.6	98	256
Chicken breast, 3.5 ounces, with skin, breaded, fried	2.6	99	258
<i>Pizza Margherita</i> , page 239	1.3	204	265
<i>Penne with Olives and Spinach</i> , page 232	1.4	189	265
<i>Classic Vegetarian Vegetable Stew</i> , page 176	0.60	450	270
Ground beef, 3.5 ounces, lean, broiled	2.7	101	272
<i>Almond Chicken Salad Sandwich</i> , page 114	1.4	196	275
Swedish meatballs with pasta, 1 reduced-calorie frozen entrée, 9.1 ounces	1.1	251	276
<i>California Cobb Salad</i> , page 143	0.82	341	280
<i>Zesty Tuna Salad Pita</i> , page 124	1.2	238	285
<i>Garden Fresh Vegetable Pizza</i> , page 238	1.2	238	285
Manicotti with 3 cheeses, 1 reduced-calorie frozen entrée, 11 ounces	0.93	312	290
<i>Risotto Primavera</i> , page 222	1.0	290	290
<i>The Aristotle Pizza</i> , page 237	1.0	290	290
<i>Roasted Portobello Sandwich</i> , page 119	1.2	242	290
<i>Turkey-Pepperoni Pizza</i> , page 242	1.6	184	295
Cornish game hen, $\frac{1}{2}$ bird, with skin	2.6	114	296
Chicken pieces, 3.5 ounces, boneless, breaded and fried	3.0	100	299
<b>300 to 400 calories</b>			
<i>Stir-Fried Turkey with Crunchy Vegetables</i> , page 211	0.80	355	300
<i>Bayou Red Beans and Rice</i> , page 218	0.90	333	300
<i>Mediterranean Turkey Sandwich</i> , page 117	1.4	214	300
<i>Asian Chicken Wraps</i> , page 122	1.1	282	310
<i>All American Hamburger</i> , page 126	1.5	207	310
<i>Garden Chili</i> , page 216	0.70	450	315
<i>Shepherd's Pie</i> , page 184	0.90	350	315
<i>South of the Border Chicken Stew</i> , page 208	0.50	650	325
<i>Chickpea Curry</i> , page 174	0.70	464	325
<i>Shrimp Fried Rice</i> , page 200	1.1	295	325

	Energy Density	Weight (grams)	Calories
<i>Paella Sencillo</i> , page 220	1.2	271	325
<i>Veggie-Stuffed Macaroni and Cheese</i> , page 234	1.0	330	330
<i>Old World Goulash</i> , page 182	0.60	558	335
<i>Shrimp Creole</i> , page 199	0.60	558	335
Duck, 3.5 ounces, with skin	3.4	99	337
<i>Charlie's Pasta Primavera</i> , page 228	0.80	431	345
<i>Cold-Cut Combo Sandwich</i> , page 116	1.2	288	345
<i>Buffalo Chicken Wraps</i> , page 120	1.2	292	350
Vegetarian lasagna, 1 cup	1.4	250	350
<i>Eggplant "Lasagna,"</i> page 175	1.1	322	355
<i>Mushroom and Cheese Quesadillas with Mango Salsa</i> , page 85	1.4	214	355
Pasta helper mix with cheese and ground beef, 1 cup	1.6	225	360
<i>Broccoli and Tomato Stuffed Shells</i> , page 236	1.0	370	370
<i>Tofu Pad Thai</i> , page 167	0.90	417	375
<i>Chicken and Avocado Pita Pockets</i> , page 123	1.3	288	375
<i>Crisp Stir-Fried Vegetables</i> , page 166	0.80	481	385
<i>Chicken Fajita Pizza</i> , page 240	1.6	244	390
Macaroni and cheese, 1 cup	2.0	196	392
Lasagna with meat, 1 cup	1.6	249	399
<b>More than 400 calories</b>			
<i>Santa Fe Steak Salad with Lime-Cilantro Dressing</i> , page 144	0.79	506	400
<i>Oceanside Pasta</i> , page 230	0.80	500	400
<i>Liz's Pasta Salad</i> , page 146	0.82	488	400
<i>Spaghetti with Tomato and Fresh Basil Sauce</i> , page 233	1.0	400	400
<i>Jenny's Caribbean Tuna and Fruit Kebobs</i> , page 198	1.0	414	420

## Desserts Modular List

Dessert calories can add up quickly unless you choose those low in energy density or limit your portions. I have listed most fruit with the snacks, but fruit provides a nutritious and satisfying end to a meal.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Fruit-flavored gelatin, ½ cup, sugar-free	0.07	143	10
<i>Balsamic Berries</i> , page 246	0.37	149	55
Vanilla pudding, ½ cup, sugar-free, prepared with nonfat milk	0.53	132	70
Frozen fruit and juice bar, 3 ounces	0.82	91	75
Chocolate pudding, ½ cup, sugar-free, prepared with nonfat milk	0.60	133	80
Fruit-flavored gelatin, ½ cup	0.59	141	83
Light vanilla ice cream, ½ cup	1.4	66	92
<b>100 to 200 calories</b>			
Baked apple, 1 medium item, unsweetened	0.63	162	102
Italian ice, 1 cup, lemon	0.53	232	123
<i>Four-Fruit Compote</i> , page 249	0.38	329	125
<i>Ruby-Red Poached Pears with Raspberry Sauce</i> , page 250	0.60	208	125
<i>Maple Crème Caramel</i> , page 258	1.0	130	130
Vanilla pudding, ½ cup, prepared with 2 percent milk	1.1	128	141
Fruit-flavored frozen yogurt, ½ cup	1.3	111	144
Chocolate pudding, ½ cup, prepared with 2 percent milk	1.1	136	150
<i>Raspberry-Topped Ricotta Cakes</i> , page 255	1.1	150	165
<i>Fresh Fruit Parfait</i> , page 252	0.78	218	170
<i>Raspberry-Apple Crumble</i> , page 254	1.0	175	175
Coffee cake with crumb topping, 1 slice, ⅛ of 8 inch cake	3.2	56	178
<i>Grilled Banana Splits</i> , page 248	1.2	154	185
<i>Chocolate Fondue with Fresh Fruit</i> , page 259	1.2	155	185
Chocolate snack cake, 1 cream-filled, frosted	3.6	52	188

	Energy Density	Weight (grams)	Calories
<b>200 to 300 calories</b>			
Rice pudding, $\frac{1}{2}$ cup	1.4	155	217
Cherry pie, 1 slice, $\frac{1}{8}$ of 9-inch frozen pie, reduced-fat, no sugar added	1.8	122	220
Pumpkin pie, 1 slice, $\frac{1}{8}$ of 8-inch frozen pie	2.1	109	229
<i>Strawberry Trifle with Lemon Cream</i> , page 256	1.2	208	250
Brownie, 2-inch square	4.4	61	269
Ice cream, $\frac{1}{2}$ cup, premium, vanilla/chocolate	2.5	108	270
<b>More than 300 calories</b>			
Banana cream pie, 1 slice, $\frac{1}{8}$ of 9-inch pie	2.7	147	398
German chocolate cake with frosting, 1 slice, $\frac{1}{12}$ of 9-inch cake	3.6	112	404
Apple pie, 1 slice, $\frac{1}{8}$ of 9-inch pie	2.7	152	411
Cheese cake, 1 slice, $\frac{1}{8}$ of 9-inch cake	3.6	127	457
Carrot cake with cream cheese frosting, 1 slice, $\frac{1}{12}$ of 9-inch cake	4.4	110	484
Cherry pie, 1 slice, $\frac{1}{8}$ of 9-inch pie	2.7	180	486

## Snacks Modular List

The snacks modular list contains a wide variety of foods that can be eaten between meals. You will find raw vegetables, fruits, potato chips, cookies, and candy. You can also snack on foods from other lists, such as soup or cereal. Choose your snacks wisely! Although I have included foods high in energy density, they are not your best choices. They are too easy to overeat, and are less filling than foods low in energy density. Many of the foods in this section, such as fruit and yogurt, make nutritious desserts.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Cucumber, ½ cup	0.13	77	10
Celery, 1 stalk	0.16	81	13
Bell peppers, ½ cup	0.27	74	20
Hard candy, 1 piece	3.9	6	24
Tomato, 1 medium	0.21	124	26
Rice cake, plain	3.9	9	35
Tangerine, 1 medium	0.44	84	37
Clementine, 1 medium	0.44	84	37
Canned fruit cocktail, in light syrup, ½ cup	0.31	119	38
Plum, 1 medium	0.61	66	40
Popsicle, 2-ounce bar	0.72	58	42
Peach, 1 medium	0.43	98	42
Strawberries, 1 cup	0.30	143	43
Kiwifruit, 1 medium	0.61	75	46
Mandarin oranges, canned, ½ cup	0.36	125	46
Olives, black, 10 each	1.1	46	51
Cantaloupe, 1 cup	0.35	160	56
Raspberries, 1 cup	0.48	123	60
Grapes, 1 cup	0.67	93	62
Honeydew, 1 cup	0.35	177	62
Orange, 1 medium	0.47	132	62
Dried apricots, ¼ cup	1.1	66	73
Angel-food cake, 1-ounce slice, approximately ⅓ cake	2.6	28	73
Grapefruit, 1 medium	0.30	247	74
Pineapple, 1 cup	0.49	155	76
Hard-boiled egg	1.6	49	78
<i>B's Favorite Smoothie</i> , page 90	0.42	190	80
Gelatin, ½ cup	0.59	136	80
String cheese, 1 ounce	2.8	29	80
Blueberries, 1 cup	0.56	145	81
Apple, 1 medium	0.58	140	81
Cottage cheese, 1 percent fat, ½ cup	0.73	122	82
Baby carrots, 15, with 1 tablespoon nonfat ranch dressing	0.53	155	82
Ice cream, nonfat, ½ cup	1.3	69	90

	Energy Density	Weight (grams)	Calories
<i>Mel's Fresh Lemon Hummus</i> , page 77	1.7	53	90
Fudgsicle, 1.75-ounce item	1.8	74	90
Vanilla wafers, 5 each	4.5	21	94
Pear, 1 medium	0.59	166	98
<b>100 to 200 calories</b>			
Nonfat chocolate pudding, 1 snack cup	0.88	113	100
Fat-free potato chips, 1 ounce	3.5	28	100
Orange sherbet, ½ cup	1.4	73	102
Ice cream, light, ½ cup	1.2	90	108
Banana, 1 medium	0.92	118	109
Raisins, ¼ cup	3.0	36	109
Fig cookies, Newton type, 2	3.5	31	110
Popcorn, air-popped, 1 ounce	3.8	28	110
Soy nuts, honey roasted, 1 ounce	3.9	28	110
Baked tortilla chips, 1 ounce	3.9	28	110
Baked potato chips, 1 ounce	3.9	28	110
Pound cake, 1-ounce slice	3.8	28	110
Granola bar, chewy, low-fat, 1 ounce	4.0	28	111
Animal crackers, 10	4.5	25	112
Pretzels, 1 ounce	3.9	29	113
Frozen yogurt, soft serve, ½ cup	1.6	71	114
Graham crackers, 4 each	4.2	28	118
Baked tortilla chips, 1 ounce, with ¼ cup salsa	2.0	60	119
Yogurt, nonfat, flavored with aspartame, 8 ounces	0.53	226	120
Fruit sorbet, ½ cup	1.1	109	120
Wheat bagel, 1 half 4" bagel, with 1 tablespoon light cream cheese	2.1	58	120
Rice cake, plain, with 1 tablespoon peanut butter	5.2	25	130
Trail mix, 1 ounce	4.7	28	131
Broth-based canned soup, 1 cup	0.51	261	133
Apple, ½, with 1 tablespoon peanut butter	1.6	85	135
Popcorn, oil-popped, 1 ounce	5.1	28	142
Regular tortilla chips, 1 ounce	5.1	28	142
Cheese, 1-ounce reduced-fat Cheddar with 7 thin wheat crackers	3.6	40	144
Regular potato chips, 1 ounce	5.4	28	152

	Energy Density	Weight (grams)	Calories
Corn chips, 1 ounce	5.4	28	153
Jelly beans, 15 large	3.7	42	156
Cheese puffs, 1 ounce	5.6	28	157
Chocolate pudding, 1 snack cup	1.4	113	160
<i>Tropical Island Smoothie</i> , page 91	0.70	236	165
Avocado, $\frac{1}{2}$ , with lemon juice	1.1	152	170
Sunflower seed kernels, $\frac{1}{4}$ cup, roasted, toasted	5.8	32	186
Mixed nuts, $\frac{1}{4}$ cup, dry roasted	5.8	33	190
<b>More than 200 calories</b>			
Almonds, $\frac{1}{4}$ cup, dry roasted	5.9	35	206
Soft pretzel, 2.25 ounces	3.5	62	215
Yogurt, low-fat, flavored, 8 ounces	1.0	220	220



## Condiments Modular List

Remember to add the calories from toppings, spreads, and condiments when budgeting your calories. Notice how many calories the high-fat, energy-dense condiments like mayonnaise add to a dish.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Vinegar, 1 tablespoon	0.14	14	2
Salsa, 1 tablespoon	0.32	16	5
Mayonnaise, 1 tablespoon, nonfat	0.62	16	10
<i>Cherry Tomato Salsa</i> , page 240	0.25	40	10
Mustard, 1 tablespoon	0.80	15	12
Barbecue sauce, 1 tablespoon	0.75	16	12
Cream cheese, 1 tablespoon, nonfat	0.95	15	14
<i>Yogurt and Dill Sauce</i> , page 193	0.52	29	15
<i>Yogurt Cheese</i> , page 89	0.90	17	15
Ketchup, 1 tablespoon	1.1	15	16
<i>Raspberry Sauce</i> , page 250	0.80	25	20
<i>Soy-Ginger Dipping Sauce</i> , page 82	1.2	21	25
Pancake syrup, 1 tablespoon, reduced-calorie	1.6	16	25
<i>House Dressing</i> , page 76	0.75	40	30
<i>Dijon Vinaigrette</i> , page 152	1.2	29	35
<i>Italian Dressing</i> , page 153	1.5	23	35
Cream cheese, 1 tablespoon, reduced fat	2.2	16	35
<i>Lime-Cilantro Dressing</i> , page 144	1.6	24	38
Marshmallow cream topping, 2 tablespoons	3.3	12	40
<i>Orange-Poppy Seed Dressing</i> , page 138	1.2	38	45
<i>Balsamic Dressing</i> , page 152	2.0	22	45
Marmalade, jelly, or preserves, 1 tablespoon	2.4	20	48
Mayonnaise, 1 tablespoon, reduced-fat	3.3	15	50
Margarine, 1 tablespoon, reduced-fat	3.5	14	50
Cream cheese, 1 tablespoon, full-fat	3.5	15	51
Maple syrup, 1 tablespoon	2.6	20	52
Pancake syrup, 1 tablespoon	2.9	20	57

	Energy Density	Weight (grams)	Calories
<i>Mango Salsa</i> , page 88	0.58	103	60
Honey, 1 tablespoon	3.0	21	64
<i>Guacamole</i> , page 88	0.83	78	65
<i>Citrus-Ginger Dressing</i> , page 153	3.1	21	65
Peanut butter, 1 tablespoon	5.9	16	94
<i>Tex-Mex Salsa</i> , page 78	0.65	146	95
<b>100 to 200 calories</b>			
Mayonnaise, 1 tablespoon	7.1	14	100
Almond butter, 1 tablespoon	6.3	16	101
Margarine, 1 tablespoon	7.2	14	101
Butter, 1 tablespoon	7.2	15	108
Fudge topping, 2 tablespoons	3.5	42	146

## Beverages Modular List

You will notice that, with the exception of milk, beverages were not included in the menu plan. This does not mean that you are not allowed to have beverages; just make sure that you budget the calories. So, if you want a glass of wine with dinner, skip dessert or save some calories at snack time. Remember that beverage calories add to food calories, so substitute low-calorie or zero-calorie beverages whenever you can.

	Energy Density	Weight (grams)	Calories
Water, 8 fluid ounces	0.00	237	0
Club soda, 12 fluid ounces	0.00	360	0
Diet cola/soda, 12 fluid ounces	0.00	360	0
Tea, brewed, without sugar, 8 fluid ounces	0.10	237	2
Coffee, 8 fluid ounces	0.20	237	5
Vegetable juice, 8 fluid ounces	0.19	242	46
White wine, 4 fluid ounces	0.68	118	80
Orange juice, 6 fluid ounces	0.45	186	84
Red wine, 4 fluid ounces	0.72	118	85
Milk, nonfat, 8 fluid ounces	0.35	245	86
Apple juice, unsweetened, 6 fluid ounces	0.47	186	87
Light beer, 12 fluid ounces	0.28	354	99
Milk, low-fat (1 percent), 8 fluid ounces	0.42	244	102
Whiskey, 1.5 fluid ounces	2.5	42	104
Grape juice, 6 fluid ounces	0.61	186	113
Wine cooler, 8 fluid ounces	0.50	240	120
Milk, reduced-fat (2 percent), 8 fluid ounces	0.50	244	122
Beer, 12 fluid ounces	0.41	356	146
Milk, whole (3.3 percent), 8 fluid ounces	0.61	244	149
Chocolate soy milk, 8 fluid ounces	0.62	242	150
Cola/soda, 12 fluid ounces	0.41	372	152
Orange soda, 12 fluid ounces	0.46	360	167
Sherry, dry, 4 fluid ounces	1.4	120	168
Daiquiri, 4 fluid ounces	1.9	121	224
Margarita, 4 fluid ounces	2.2	124	271
Eggnog, 8 fluid ounces	1.4	245	343