

Calorie Cash™

Author The Weight Loss Engineer™

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Send friends to :

<http://www.ideal-weight-charts.com/calorie-counter-to-lose-weight.html>

to get their own updated copy.

DEDICATION

To My mom and to my dad who met in WWII. She was a dietitian feeding troops. He was in training to be a pilot. She taught me about the importance of nutrition and he set an example of good exercise and healthy eating. To both parents for giving me a love of good food in moderation and a love of life.

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I would like to acknowledge my wife. Just look what she has to put up with. And she gives me her honest opinion to boot.

I would also like to thank all those who have done weight loss research and have written weight loss books. I have read hundreds of excellent weight loss books. Thanks to all those weight loss writers and researchers, I am no longer an overweight nerd. I am just a nerd.

1 WHY WEIGH? WHY JOURNAL?

Yes my experience shows that in a work setting when a problem arises, sometimes just having someone to put the results on a chart can correct the problem. At first this seemed like a miracle, but then I realized that by recording results people felt ownership for those results. They also found it easier to fix the problem than to explain the poor performance. The chart was a constant reminder of the problem.

Not to belabor the point, but I do not want you to just take my word for the power of the pen. Here are just a few more resources that say that it is a good idea to weigh yourself daily and to use a weight loss journal if you want to lose weight.

According to the research of Linde JA, Jeffery RW, French SA, Pronk NP, Boyle RG. of Division of Epidemiology, School of Public Health, University of Minnesota, Twin Cities, Minneapolis:

CONCLUSIONS: Results support the idea that daily weighing is valuable to individuals trying to lose weight or prevent weight gain. Daily self-weighing should be emphasized in clinical and public health messages about weight control. Experimental studies on the effects of weighing frequency in these contexts are recommended.

According to the CDC on the page

http://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html

Keeping a food and physical activity journal can help you track your progress and spot trends. And Monitor your weight. Check your weight regularly. When managing your weight loss, it's a good idea to keep track of your weight so you can plan accordingly and adjust your diet and exercise plan as necessary. If you have gained a few pounds, get back on track quickly.

In this book, your job is to record your weight, place a check mark if needed, and to answer yes or no to a few questions each day. It is Easy and simple yet very effective.

2 WHY COUNT CALORIES?

Here is what the American Cancer Society has to say about calories:

What does the American Cancer Society recommend?

To help lower your risk of cancer:

As part of its guidelines on nutrition and physical activity for cancer prevention, the American Cancer Society recommends that people try to achieve and maintain a healthy weight throughout life. The best way to stay at a healthy body weight is to balance how much you eat with how active you are. If you are overweight, the best way to get to a healthy body weight is to limit the calories you take in, and burn more calories through physical activity.

The healthiest way to reduce calorie intake is to limit your intake of added sugars, saturated and trans fats, and alcohol, which all contain many calories but few or no essential nutrients. Calorie intake can be reduced by decreasing the size of food portions and limiting your intake of foods and beverages that are high in calories, fat, and/or refined sugars, and which provide few nutrients (such as fried foods, cookies, cakes, candy, ice cream, and soft drinks). Such foods and beverages should be replaced with choices like vegetables and fruits, whole grains, beans, and lower-calorie beverages.

The American Cancer Society recommends that adults get at least 30 minutes (preferably 45 to 60 minutes) of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week. Children and adolescents should get at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week. Up to 60 minutes of moderate to vigorous intensity physical activity per day may be needed to prevent weight gain, but as much as 60 to 90 minutes of moderate intensity physical activity per day may help to sustain weight loss for previously overweight people.

In addition to helping you get to or maintain a healthy weight, both eating a healthy diet and increasing your physical activity may have their own health benefits, including lowering your risk of cancer.

Source:

<http://www.cancer.org/Cancer/CancerCauses/DietandPhysicalActivity/BodyWeightandCancerRisk/body-weight-and-cancer-risk-ac-s-recommendations>

The US government thinks calories are important too.

It is the first thing talked about in their nutrition guidelines.

Get your copy of this guideline at:

<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

3 PLAN YOUR WEIGHT LOSS DIET

How many times have I heard someone say I am going on a diet, but when you ask them when, they are not sure. How many times have I asked someone what kind of diet they were on only to find out that they did not know? Some can not even tell you if they are losing weight or not.

If you are not planning time will slip away from you and you will gain weight rather than lose weight. If you do not know what kind of diet you are on you will be choosing the good parts of each diet and not losing weight. If you do not measure, you will not know what works and what does not. You will not be able to correct the problem in time.

It is better to be on a strict diet and take some time off than it is to be wishy-washy. When I talk about a strict diet I mean you have to be sure that you are not eating too much and that you are eating the right amounts. A strict diet is by no means starving yourself. It is easier to stay on a diet if you have a few well planned breaks. Breaks should not be binges where you stretch your stomach, but you should enjoy yourself in moderation without counting calories. How many days a year you set aside for breaks is up to you, but even if you have only about 10 pounds a year to lose you may need to diet more than half of the days in the year. If you are very obese, consider two weeks of vacation (9 days each which includes two week-ends) and 9 holidays (two or three days each). Never think in terms of getting off your diet for just one meal or one day because your body takes more than one day to digest its food. It is just pleasure inefficiency to take short breaks.

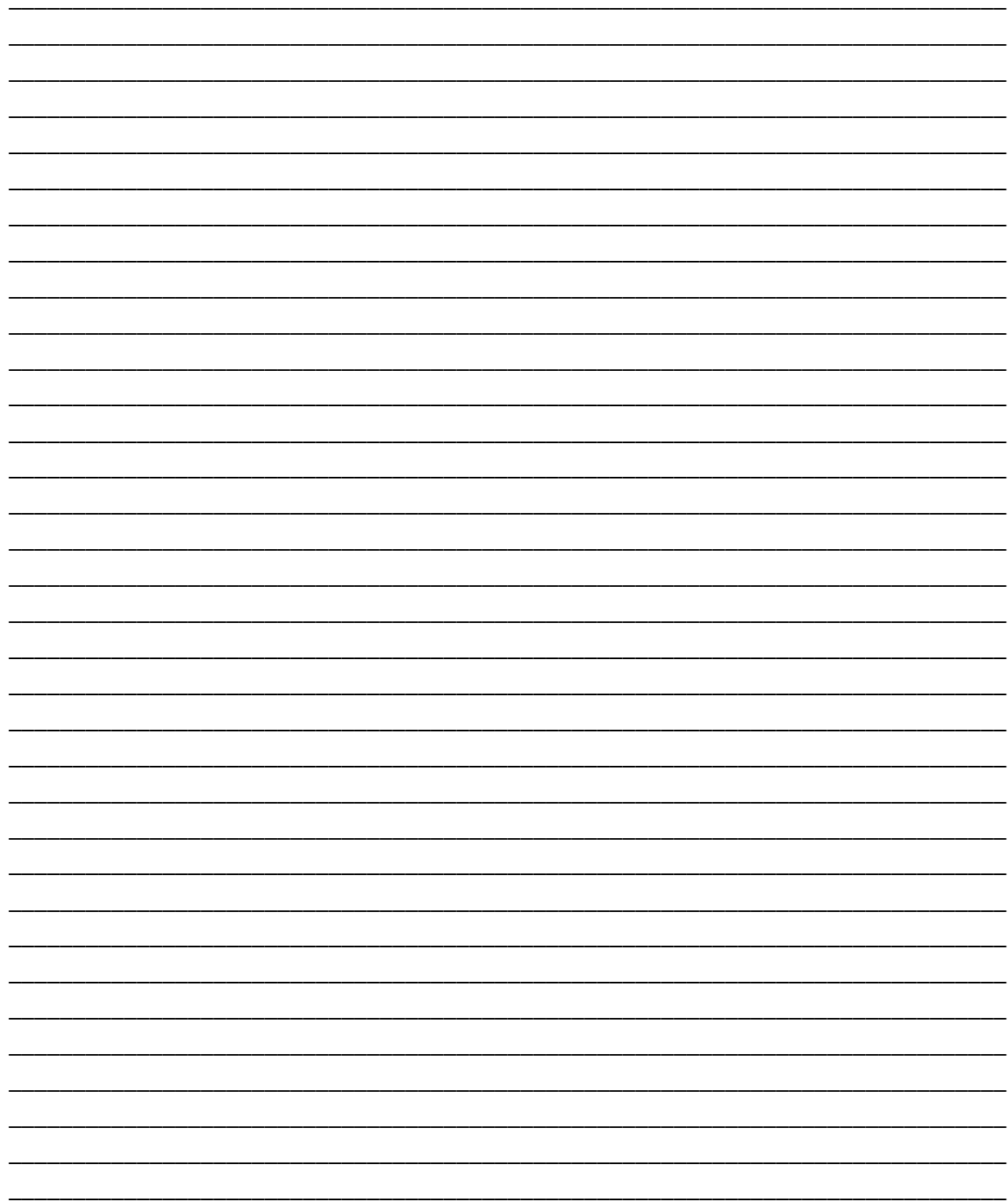
OK, now put your vacations on the yearly planner. If you get vacations at work, you might line these up with your diet vacations. For diet holidays think about things like Thanksgiving, your birthday, someone else's birthday.... You can always move these later. What is important is that you stick to the same number of days that you have planned to diet. In lieu of a set number of days on a diet, you can also decide to get off your diet at any time that you reach your ideal weight; however if you use a target weight to stop your diet, you need another target weight in mind that forces you to get back on the diet. That is why you should weigh yourself even after you lose the weight you would like to lose. For those of you who decide to use target weight instead of a set amount of time, be sure to write down:

I will get off my diet when I reach.....pounds.

I will get back on my diet when I reachpounds.

You make the rules, and if you cheat or stretch the rules, you are only cheating yourself.

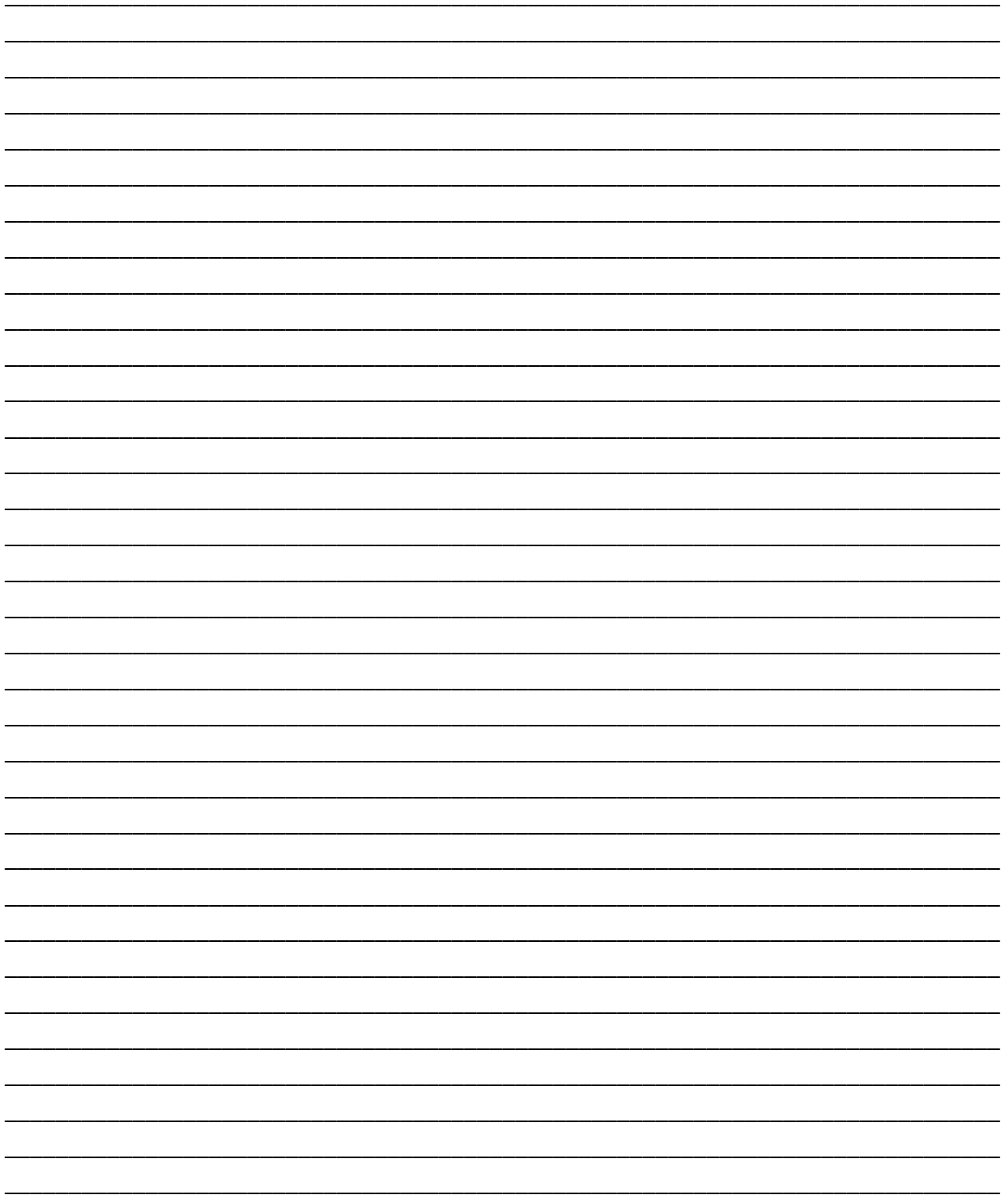
If you decide to use time, record your diet days for the next year on the charts below:



Diet Planning

(What days on diet, What days off diet, What days difficult, Which diet to be used, birthdays, holidays.....)

Day	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												



4 RECORD YOUR WEEKLY WEIGHT PROGRESS

If you are just starting this book, there is nothing for you to do at this point. Just bookmark the next page and come back to it at the end of each week.

On the right side of these weekly charts are some suggestions of things to track. Under where it asks if you were on a vacation are three lines to record what you want. Three suggestions of things to record might be:

- 1 The average of the last 4 days of the month, as this will eliminate the really good and bad weight days and get you to think more long term.
2. If you eat when you are in either a good mood or a bad mood you might record your mood for that week.
3. You may have more than one exercise program to keep up with.

If the people at work do not record the data that they are supposed to record, they will get fired. If you do not record the information that you are supposed to record, you will not lose weight. Of course, just as the operators in a factory have to correct problems as the problems arise in order to keep their jobs, you will need to correct problems as they arise in order to lose weight. Correct the problems before the problems get big. Take ownership in the process of your weight loss and get started filling out the forms.

5 RECORD YOUR DAILY WEIGHT PROGRESS

Try to weigh yourself the same time of day each day. Remember the actual weight is not so important as the weekly weight trend. The real reason to weight is to make sure you are on track, and to remind you to stick to your diet. This is all part of breaking and forming better habits.

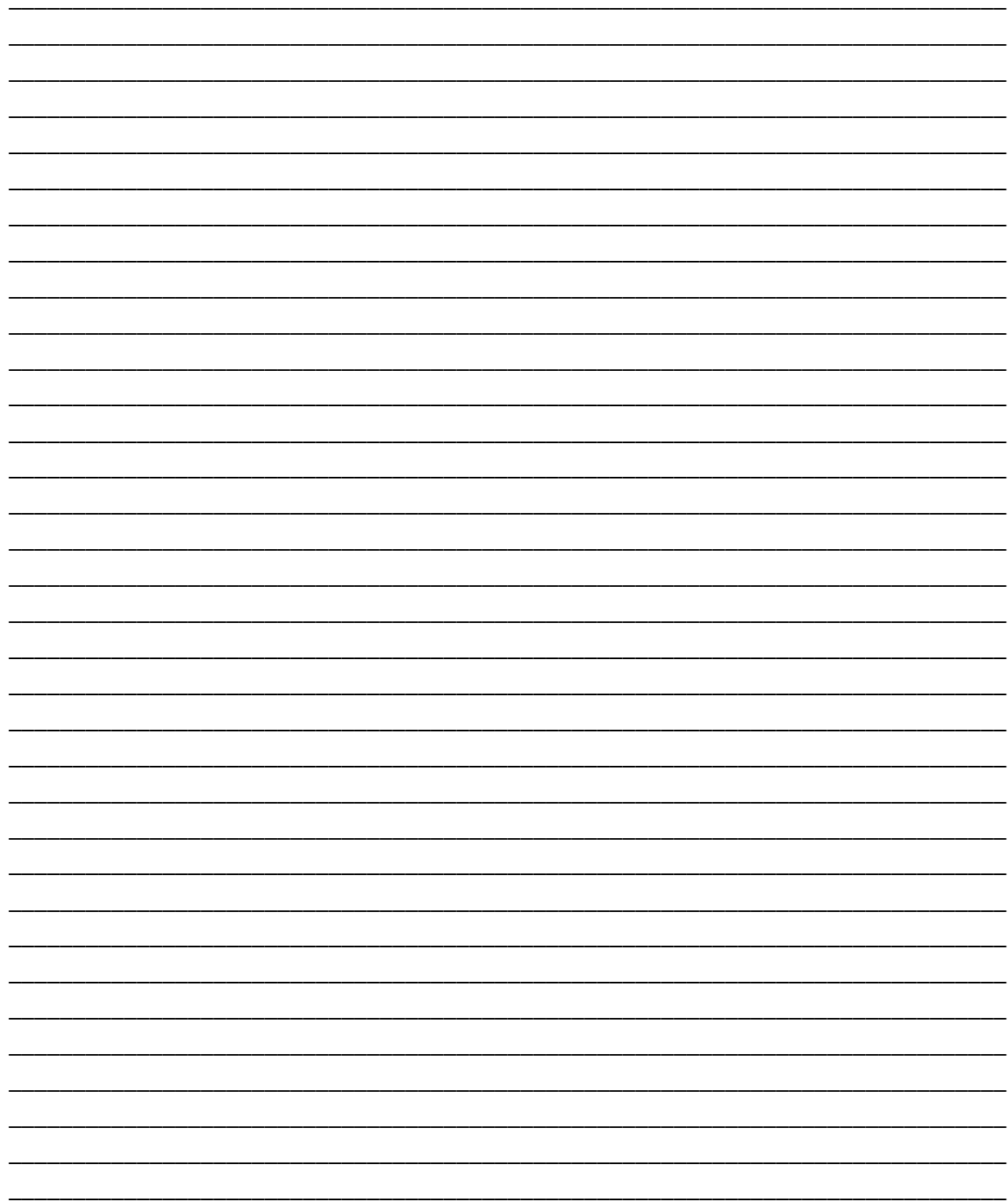
The way you record your daily weight progress is pretty much the same as the way you record your weekly weight loss progress. On the right side of these daily charts are some suggestions of things to track. Under where it asks about calories or portions are four lines to record what you want. Three suggestions of things to record might be:

- 1 The average of the last 4 days, as this will eliminate the really good and bad weight days and get you to think more long term.
2. If you eat when you are in either a good mood or a bad mood you might record your mood for that week.
3. You may have more than one exercise program to keep up with.
4. You might put the total number of calories or calorie cash™ dollars.

Remember how the people in a factory have to correct problems. Be on the lookout for these common problems:

1. As you lose weight, you will have to reduce the number of calories you eat in order to keep losing weight.
2. If you do not lose weight because you stretch the rules of the diet, then unstretch those rules. You can make stricter rules.
3. If you are not sticking to the diet, write down what you will do next time in this situation, and add at least one day to your diet plan.
4. If you see problems on the horizon, write and act out what you will do to prevent problem. Put the plan in your pocket until you have succeeded in preventing the problem.
5. Thinking of getting off the diet early. Write down why you want to diet, and stick that sheet of paper in a pocket or pocket book until you feel better.
6. Forgot to weight one day. No big deal.
7. Forgot to weight two days. Put your scale in a more obvious place. You may even have to walk around it to get to the bathroom if need be.

Get Started Now! (this EBook only has 10 weekly charts. Buy [Easy Weight Loss Journal with Calorie Cash™ by The Weight Loss Engineer™](#) at Amazon's Createspace printer or a at Amazon for a nice preprinted journal)



Month/Year

Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day							
Weight							
% Fat							
On Diet? Y or N							
Exercise? Y or N							
Exercise date							
Calories/Portions							
Plus 3.0 lb							
Plus 2.5 lb							
Plus 2.0 lb							
Plus 1.5 lb							
Plus 1.0 lb							
Plus 0.5 lb							
Starting Weight							
Minus 0.5 lb							
Minus 1.0 lb							
Minus 1.5 lb							
Minus 2.0 lb							
Minus 2.5 lb							
Minus 3.0 lb							
Minus 3.5 lb							
Minus 4.0 lb							
Minus 4.5 lb							
Minus 5.0 lb							

Month/Year

Date							
Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight							
% Fat							
On Diet? Y or N							
Exercise? Y or N							
Exercise date							
Calories/Portions							
Plus 3.0 lb							
Plus 2.5 lb							
Plus 2.0 lb							
Plus 1.5 lb							
Plus 1.0 lb							
Plus 0.5 lb							
Starting Weight							
Minus 0.5 lb							
Minus 1.0 lb							
Minus 1.5 lb							
Minus 2.0 lb							
Minus 2.5 lb							
Minus 3.0 lb							
Minus 3.5 lb							
Minus 4.0 lb							
Minus 4.5 lb							
Minus 5.0 lb							

6 WHAT IS CALORIE CASH™?

Calorie Cash is a simple way of counting calories. One calorie dollar™ is equal to 100 calories and one calorie quarter™ is equal to 25 calories. In the calorie chart all calories are rounded off to the nearest 25 calories.

This simple calorie counting system takes advantage of two things I learned when tutoring math. Everyone does better when the example involves money and everyone learns the concept better when the numbers involved are as simple and small as possible.

With Calorie Cash you start with an allowance. For example, when I want to maintain my weight, my allowance is \$22.00 a day, and when I want to lose weight my allowance is \$12.00 a day. (2200 and 1200 calories)

The following charts are data taken from:

<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

Get a free weight loss guide at this site.

Estimated amounts of calories needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average. The first chart is for men and the second chart is for women

A g e	Male/ sedentary	Male/ Moderately active	Male/active	Female/ sedentary	Female/ Moderately active	Female/active
2	1,000	1,000	1,000	1,000	1,000	1,000
3	1,200	1,400	1,400	1,000	1,200	1,400
4	1,200	1,400	1,600	1,200	1,400	1,400
5	1,200	1,400	1,600	1,200	1,400	1,600
6	1,400	1,600	1,800	1,200	1,400	1,600
7	1,400	1,600	1,800	1,200	1,600	1,800
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000
12	1,800	2,200	2,400	1,600	2,000	2,200
13	2,000	2,200	2,600	1,600	2,000	2,200
14	2,000	2,400	2,800	1,800	2,000	2,400
15	2,200	2,600	3,000	1,800	2,000	2,400
16	2,400	2,800	3,200	1,800	2,000	2,400
17	2,400	2,800	3,200	1,800	2,000	2,400
18	2,400	2,800	3,200	1,800	2,000	2,400
19–20	2,600	2,800	3,000	2,000	2,200	2,400
21–25	2,400	2,800	3,000	2,000	2,200	2,400
26–30	2,400	2,600	3,000	1,800	2,000	2,400
31–35	2,400	2,600	3,000	1,800	2,000	2,200
36–40	2,400	2,600	2,800	1,800	2,000	2,200
41–45	2,200	2,600	2,800	1,800	2,000	2,200
46–50	2,200	2,400	2,800	1,800	2,000	2,200
51–55	2,200	2,400	2,800	1,600	1,800	2,200
56–60	2,200	2,400	2,600	1,600	1,800	2,200
61–65	2,000	2,400	2,600	1,600	1,800	2,000
66–70	2,000	2,200	2,600	1,600	1,800	2,000
71–75	2,000	2,200	2,600	1,600	1,800	2,000
76+	2,000	2,200	2,400	1,600	1,800	2,000

This is a great place to start, look at the above charts and find:

How many calories do you need to maintain your weight?

Calories to maintain.....(write it here)

If you want to lose 1 pound a week subtract 500 calories. If you want to lose 2 pounds a week subtract 1000 calories.

Write the number of calories.....to lose.....pounds per week. (1 or 2)

Example:

For me as a male 59 years old and moderately active, my starting number is 2,400 on working days and 2,200 on days like today when it is raining, and 2,800 on really active days. It is best just to look at the left column and assume that you are sedentary then add calories for super or the next days breakfast if you are active.

Calories to maintain.....2200.....(write it here)

Write the number of calories...1200...to lose...2.....pounds per week. (1 or 2)

What is your allowance?

If you are having a difficult time using these charts, I have a calories used to lose weight calculator at:

<http://www.ideal-weight-charts.com/calories-needed-to-lose-weight.html>

My maintenance allowance is

To lose weight, my allowance is.....

To use calorie cash™ instead of calories, simply move the decimal point two places to the left.

Examples:

2200 = \$22.00

1000 = \$10.00

In Calorie Cash™, My maintenance allowance is ...\$.....

To lose weight, My Allowance is.....\$.....

Want to do some chores to earn a little calorie cash™? Here is a chart that shows you how much you can earn in 30 min.

Activity	Calories Burned During 30 Minutes of Exercise				
	Weight In Pounds				
	100	150	200	300	400
Aerobic Dancing	\$1.00	\$1.75	\$2.25	\$3.50	\$4.50
Archery	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Baseball	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Basketball	\$2.00	\$2.75	\$3.75	\$5.50	\$7.50
Bowling	\$0.75	\$1.25	\$1.75	\$2.50	\$3.25
Calisthenics	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Cross Country Skiing – moderately hilly	\$2.75	\$4.00	\$5.50	\$8.00	\$10.75
Cross Country Ski– indoor machine (6 mph)	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Cross Country Ski – indoor machine -11mph	\$1.50	\$2.25	\$3.00	\$4.50	\$6.00
Cycling – outdoor (5.5 mph)	\$1.00	\$1.25	\$1.75	\$2.75	\$3.50
Cycling – outdoor (9.4 mph)	\$1.25	\$2.00	\$2.75	\$4.00	\$5.50
Cycling - outdoor (12 mph - 10 speed bike)	\$1.25	\$2.00	\$2.75	\$4.00	\$5.50
Cycling – stationary	\$1.50	\$2.25	\$3.00	\$4.50	\$6.00
Handball/Squash	\$3.00	\$4.25	\$5.75	\$8.75	\$11.50
Hiking – 4 mph, 20 lb. pack	\$1.50	\$2.50	\$3.25	\$5.00	\$6.50
Horseback Riding	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Ice Skating	\$1.00	\$1.75	\$2.25	\$3.25	\$4.25
Jumping Rope (100 jumps per min.)	\$2.50	\$3.75	\$5.00	\$7.75	\$10.25
Racquetball	\$2.50	\$3.75	\$5.00	\$7.50	\$10.00
Roller Skating/Blading	\$1.00	\$1.75	\$2.25	\$3.25	\$4.25
Running/Jogging – 12 min./mile (5 mph)	\$1.75	\$2.50	\$3.50	\$5.00	\$6.75
Rowing (sculling or machine)	\$1.75	\$4.25	\$5.75	\$8.50	\$11.25
Running /Jogging - 6 min./mile(10 mph)	\$4.25	\$6.50	\$8.25	\$12.50	\$16.50
Running/Jogging – 8 min./mile (7.5 mph)	\$2.75	\$4.25	\$5.75	\$8.50	\$11.25
Running/Jogging – 9 min./mile (6.5 mph)	\$2.50	\$4.00	\$5.25	\$8.00	\$10.50
Running/Jogging – 10 min./mile (6 mph)	\$2.50	\$3.75	\$4.75	\$7.25	\$9.75
Running/Jogging – 11 min./mile (5.5 mph)	\$2.00	\$3.25	\$4.25	\$6.50	\$8.50
Running/Jogging – 12 min./mile (5 mph)	\$1.75	\$3.00	\$4.00	\$5.50	\$7.25
Scuba Diving	\$1.50	\$2.50	\$3.25	\$5.00	\$6.50
Snow Skiing – Downhill	\$1.25	\$2.00	\$2.75	\$4.00	\$5.50
Softball	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Stair Climbing (moderate)	\$2.50	\$3.75	\$4.75	\$7.25	\$9.50
Stairmaster (machine)	\$2.75	\$4.00	\$5.50	\$8.00	\$10.75
Step Aerobics – 120 steps per min.	\$2.50	\$3.75	\$5.00	\$7.50	\$10.00
Swimming – 45 min./mile	\$1.75	\$2.75	\$3.50	\$5.25	\$7.00
Swimming – 60 min./mile	\$1.25	\$2.00	\$2.75	\$4.00	\$5.50
Tennis – Doubles	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Tennis – Singles	\$1.50	\$2.25	\$3.00	\$4.50	\$6.00
Volleyball	\$0.75	\$1.25	\$1.50	\$2.25	\$3.00
Walking – 15 min/mile (4.5 mph)	\$1.50	\$2.25	\$2.75	\$4.25	\$5.75
Walking – 15 min/mile (4 mph)	\$1.50	\$2.00	\$2.75	\$4.25	\$5.50
Walking – 20 min./mile (3 mph)	\$1.00	\$1.50	\$2.00	\$3.00	\$4.00
Walking – 15 min/mile (2 mph)	\$0.75	\$1.25	\$1.50	\$2.25	\$3.00
Walk/Jog Combo – 13:30 min./mile (4.5 mph)	\$1.50	\$2.25	\$3.00	\$4.50	\$6.00
Weight Training/Lifting (Light) 1	\$1.00	\$1.75	\$2.25	\$3.50	\$4.50

I guess you noticed that the above chart was given in calorie cash in stead of calories. If you want to go back to calories just move the decimal two places to the right. As an example, if you are about 150 pounds and walk for 30 minutes at about 4.5 miles per hour you will burn \$2.25 or 225 calories.

The math of calorie cash may be a bit much at first, but it will help you to remember about hw many calories you burn better and remember about how many calories are in a food better. In the long run this will make it easier to lose and maintain weight.

Here is a chart which you can copy and take with you to make it easier

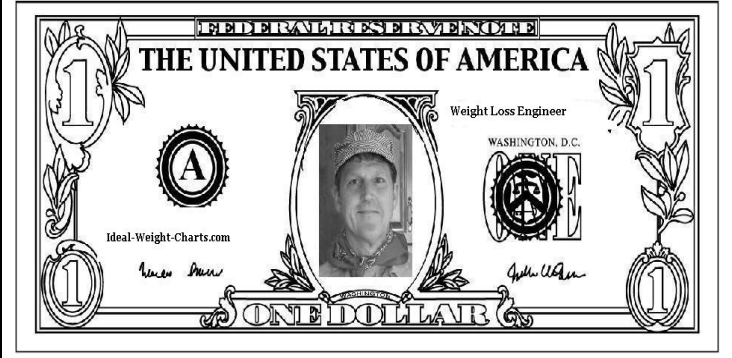
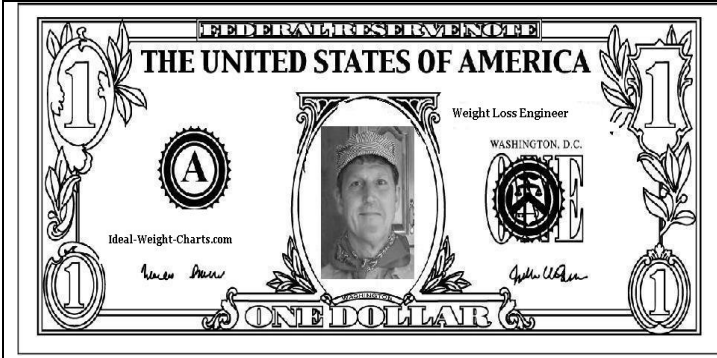
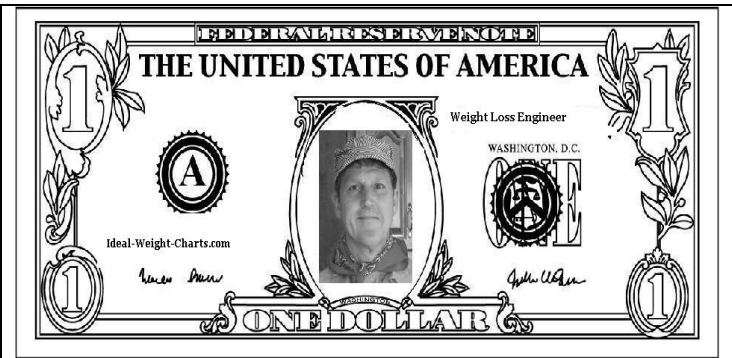
Calories	Calorie Cash™
0- 12	\$0.00
13-37	\$0.25
38-62	\$0.50
63-87	\$0.75
88-112	\$1.00
113-137	\$1.25
138-162	\$1.50
163-187	\$1.75
188-212	\$2.00
100	\$1.00
200	\$2.00
300	\$3.00
400	\$4.00
500	\$5.00
600	\$6.00
700	\$7.00
800	\$8.00
900	\$9.00
1000	\$10.00
2000	\$20.00
3000	\$30.00
4000	\$40.00
5000	\$50.00


7 CALORIE AND CALORIE CASH™ CHART


This chart is by no means complete. There are new food products coming out every day, but you are much better off sticking to the basics. Eat vegetables, fruits, and meats that are found around the outside of the grocery store. If you find something you like not on this chart, add the food to this chart once you find out how many calories. I tried to leave room at the bottom of each page.


You will also notice the shading of certain foods. This is just my suggestion as to what foods are best to eat when you are on a diet. In general the foods that are darker are higher in calories and lower in nutrition. I am sure that others would have shaded these differently. There are no magic pills and no magic foods. Even the numbers are approximations, so do not get hung up on the exact numbers. (that is why I like the second column of this chart which rounds the calories to the nearest 25.)


On the next page is an example of play money that you can use to count your calories. Copy them and make copies. Move them from one pocket to another (or envelope to another, or money clip, or paper clip to another.) To keep up with the calorie quarters, you can either use play coins or chips or you can fold the paper. Make four folds and a dollar is used up.





\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	


\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	deal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	


\$1		Calorie Cash™ 		\$1
	Weight	Loss	Engineer	
	Ideal-Weight-Charts.com			
.25→	.50→	.75→	1.00→	

Table 9. Calorie Value of the Edible Part of Food

<http://www.ideal-weight-charts.com/caloriecounterchart.html>

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Beverages (Alcoholic)				
Beer Regular 12 fl oz	146	1.5	8.22	fl oz
Beer Light 12 fl oz	99	1	12.12	fl oz
Gin, rum, vodka, whiskey 80 proof 1.5 fl oz	97	1	1.55	fl oz
Liqueur, coffee, 53 proof..... 1.5 fl oz	175	1.75	0.86	fl oz
Daiquiri 2 fl oz	112	1	1.79	fl oz
Pina colada..... 4.5 fl oz	262	2.5	1.72	fl oz
Sweet Desert Wine..... 3.5 fl oz	158	1.5	2.22	fl oz
Table Wine..... 3.5 fl oz	74	0.75	4.73	fl oz
Beverages (Nonalcoholic)				
Club soda 12 fl oz	0	0	∞	fl oz
Cola type 12 fl oz	152	1.5	7.89	fl oz
Diet Cola (aspartane)..... 12 fl oz	4	0	300.00	fl oz
Other diet drink 12 fl oz	0	0	∞	fl oz
Ginger Ale..... 12 fl oz	124	1.25	9.68	fl oz
Grape 12 fl oz	160	1.5	7.50	fl oz
Lemon lime..... 12 fl oz	147	1.5	8.16	fl oz
Orange..... 12 fl oz	179	1.75	6.70	fl oz
Chocolate beverage mix Prepared with milk 1 cup	226	2.25	0.44	cups
Cocoa (powder containing nonfat dry milk).... 3 heaping tsp	102	1	2.94	tsp
Cocoa Powder containing aspartane.... 1½-oz envelope	48	0.5	1.04	pack
Coffee Brewed 6 fl oz	4	0	150.00	fl oz
30 Espresso 2 fl oz	5	0	40.00	fl oz
Cranberry juice cocktail..... 8 fl oz	144	1.5	5.56	fl oz
Fruit Punch Drink	117	1.25	6.84	fl oz
grape drink 8 fl oz	113	1.25	7.08	fl oz
Pineapple grapefruit juice drink..... 8 fl oz	118	1.25	6.78	fl oz
Pineapple orange juice drink..... 8 fl oz	125	1.25	6.40	fl oz
Lemonade Frozen concentrate prepared 8 fl oz	99	1	8.08	fl oz
Lemonade Low cal @ aspartame..... 8 fl oz	5	0	160.00	fl oz
Malted milk Chocolate Prepared 1 cup	225	2.25	0.44	cups
Rice beverage (RICE DREAM) 1 cup	120	1.25	0.83	cups
Tea Black brewed..... 6 fl oz	2	0	300.00	fl oz
Tea Herb other than chamomile..... 6 fl oz	2	0	300.00	fl oz

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar
Tea Sweetened with saccharin, lemon flavor.....8oz	5	0	160.00 oz

Dairy Products

Blue Cheese..... 1 oz	100	1	1.00 oz
Camembert (3 wedges @ 4-oz container)..... 1 wedge	114	1.25	1.17 oz
Cheddar Cut pieces 1 oz	114	1.25	0.88 oz
Cheddar Shredded 1 cup	455	4.5	0.22 cups
Cottage cheese (4%) Large curd 1 cup	233	2.25	0.43 cups
Cottage cheese Low fat (1%) 1 cup	164	1.75	0.61 cups
Cream Cheese..... 1 oz	99	1	1.01 oz
Cream Cheese Low fat..... 1 tbsp	35	0.25	2.86 tbsp
Cream Cheese Fat free..... 1 tbsp	15	0.25	6.67 tbsp
Feta Cheese..... 1 oz	75	0.75	1.33 oz
Low fat, cheddar or colby..... 1 oz	49	0.5	2.04 oz
Mozzarella made with whole milk..... 1 oz	80	0.75	1.25 oz
Mozzarella (Part skim low moisture) 1 oz	79	0.75	1.27 oz
Muenster..... 1 oz	104	1	0.96 oz
Neufchatel 1 oz	74	0.75	1.35 oz
Parmesan, grated..... 1 cup	456	4.5	0.22 cups
..... 1 tbsp	23	0.25	4.35 tbsp
..... 1 oz	129	1.25	0.78 oz
Provolone 1 oz	100	1	1.00 oz
Ricotta, made with whole milk..... 1 cup	428	4.25	0.23 cups
Part skim milk 1 cup	340	3.5	0.29 cups
Swiss 1 oz	107	1	0.93 oz
American Cheese Regular 1 oz	106	1	0.94 oz
American Fat free..... 1 slice	31	0.25	3.23 slice
Swiss 1 oz	95	1	1.05 oz
Half and Half 1 cup	315	3.25	0.32 cups
..... 1 tbsp	20	0.25	5.00 tbsp
Light, coffee, or table cream..... 1 cup	469	4.75	0.21 cups
..... 1 tbsp	29	0.25	3.45 tbsp
Whipping Cream, unwhipped Light 1 cup	699	7	0.14 cups
... (volume about double when whipped).....1 tbsp	44	0.5	2.27 tbsp
Whipping Cream, unwhipped Heavy..... 1 cup	821	8.25	0.12 cups
..... 1 tbsp	52	0.5	1.92 tbsp
Whipped topping (pressurized) 1 cup	154	1.5	0.65 cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar
Sour Cream, Regular 1 cup .	493	5	0.20 cups
.....1 tbsp	26	0.25	3.85 tbsp
Sour Cream, Reduced fat 1 tbsp	20	0.25	5.00 tbsp
Sour Cream, Fat free 1 tbsp	12	0	8.33 tbsp
Immitation Whipped topping Frozen 1 cup	239	2.5	0.42 cups
..... 1 tbsp	13	0.25	7.69 tbsp
Frozen yougurt Chocolate 1/2 cup	115	1.25	0.43 cups
Frozen yougurt Vanilla 1/2 cup.	114	1.25	0.44 cups
Regular Ice Cream Chocolate.....1/2 cu	143	1.5	0.35 cups
regular Ice Cream Vanilla..... 1/2 cup.	133	1.25	0.38 cups
Ice Cream Light (50% reduced fat) vanilla.....1/2 cup	92	1	0.54 cups
Soft serve, french vanilla..... 1/2 cup.	185	1.75	0.27 cups
Sherbet, orange 1/2 cup	102	1	0.49 cups
Milk Whole (3.3% fat) 1 cup	150	1.5	0.67 cups
Milk Reduced fat (2%) 1 cup	121	1.25	0.83 cups
Milk Lowfat (1%) 1 cup	102	1	0.98 cups
Milk Nonfat (skim) 1 cup	86	0.75	1.16 cups
Milk Buttermilk 1 cup	99	1	1.01 cups
Canned Milk Condensed, sweetened..... 1 cup	982	9.75	0.10 cups
Evaporated Skim milk 1 cup	199	2	0.50 cups
Nonfat instant milk..... 1 cup	244	2.5	0.41 cups
Chocolate milk Reduced fat (2%) 1 cup	179	1.75	0.56 cups
Chocolate milk Lowfat (1%) 1 cup	158	1.5	0.63 cups
Milk shake, thick, Chocolate 10.6 fl oz	356	3.5	2.98 fl oz
Milk shake, thick, Vanilla 11 fl oz	350	3.5	3.14 fl oz
Low Fat yogurt (milk solids) Fruit flavored..... 8-oz	231	2.25	3.46 oz
low fat yogurt (milk solids) Plain..... 8-oz	144	1.5	5.56 oz
nonfat yogurt (milk solids) Fruit flavored..... 8-oz	213	2.25	3.76 oz
nonfat yogurt(milk solids) Plain..... 8-oz	127	1.25	6.30 oz
Yogurt (no milk solids) plain 8-oz	139	1.5	5.76 oz
Yogurt (no milk solids) nonfat milk, low cal.....8-oz	98	1	8.16 oz

Eggs

Egg Whole raw..... 1 medium	66	0.75	1.52	egg
..... 1 large raw	75	0.75	1.33	egg
.....1 extra large	86	0.75	1.16	egg
Egg White raw..... 1 large	17	0.25	5.88	egg

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Fried egg in margarine..... 1 large	92	1	1.09	egg
Hard Boild egg..... 1 large	78	0.75	1.28	egg
..... 1 cup chopped	211	2	0.47	cups
Egg Poached, with salt..... 1 large	75	0.75	1.33	egg
Scrambled egg in margarine..... 1 large	101	1	0.99	egg
Egg substitute, liquid 1/4 cup	53	0.5	0.47	cups
Fats and Oils				
Butter..... 1 stick	813	8.25	0.12	stick
..... 1 tbsp	102	1	0.98	tbsp
Lard 1 cup	1849	18.5	0.05	cups
..... 1 tbsp	115	1.25	0.87	tbsp
Margarine Hard (4 sticks per lb) 1 stick	815	8.25	0.12	stick
..... 1 tbsp	101	1	0.99	tbsp
Margarine Soft 1 cup	1626	16.25	0.06	cups
..... 1 tsp	34	0.25	2.94	tsp
Margarine Hard 60% fat (4 sticks per lb) 1 stick	621	6.25	0.16	stick
..... 1 tbsp	76	0.75	1.32	tbsp
Spread (about 40% fat)..... 1 cup	801	8	0.12	cups
Margarine butter blend..... 1 stick	811	8	0.12	stick
..... 1 tbsp	102	1	0.98	tbsp
Olive or Peanut oil..... 1 cup	1909	19	0.05	cups
..... 1 tbsp	119	1.25	0.84	tbsp
Other oil (such as canola,corn,soy) 1 cup	1927	19.25	0.05	cups
..... 1 tbsp	120	1.25	0.83	tbsp
Salad Dressings Commercial				
Blue cheese Regular 1 tbsp	77	0.75	1.30	tbsp
Blue cheese Low calorie..... 1 tbsp	15	0.25	6.67	tbsp
Caesar Regular 1 tbsp	78	0.75	1.28	tbsp

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
French Regular 1 tbsp	67	0.75	1.49	tbsp
French Low calorie..... 1 tbsp	22	0.25	4.55	tbsp
Italian Regular 1 tbsp	69	0.75	1.45	tbsp
Italian Low calorie..... 1 tbsp	16	0.25	6.25	tbsp
Mayonnaise Regular 1 tbsp	99	1	1.01	tbsp
Mayonnaise Light Cholestoral free	49	0.5	0.00	

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Russian Regular 1 tbsp	76	0.75	1.32	tbsp
Russian Low calorie..... 1 tbsp	23	0.25	4.35	tbsp
Thousand Island Regular 1 tbsp	59	0.5	1.69	tbsp
Thousand Island Low calorie..... 1 tbsp	24	0.25	4.17	tbsp
Homemade French.....1 tbsp	88	1	1.14	tbsp
Homemade Vinegar and oil..... 1 tbsp	70	0.75	1.43	tbsp

Fish and Shellfish

Catfish, breaded, fried..... 3 oz	195	2	1.54	oz
Clam Raw, meat only 3 oz	63	0.75	4.76	oz
Clam Breaded, fried3/4 cup	451	4.5	0.17	cups
Clams Canned, drained solids 3 oz	126	1.25	2.38	oz
.....1 cup	237	2.25	0.42	cups
Cod Baked or broiled 3 oz	89	1	3.37	oz
Canned, solids and liquid 3 oz	89	1	3.37	oz
Crab Alaska King Steamed..... 1 leg	130	1.25	0.77	leg
.....3 oz	82	0.75	3.66	oz
Crab Imitation, from surimi 3 oz	87	0.75	3.45	oz
Blue crab Steamed..... 3 oz	87	0.75	3.45	oz
Blue crab Canned crabmeat 1 cup	134	1.25	0.75	cups
Crab Cake with egg and onion fried in margarine ... 1 cake	93	1	1.08	cake
Flounder or sole baked or broiled 3 oz	99	1	3.03	oz
Haddock, baked or broiled..... 3 oz	95	1	3.16	oz
Halibut, baked or broiled 3 oz	119	1.25	2.52	oz
Herring, pickled 3 oz	223	2.25	1.35	oz
Lobster, steamed 3 oz	83	0.75	3.61	oz
Ocean perch, baked or broiled..... 3 oz	103	1	2.91	oz
Oyster Raw, meat only 1 cup	169	1.75	0.59	cups
Oyster 6 medium	57	0.5	10.53	units
Oyster Breaded, fried 3 oz	167	1.75	1.80	oz
Pollock, baked or broiled..... 3 oz	96	1	3.13	oz
Rockfish, baked or broiled..... 3 oz	103	1	2.91	oz
Roughy, orange, baked or broiled 3 oz	76	0.75	3.95	oz
Salmon Baked or broiled (red) 3 oz	184	1.75	1.63	oz
Salmon Canned (pink) solids and liquid 3 oz	118	1.25	2.54	oz
Smoked (chिनook) 3 oz	99	1	3.03	oz
Sardines in oil (drained) 3 oz	177	1.75	1.69	oz
Scallops, cooked, breaded, fried 6 large	200	2	3.00	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Shrimp breaded, fried 3 oz	206	2	2.91	oz
Shrimp canned, drained solids 3 oz	102	1	2.94	oz
Swordfish, baked or broiled..... 3 oz	132	1.25	2.27	oz
Trout, baked or broiled 3 oz	144	1.5	2.08	oz
Tuna Baked or broiled 3 oz	118	1.25	2.54	oz
Tuna canned in oil pack,drained, chunk light 3 oz	168	1.75	1.79	oz
Tuna water pack, chunk light..... 3 oz	99	1	3.03	oz
Tuna Water pack, solid white 3 oz	109	1	2.75	oz
Tuna salad (made with mayo)..... 1 cup	383	3.75	0.26	cups

Fruits and Fruit Juices

Apple raw unpeeled (3 per lb) 2 3/4"..... 1 apple	81	0.75	1.23	units
Apple peeled, sliced 1 cup	63	0.75	1.59	cups
Apple juice, bottled or canned..... 1 cup	117	1.25	0.85	cups
Applesauce Sweetened 1 cup	194	2	0.52	cups
Applesauce Unsweetened..... 1 cup	105	1	0.95	cups
Apricots Raw no pits (12 per lb with pits) 1 apricot	17	0.25	5.88	units
Apricots canned in heavy syrup 1 cup	214	2.25	0.47	cups
.....in Juice pack..... 1 cup	117	1.25	0.85	cups
Apricot nectar 1 cup	141	1.5	0.71	cups
Asian pear, raw 2 1/4" high x 2 1/2" dia..... 1 pear	51	0.5	1.96	units
..... 3 3/8" high x 3" dia 1 pear	116	1.25	0.86	units
Avocado (no skin or seed) California (1/5 whole).... 1 oz	50	0.5	2.00	oz
Avocado (no skin or seed) Florida (1/10 whole) 1 oz	32	0.25	3.13	oz
Banana Whole, medium (7" to 7 7/8"long)..... 1 banana	109	1	0.92	units
Banana Sliced 1 cup	138	1.5	0.72	cups
Blackberries, raw 1 cup	75	0.75	1.33	cups
Blueberries Raw 1 cup	81	0.75	1.23	cups
Blueberries Frozen, sweetened, thawed 1 cup	186	1.75	0.54	cups
Carambola (starfruit) Whole (3 5/8" long)..... 1 fruit	30	0.25	3.33	units
.....Sliced 1 cup	36	0.25	2.78	cups
Cherries, sour, pitted, canned in water 1 cup	88	1	1.14	cups
Cherries sweet raw 10 cherries	49	0.5	20.41	
Cherry pie filling, canned 1/5 of 21-oz can	85	0.75	4.94	oz
Cranberries, dried, sweetened... 1/4 cup	92	1	0.27	cups
Cranberry sauce (1/8 of can)..... 1 slice	86	0.75	1.16	

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Dates, without pits Chopped 1 cup	490	5	0.20	cups
Figs, dried..... 2 figs	97	1	2.06	
Fruit cocktail, canned in heavy syrup 1 cup	181	1.75	0.55	cups
Fruit cocktail, canned in juice pack 1 cup	109	1	0.92	cups
Grapefruit (3 3/4" dia) 1/2 grapefruit	37	0.25	1.35	
Grapefruit canned in light syrup 1 cup	152	1.5	0.66	cups
Grapefruit juice Raw Pink or White..... 1 cup	96	1	1.04	cups
Grapefruit juice canned Unsweetened 1 cup	94	1	1.06	cups
Grapefruit juice concentrate Undiluted..... 6-fl-oz can	302	3	1.99	fl oz
Grapefruit juice diluted 3x by volume..... 1 cup	101	1	0.99	cups
Grapes, seedless, raw 10 grapes	36	0.25	27.78	
Grape juice Canned or bottled 1 cup	154	1.5	0.65	cups
Grape Juice concentrate Undiluted..... 6-fl-oz can	387	3.75	1.55	fl oz
Diluted with 3 parts water by volume 1 cup	128	1.25	0.78	cups
Kiwi fruit (about 5 per lb with skin) 1 medium	46	0.5	2.17	
Lemons or Lime no peel (2 1/8" dia with p..... 1 fruit	17	0.25	5.88	
Lemon or Lime juice Raw juice of 1 fruit(2 1/8")	12	0	8.33	
Lemon or Lime juice canned or bottled unsweet 1 cup	51	0.5	1.96	cups
Mango Whole..... 1 mango	135	1.25	0.74	
Mango Sliced 1 cup	107	1	0.93	cups
Cantaloupe (5") Wedge..... 1/8 melon	24	0.25	0.52	
Cantaloupe Cubes..... 1 cup	56	0.5	1.79	cups
Honeydew Wedge (6-7")..... 1/8 melon	56	0.5	0.22	
Honeydew diced 1 cup	60	0.5	1.67	cups
Frozen sweetened mixed fruit..... 1 cup	245	2.5	0.41	cups
326 Nectarines, raw (2 1/8" dia)..... 1 nectarine	67	0.75	1.49	
Orange (2 5/8" dia) 1 orange	62	0.5	1.61	
Orange Sections without membranes 1 cup	85	0.75	1.18	cups
Orange juice Raw, all varieties 1 cup	112	1	0.89	cups
Orange juice Canned, unsweetened 1 cup	105	1	0.95	cups
Orange juice Chilled (refrigerator case) 1 cup	110	1	0.91	cups
frozen Orange juice concentrate Undiluted..... 6-fl-oz can	339	3.5	1.77	fl oz
Orange juice diluted @ 3 x water..... 1 cup	112	1	0.89	cups
Papaya 1/2" cubes 1 cup	55	0.5	1.82	cups
Papaya Whole (5 1/8" long x 3" dia)..... 1 papaya	119	1.25	0.84	
Peach 2 1/2"(about 4 per lb) 1 peach	42	0.5	2.38	
Peaches Sliced..... 1 cup	73	0.75	1.37	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Peaches in Heavy syrup pack..... 1 cup	194	2	0.52	cups
Peaches canned in Juice pack..... 1 cup	109	1	0.92	cups
..... 1 half peach	43	0.5	1.16	
Peaches Dried, sulfured..... 3 halves	93	1	3.23	
Peaches frozen sweetened..... 1 cup	235	2.25	0.43	cups
Pear raw with skin 2 1/2" dia 1 pear	98	1	1.02	
Pear canned in Heavy syrup pack..... 1 cup	197	2	0.51	cups
Pear canned in Juice pack..... 1 cup	124	1.25	0.81	cups
..... 1 half pear	38	0.5	2.63	
Pineapple Raw, diced..... 1 cup	76	0.75	1.32	cups
Pineapple chunks canned in heavy syrup 1 cup	198	2	0.51	cups
Pineapple chunks canned in juice..... 1 cup	149	1.5	0.67	cups
Pineapple Slice canned in juice (3" dia) 1 slice	28	0.25	3.57	slice
Pineapple juice unsweetened canned 1 cup	140	1.5	0.71	cups
Plantain Raw 1 medium	218	2.25	0.46	
Plantain Cooked, slices..... 1 cup	179	1.75	0.56	
Plum Raw (2 1/8" dia) 1 plum	36	0.25	2.78	
Plum canned in Heavy syrup pack..... 1 cup	230	2.25	0.43	cups
Plum canned in Juice pack..... 1 cup	146	1.5	0.68	cups
..... 1 plum	27	0.25	3.70	
Prunes dried Uncooked 5 prunes	100	1	1.00	

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Prune juice, canned or bottled .. 1 cup	182	1.75	0.55	cups
Raisins, not packed 1 cup	435	4.25	0.23	cups
Raisin Packet, 1/2 oz (1 1/2 tbsp) 1 packet	42	0.5	2.38	
Raspberries Raw 1 cup	60	0.5	1.67	cups
Raspberries Frozen, sweetened, thawed 1 cup	258	2.5	0.39	cups
Rhubarb frozen cooked with sugar 1 cup	278	2.75	0.36	cups
Strawberry raw Large (1 1/8" dia)..... 1 strawberry	5	0	20.00	
Strawberry Sliced..... 1 cup	50	0.5	2.00	cups
Strawberries frozen sweetened..... 1 cup	245	2.5	0.41	cups
Tangerine raw (2 3/8" dia) 1 tangerine	37	0.25	2.70	
Tangerine canned (mandarin oranges) light syrup..1 cup	154	1.5	0.65	cups
Tangerine juice sweetened 1 cup	125	1.25	0.80	cups
Watermelon raw (15" x 7 1/2") 1 wedge (1/16 th)	92	1	1.09	
Watermelon Diced 1 cup	49	0.5	2.04	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
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Grain Products

Bagel Plain 3 1/2" bagel	195	2	1.79	
..... 4" bagel	245	2.5	0.41	
Bagel Cinnamon raisin 3 1/2" bagel	195	2	0.51	
Bagel Egg 3 1/2" bagel	197	2	0.51	
Banana bread recipe prepared with margarine .. 1 slice	196	2	0.51	slice
Barley pearly Uncooked 1 cup	704	7	0.14	cups
Barley pearly Cooked 1 cup	193	2	0.52	cups
Biscuits made with 2% milk 2 1/2" biscuit	212	2	0.47	
..... 4" biscuit	358	3.5	0.28	
Biscuit from refrigerated dough Regular 2 1/2" biscuit	93	1	1.08	
..... Lower fat 2 1/4" biscuit	63	0.75	1.59	
Bread Cracked wheat 1 slice	65	0.75	1.54	slice
Egg bread (challah) 1/2" slice	115	1.25	0.43	slice
French,vienna,or sourdough bread 1/2" slice	69	0.75	0.72	slice
Indian fry (navajo) bread..... 5" bread	296	3	0.34	
..... 10 1/2" bread	526	5.25	0.19	
Italian Bread 1 slice	54	0.5	1.85	slice
Mixed grain bread 1 slice	65	0.75	1.54	slice
Oatmeal Bread 1 slice	73	0.75	1.37	slice
Pita Bread 4" pita	77	0.75	1.30	
.....6 1/2" pita	165	1.75	0.61	
Pumpnickel Bread 1 slice	80	0.75	1.25	slice
Raisin Bread 1 slice	71	0.75	1.41	slice
Rye Bread 1 slice	83	0.75	1.20	slice
Rye Bread, reduced calorie..... 1 slice	47	0.5	2.13	slice
Wheat Bread 1 slice	65	0.75	1.54	slice
Wheat bread, reduced calorie..... 1 slice	46	0.5	2.17	slice
White Bread 1 slice	67	0.75	1.49	slice
Soft bread crumbs 1 cup	120	1.25	0.83	cups
White Bread, reduced calorie 1 slice	48	0.5	2.08	slice
Whole Wheat Bread 1 slice	69	0.75	1.45	slice
..... 1 oz	112	1	0.89	oz
Bread Crumbs Seasoned, unenriched 1 cup	440	4.5	0.23	cups
Bread stuffing prepared from dry mix 1/2 cup	178	1.75	0.28	cups
Breakfast bar with fruit filling, fat free 1 bar	121	1.25	0.83	bar
Grits cooked 1 cup	145	1.5	0.69	cups
Grits Instant, plain..... 1 packet	89	1	1.12	pack
Cream of Wheat Regular 1 cup	133	1.25	0.75	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar
Oatmeal plain, nonfortified 1 cup	145	1.5	0.69 cups
Oatmeal Instant, fortified, plain 1 packet	104	1	0.96 pack
Quaker instant Apples and cinnamon 1 packet	125	1.25	0.80 pack
Quaker instant Maple and brown sugar .. 1 packet	153	1.5	0.65 pack
WHEATENA..... 1 cup	136	1.25	0.74 cups
APPLE JACKS..... 1 cup	116	1.25	0.86 cups
BASIC 4 1 cup	201	2	0.50 cups
CHEERIOS.....1 Cup	110	1	0.91 cups
CHEX Corn 1 cup	113	1.25	0.88 cups
CHEX Multi bran..... 1 cup	165	1.75	0.61 cups
CHEX Rice 1 1/4 cup	117	1.25	0.85 cups
CHEX Wheat..... 1 cup	104	1	0.96 cups
CINNAMON LIFE 1 cup	190	2	0.53 cups
COCOA KRISPIES..... 1 cup	160	1.5	0.63 cups
COCOA PUFFS 1 cup	119	1.25	0.84 cups
GENERAL MILLS TOTAL 1 1/3 cup	112	1	0.89 cups
KELLOGG'S CORN FLAKES..... 1 cup	102	1	0.98 cups
CORN POPS 1 cup	118	1.25	0.85 cups
CRISPIX..... 1 cup	108	1	0.93 cups
FROOT LOOPS 1 cup	117	1.25	0.85 cups
FROSTED MINI WHEATS Bite size 1 cup	187	1.75	0.53 cups
HONEY NUT CHEERIOS .. 1 cup	115	1.25	0.87 cups
HONEY NUT CLUSTERS .. 1 cup	213	2.25	0.47 cups
KIX 1 1/3 cup	114	1.25	0.88 cups
PRODUCT 19 1 cup	110	1	0.91 cups
Puffed Rice..... 1 cup	56	0.5	1.79 cups
Puffed Wheat..... 1 cup	44	0.5	2.27 cups
TOTAL Raisin Brand 1 cup	178	1.75	0.56 cups
KELLOGG'S Raisin Brand..... 1 cup	186	1.75	0.54 cups
RAISIN NUT BRAN 1 cup	209	2	0.48 cups
RICE KRISPIES 1 1/4 cup	124	1.25	1.01 cups
SHREDDED WHEAT..... 2 biscuits	156	1.5	1.28 units
SPECIAL K..... 1 cup	115	1.25	0.87 cups
TOTAL, Whole Grain 3/4 cup	105	1	0.71 cups
TRIX..... 1 cup	122	1.25	0.82 cups
WHEATIES..... 1 cup	110	1	0.91 cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Brownies without icing (2 3/4 sq x 7/8")..... 1 brownie	227	2.25	0.44	units
Brownie Fat free, 2" sq..... 1 brownie	89	1	1.12	units
Bulgur Cooked 1 cup	151	1.5	0.66	cups
Cake Angelfood (1/12 of 10" dia) 1 piece	129	1.25	0.78	piece
Cake Chocolate without frosting (1/12 of 9" dia) ... 1 piece	340	3.5	0.29	piece
Gingerbread 1/9 of 8" square) 1 piece	263	2.75	0.38	piece
Pineapple upside down (1/9 of 8" square) 1 piece	367	3.75	0.27	piece
Shortcake, biscuit type (about 3" dia) 1 shortcake	225	2.25	0.44	units
Sponge (1/12of 16-oz cake)..... 1 piece	187	1.75	0.53	piece
White cake With coconut frosting (1/12 of 9" dia) ..1 piece	399	4	0.25	piece
white cake without frosting (1/12 of 9" dia) 1 piece	264	2.75	0.38	piece
Angelfood (1/12 of 12-oz cake) 1 piece	72	0.75	1.39	piece
Boston cream (1/8 of pie) 1 piece	232	2.25	0.43	piece
Chocolat cake @chocolate icing 18-oz cake) 1 piece	235	2.25	0.43	piece
Fat free cake (3 1/4 x 23/4") x 5/8" slice)..... 1 slice	79	0.75	1.27	slice
Sponge Snack cake, creme filled..... 1 cake	155	1.5	0.65	units
Sponge shortcake..... 1 shortcake	87	0.75	1.15	units
Yellow Cake With chocolate frosting 1 piece	243	2.5	0.41	piece
Cheesecake (1/6 of 17-oz cake)..... 1 piece	257	2.5	0.39	piece
Cheese flavor puffs or twists 1 oz	157	1.5	0.64	oz
CHEX mix 1 oz (about 2/3 cup)	120	1.25	0.56	cups
Butter Cookies prepared 1 cookie	23	0.25	4.35	units
Chocolate chip cokie medium (2 1/4" -2 1/2")				
Chocolate chip cookie (2 1/4" -2 1/2") Regular .. 1 cookie	48	0.5	2.08	units
..... Reduced fat..... 1 cookie	45	0.5	2.22	units
Prepared from recipe, with margarine 1 cookie	78	0.75	1.28	units
Devil's food commercially prepared, fat free 1 cookie	49	0.5	2.04	units
Fig bar 1 cookie	56	0.5	1.79	units
Molasses Cookie Medium 1 cookie	65	0.75	1.54	units
Molasses Cookie Large (3 1/2"-4" dia) 1 cookie	138	1.5	0.72	units
Oatmeal Cookie Regular, large 1 cookie	113	1.25	0.88	units
Oatmeal Cookie Fat free..... 1 cookie	36	0.25	2.78	units
Oatmeal Cookie Prepared raisins (2 5/8" dia).....1 cookie	65	0.75	1.54	units
Peanut Butter Cookie Commercially prepared 1 cookie	72	0.75	1.39	units
Crème Filled Sandwich Cookie Chocolate 1 cookie	47	0.5	2.13	units
Crème Filled Sandwich Cookie Vanilla Round... 1 cookie	48	0.5	2.08	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Shortbread Cookie Plain (1B\, " sq) 1 cookie	40	0.5	2.50	units
Pecan Shortbread Cookie Regular (2" dia)..... 1 cookie	76	0.75	1.32	units
Pecan Shortbread Cookie Reduced fat..... 1 cookie	73	0.75	1.37	units
Sugar Cookie Commercially prepared 1 cookie	72	0.75	1.39	units
Sugar Cookie From refrigerated dough..... 1 cookie	73	0.75	1.37	units
Vanilla wafer medium size 1 cookie	18	0.25	5.56	units
Corn Chips Plain 1 oz	153	1.5	0.65	oz
Cornbread (3 3/4" x 2 1/2" x 3/4")..... 1 piece	188	2	0.53	piece
Cornbread @ 2% milk (2 1/2" x 2 1/2" x 1 1/2") ...1 piece	173	1.75	0.58	piece
Commeal Whole grain 1 cup	442	4.5	0.23	cups
Commeal Self rising degermed enriched 1 cup	490	5	0.20	cups
Cornstarch 1 tbsp	30	0.25	3.33	tbsp
Couscous Cooked 1 cup	176	1.75	0.57	cups
Crackers Graham 2 1/2" sq 2 squares	59	0.5	3.39	units
Graham Crackers Crushed 1 cup	356	3.5	0.28	cups
Melba toast, plain 4 pieces	78	0.75	5.13	piece
Rye wafer, whole grain plain 1 wafer	37	0.25	2.70	units
Saltine Square..... 4 crackers	52	0.5	7.69	units
Saltine Oyster type 1 cup	195	2	0.51	cups
Crackers Wheat with cheese 1 sandwich	33	0.25	3.03	units
Crackers Cheese with peanut butter ... 1 sandwich	34	0.25	2.94	units
Crackers Bite size..... 1 cup	311	3	0.32	cups
Crackers Round 4 crackers	60	0.5	6.67	units
Wheat, thin square..... 4 crackers	38	0.5	10.53	units
Whole wheat 4 crackers	71	0.75	5.63	units
Croissant, butter 1 croissant	231	2.25	0.43	units
Croutons, seasoned..... 1 cup	186	1.75	0.54	cups
Danish pastry Cheese filled 1 danish	266	2.75	0.38	units
Danish pastry Fruit filled..... 1 danish	263	2.75	0.38	units
Doughnuts Cake type 1 hole	59	0.5	1.69	units
Doughnuts 1 medium 1 hole	198	2	0.51	units
Doughnuts Yeast leavened, glazed 1 hole	52	0.5	1.92	units
..... 1 medium	242	2.5	0.41	units
Éclair, 5" x 2" x 1 3/4" 1 éclair	262	2.5	0.38	units
English muffin Untoasted 1 muffin	134	1.25	0.75	units
English muffin Toasted 1 muffin	133	1.25	0.75	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
French toast made @ 2% milk fried in margarine... 1 slice	149	1.5	0.67	units
French toast Frozen, ready to heat..... 1 slice	126	1.25	0.79	units
Granola bar Hard, plain 1 bar	134	1.25	0.75	units
Granola bar Soft, chocolate-coated peanut butter 1 bar	144	1.5	0.69	units
Macaroni (elbows) cooked 1 cup	197	2	0.51	cups
Matzo, plain..... 1 matzo	112	1	0.89	units
Blueberry Muffin (2 3/4" dia x 2")..... 1 muffin	158	1.5	0.63	units
Bran Muffin with raisins toaster type, toasted 1 muffin	106	1	0.94	units
Corn Muffin (2 1/2" dia x 2 1/4") 1 muffin	174	1.75	0.57	units
Oat bran muffin (2 1/2" x 2 1/4")..... 1 muffin	154	1.5	0.65	units
Noodles, chow mein, canned 1 cup	237	2.25	0.42	cups
Noodles (egg noodles) cooked Regular 1 cup	213	2.25	0.47	cups
Noodles (egg noodles) cooked Spinach..... 1 cup	211	2	0.47	cups
NUTRI GRAIN Cereal Bar, fruit filled 1 bar	136	1.25	0.74	units
Oat bran Uncooked 1 cup	231	2.25	0.43	cups
Oat bran Cooked 1 cup	88	1	1.14	cups
Oriental snack mix 1 oz (about 1/4cup)	156	1.5	0.64	oz
Pancakes, plain (4" dia) from mix..... 1 pancake	74	0.75	1.35	units
Pancakes, plain (4" dia) from scratch @ oil 1 pancake	83	0.75	1.20	units
Pie crust, baked From recipe 1 pie shell	949	9.5	0.11	units
Pie crust, baked From frozen..... 1 pie shell	648	6.5	0.15	units
Pie crust, baked Graham cracker 1 pie shell	1181	11.75	0.08	units
Pie Prepared from recipe (1/8 of 9" dia)		0	#DIV/0!	
.. Apple 1 piece	411	4	0.24	piece
.. Cherry..... 1 piece	486	4.75	0.21	piece
.. Lemon meringue 1 piece	362	3.5	0.28	piece
.. Pecan 1 piece	503	5	0.20	piece
.. Pumpkin 1 piece	316	3.25	0.32	piece
.. Fried, cherry 1 pie	404	4	0.25	piece
Popcorn				
.. Air popped, unsalted 1 cup	31	0.25	3.23	cups
.. Oil popped, salted..... 1 cup	55	0.5	1.82	cups
.. Caramel coated With peanuts 1 cup	168	1.75	0.60	cups
.. Caramel coated Without peanuts 1 cup	152	1.5	0.66	cups
.. Cheese flavor 1 cup	58	0.5	1.72	cups
Pretzels Stick, 2 1/4" long..... 10 pretzels	11	0	90.91	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Pretzels Twisted, regular 10 pretzels	229	2.25	4.37	units
Pretzels Twisted, dutch, 2 3/4" x 2 5/8" 1 pretzel	61	0.5	1.64	units
Rice				
.. Brown, long grain, cooked 1 cup	216	2.25	0.46	cups
.. White, long grain, enriched Raw 1 cup	675	6.75	0.15	cups
.. White, long grain, enriched Cooked..... 1 cup	205	2	0.49	cups
.. White, long grain, enriched Instant, prepared 1 cup	162	1.5	0.62	cups
.. Parboiled Raw 1 cup	686	6.75	0.15	cups
.. Parboiled Cooked..... 1 cup	200	2	0.50	cups
.. Parboiled Wild, cooked..... 1 cup	166	1.75	0.60	cups
Rice cake, brown rice, plain 1 cake	35	0.25	2.86	units
Rolls Dinner 1 roll	84	0.75	1.19	units
Rolls Hamburger or hotdog 1 roll	123	1.25	0.81	units
Rolls Hard, kaiser..... 1 roll	167	1.75	0.60	units
Spaghetti, cooked Enriched 1 cup	197	2	0.51	cups
Spaghetti, cooked Whole wheat 1 cup	174	1.75	0.57	cups
Sweet rolls, cinnamon Commercial, with raisins 1 roll	223	2.25	0.45	units
Sweet rolls, cinnamon from dough with frosting roll	109	1	0.92	units
Taco shell, baked..... 1 medium	62	0.5	1.61	units
Tapioca, pearl, dry..... 1 cup	544	5.5	0.18	cups
Toaster pastries Brown sugar cinnamon..... 1 pastry	206	2	0.49	units
Toaster pastries Chocolate with frosting 1 pastry	201	2	0.50	units
Toaster pastries Fruit filled..... 1 pastry	204	2	0.49	units
Toaster pastries Low fat 1 pastry	193	2	0.52	units
Tortilla chips Regular 1 oz	142	1.5	0.70	oz
Tortilla chips Low fat, baked..... 10 chips	54	0.5	18.52	units
Tortilla chips Light, reduced fat..... 1 oz	126	1.25	0.79	oz
Tortillas, ready to cook (about 6" dia) Corn 1 tortilla	58	0.5	1.72	units
Tortillas, ready to cook (about 6" dia) Flour 1 tortilla	104	1	0.96	units
Waffles Prepared from recipe, 7" dia .. 1 waffle	218	2.25	0.46	units
Waffles Frozen, toasted, 4" dia..... 1 waffle	87	0.75	1.15	units
Waffles Low fat, 4" dia 1 waffle	83	0.75	1.20	units
Wheat flours All purpose, Sifted, spooned..... 1 cup	419	4.25	0.24	cups
Bread flours, enriched..... 1 cup	495	5	0.20	cups
Whole wheat from hard wheats, 1 cup	407	4	0.25	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Peanuts Dry Roasted Salted..... 1 oz (about 28)	166	1.75	0.60	cups
Peanuts Oil roasted, salted..... 1 cup	837	8.25	0.12	cups
Peanuts..... 1 oz	165	1.75	0.61	oz
Peanut butter Smooth style 1 tbsp	95	1	1.05	tbsp
Peanut butter Chunk style 1 tbsp	94	1	1.06	tbsp
Peanut butter Reduced fat, smooth..... 1 tbsp	94	1	1.06	tbsp
Peas, split, dry, cooked 1 cup	231	2.25	0.43	cups
Pecans, halves..... 1 cup	746	7.5	0.13	cups
..... 1 oz (20 halves)	196	2	0.51	oz
Pine nuts (pignolia), shelled 1 oz	160	1.5	0.63	oz
Pistachio nuts, dry roast,with salt, shelled ... 1 oz (47 nuts)	161	1.5	29.19	oz
Pumpkin and squash kernels.roasted, seeds)1 oz	148	1.5	0.68	oz
Refried beans, canned 1 cup	237	2.25	0.42	cups
Sesame seeds..... 1 tbsp	47	0.5	2.13	tbsp
Soybeans, dry, cooked..... 1 cup .	298	3	0.34	cups
Miso (soy)..... 1 cup	567	5.75	0.18	cups
Soy milk..... 1 cup	81	0.75	1.23	cups
Tofu Firm 1/4 block	62	0.5	0.40	units
Tofu Soft, piece 2 1/2" x 2 3/4" x 1"..... 1 piece	73	0.75	1.37	piece
Sunflower seed kernels, dryroasted.....1/4cup	186	1.75	0.13	cups
.....1 oz	165	1.75	0.61	oz
Tahini 1 tbsp	89	1	1.12	tbsp
Walnuts, English 1 cup, chopped	785	7.75	0.13	cups
.....1 oz (14 halves)	185	1.75	0.54	oz

Meat and Meat Products

Beef, cooked

.. Fatty cut (pot roasted or simmered) Lean and fat.... 3 oz	293	3	1.02	oz
.. Lean only (pot roasted or simmered)..... 3 oz	213	2.25	1.41	oz
.. Lean cut(bottom round) simmered Lean and fat.... 3 oz	234	2.25	1.28	oz
.. Lean cut(bottom round) simmered Lean only..... 3 oz	178	1.75	1.69	oz
.. Ground beef, broiled 83% lean..... 3 oz	218	2.25	1.38	oz
.. Ground beef, broiled 73% lean..... 3 oz	246	2.5	1.22	oz
.. Liver, fried2C,\" x C,\" 3 oz	184	1.75	1.63	oz
.. Fatty Roast (rib) oven cooked Lean and fat..... 3 oz	304	3	0.99	oz
.. Fatty Roast (rib)oven cooked Lean only..... 3 oz .	195	2	1.54	oz
.. Lean Roast eye of round) oven cooked Lean only... 3 oz	143	1.5	2.10	oz

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
.. Sirloin Steak broiled Lean and fat..... 3 oz	219	2.25	1.37	oz
.. Sirloin Steak broiled Lean only..... 3 oz	166	1.75	1.81	oz
.. Beef, canned, corned..... 3 oz	213	2.25	1.41	oz
.. Beef, dried, chipped 1 oz	47	0.5	2.13	oz
Lamb Cooked				
.. Chops braised Lean and fat..... 3 oz	294	3	1.02	oz
.. Chops braised Lean only..... 3 oz	237	2.25	1.27	oz
.. Loin, broiled Lean and fat..... 3 oz	269	2.75	1.12	oz
.. Loin, broiled Lean only..... 3 oz	184	1.75	1.63	oz
.. Leg, roasted Lean and fat..... 3 oz	219	2.25	1.37	oz
.. Leg, roasted Lean only..... 3 oz	162	1.5	1.85	oz
.. Rib Lean and fat..... 3 oz	305	3	0.98	oz
.. Rib Lean only..... 3 oz	197	2	1.52	oz
Pork				
.. Bacon Regular 3 medium slices	109	1	2.75	slice
.. Bacon Canadian style (6 slices per 6-oz pkg)...2 slices	86	0.75	2.33	slice
.. Ham, light cure, roasted Lean and fat..... 3 oz	207	2	1.45	oz
.. Ham, light cure, roasted Lean only..... 3 oz	133	1.25	2.26	oz
.. Ham, canned, roasted..... 3 oz	142	1.5	2.11	oz
.. Pork chop (broiled)Lean and fat..... 3 oz	204	2	1.47	oz

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
.. Pork chop (fried) Lean and fat..... 3 oz	235	2.25	1.28	oz
.. Pork chop (fried) Lean only..... 3 oz	197	2	1.52	oz
.. Ham (roasted) Lean and fat..... 3 oz	232	2.25	1.29	oz
.. Ham (roasted) Lean only..... 3 oz	179	1.75	1.68	oz
.. Rib roast Lean and fat..... 3 oz	217	2.25	1.38	oz
.. Rib roast Lean only..... 3 oz	190	2	1.58	oz
.. Ribs Backribs, roasted..... 3 oz	315	3.25	0.95	oz
.. Ribs Country style, braised..... 3 oz	252	2.5	1.19	oz
.. Ribs Spareribs, braised..... 3 oz	337	3.25	0.89	oz
.. Shoulder cut Lean and fat..... 3 oz	280	2.75	1.07	oz
.. Shoulder cut Lean only..... 3 oz	211	2	1.42	oz

Sausages and luncheon meats				
.. Bologna, beef and pork (8 per 8-oz pkg)2 slices	180	1.75	1.11	slice
.. Braunschweiger (6 slices per 6-oz pkg)..... 2 slices	205	2	0.98	slice

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
.. Canned, lunch meat(7 slices per 7-oz can).... 2 slices	172	1.75	1.16	slice
.. Pork with ham (12 slices per 12-oz can) 2 slices	188	2	1.06	slice
.. Pork and chicken (12 slices per 12-oz can) 2 slices	117	1.25	1.71	slice
.. Cooked ham (1 oz) Regular 2 slices	104	1	1.92	slice
.. Cooked ham (1 oz) Extra lean 2 slices	75	0.75	2.67	slice
.. Frankfurter (1.6 oz) Beef and pork..... 1 frank	144	1.5	0.69	units
.. Frankfurter (1.6 oz) Beef 1 frank	142	1.5	0.70	units
.. Pork sausage cooked Link (4" x 7/8" raw) 2 links	96	1	2.08	units
.. Pork sausage cooked Patty (3 7/8" x 1/4" raw) ... 1 patty	100	1	1.00	units
.. Salami, beef and pork (1 oz) cooked type..... 2 slices	143	1.5	1.40	slice
.. Salami, beef and pork (3 1/8" x 1/16") dry type .. 2 slices	84	0.75	2.38	slice
.. Vienna sausage (7 per 4-oz can) 1 sausage	45	0.5	2.22	units
Veal Cutlet lean and fat cooked 3 oz	179	1.75	1.68	oz
Veal Rib, roasted, lean and fat..... 3 oz	194	2	1.55	oz

Mixed Dishes and Fast Foods

Beef macaroni, frozen, HEALTHY CHOICE..... 1 package	211	2	0.47	pack
Beef stew, canned 1 cup	218	2.25	0.46	cups
Chicken pot pie, frozen 1 small pie	484	4.75	0.21	units
Chili con carne with beans, canned..... 1 cup	255	2.5	0.39	cups
Macaroni and cheese, canned, made with corn oil ... 1 cup	199	2	0.50	cups
Meatless burger crumbles, MORNINGSTAR FARMS.. 1 cup	231	2.25	0.43	cups
Meatless burger patty, MORNINGSTAR FARMS .. 1 patty	91	1	1.10	units
Pasta with meatballs in tomato sauce, canned 1 cup	260	2.5	0.38	cups
Spaghetti meat sauce, frozen HEALTHY CHOICE...1 pack	255	2.5	0.39	pack
Spaghetti in tomato sauce with cheese, canned 1 cup	192	2	0.52	cups
Tortellini, pasta with cheese filling, frozen.. (1 cup cooked)	249	2.5	0.40	cups
Biscuit with egg and sausage 1 biscuit	581	5.75	0.17	units
Croissant with egg, cheese, bacon..... 1 croissant	413	4.25	0.24	units
Danish pastry Cheese filled..... 1 pastry	353	3.5	0.28	units
Danish pastry Fruit filled..... 1 pastry	335	3.25	0.30	units
English muffin egg,cheese, Canadian bacon 1 muffin	289	3	0.35	units
French toast with butter 2 slices	356	3.5	0.56	slice
Hashed brown potatoes..... 1/2 cup	151	1.5	0.33	cups
Pancakes with butter syrup..... 2 pancakes	520	5.25	0.38	units
Burrito With beans and cheese..... 1 burrito	189	2	0.53	units
Burrito With beans and meat..... 1 burrito	255	2.5	0.39	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Cheeseburger Double patty with mayo veg... 1 sandwich	417	4.25	0.24	units
Cheeseburger Single patty with mayo veg..... 1 sandwich	295	3	0.34	units
Cheeseburger plain Double patty 1 sandwich	457	4.5	0.22	units
Cheeseburger plain Single patty..... 1 sandwich	319	3.25	0.31	units
Cheeseburger Large Single patty mayo veg.. 1 sandwich	563	5.75	0.18	units
.....with bacon 1 sandwich	608	6	0.16	units
Chicken fillet (breaded fried) sandwich, plain .. 1 sandwich	515	5.25	0.19	units
Chicken pieces, boneless,breaded fried, plain ... 6 pieces	319	3.25	1.88	piece
Chili con carne..... 1 cup	256	2.5	0.39	cups
Chimichanga with beef 1 chimichanga	452	4.5	0.22	units
Coleslaw..... 3/4 cup	147	1.5	0.51	cups
Ice milk, soft, vanilla, in cone 1 cone	164	1.75	0.61	units
Sundae, hot fudge 1 sundae	284	2.75	0.35	units
Enchilada with cheese 1 enchilada	319	3.25	0.31	units
Fish sandwich, with tartar sauce and cheese ...1 sandwich	523	5.25	0.19	units
French fries..... 1 small	291	3	0.34	units
.....1 medium	458	4.5	0.22	units
.....1 large	578	5.75	0.17	units
Frijoles (refried beans, chili sauce, cheese) 1 cup	225	2.25	0.44	cups
Hamburger Regular condiments Double patty 1 sandwich	576	5.75	0.17	units
Hamburger Regular condiments Single patty... 1 sandwich	272	2.75	0.37	units
Hamburger Large everything Double patty ... 1 sandwich	540	5.5	0.19	units
Hamburger Large everything Single patty..... 1 sandwich	512	5	0.20	units
Hot dog Plain..... 1 sandwich	242	2.5	0.41	units
Hot dog With chili 1 sandwich	296	3	0.34	units
Hot dog (corndog)..... 1 corndog	460	4.5	0.22	units
Hush puppies 5 pieces	257	2.5	1.95	piece
Mashed potatoes1/3 cup	66	0.75	0.50	cups
Nachos, with cheese sauce 6-8 nachos	346	3.5	2.02	units
Onion rings, breaded and fried..... 8-9 rings	276	2.75	3.08	units
Pizza Cheese 1 slice (1/8 of 12" pizza)	140	1.5	0.71	slice
Pizza Meat and vegetables 1 slice (1/8 of 12" pizza)	184	1.75	0.54	slice
Pizza Pepperoni 1 slice (1/8 of 12" pizza)	181	1.75	0.55	slice
Roast beef sandwich, plain 1 sandwich	346	3.5	0.29	units
Salad, tossed, with chicken, no dressing..... 1 1/2 cups	105	1	1.43	cups
Salad, tossed, with egg, cheese, no dressing.... 1 1/2 cups	102	1	1.47	cups
Shrimp, breaded and fried..... 6-8 shrimp	454	4.5	1.54	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Sub sandwich 6"(oil,cold cuts, everything) ... 1 sandwich	456	4.5	0.22	units
Sub Roast beef 6"(with tomato,lettuce, mayo) . 1 sandwich	410	4	0.24	units
Sub Tuna salad 6" (with mayo,lettuce) 1 sandwich	584	5.75	0.17	units
Taco, beef..... 1 small	369	3.75	0.27	units
..... 1 large	568	5.75	0.18	units
Taco salad (with beef, cheese, taco shell) ... 1 1/2 cups	279	2.75	0.54	cups
Tostada (with cheese, veg) beans and beef... 1 tostada	333	3.25	0.30	units

Poultry and Poultry Products

Chicken

.. Chicken Breast dipped fried (with bones skin).1/2 breast	364	3.75	0.14	units
.. Drumstick batter fried (with bones skin)..... 1 drumstick	193	2	0.52	units
.. Thigh batter dipped fried (with bones skin)..... 1 thigh	238	2.5	0.42	units
.. Wing batter dipped fried (with bones skin)..... 1 wing	159	1.5	0.63	units
.. Dark meat (fried)..... 3 oz	203	2	1.48	oz
.. Light meat (fried)..... 3 oz	163	1.75	1.84	oz
.. Breast meat only roasted..... 1/2 breast	142	1.5	0.35	units
.. Drumstick meat only roasted 1 drumstick	76	0.75	1.32	units
.. Thigh meat only roasted..... 1 thigh	109	1	0.92	units
.. Stewed dark and light meat chopped or diced 1 cup	332	3.25	0.30	cups
.. Chicken giblets, simmered, chopped 1 cup	228	2.25	0.44	cups
.. Chicken liver, simmered 1 liver	31	0.25	3.23	units
.. Chicken neck, meat only, simmered..... 1 neck	32	0.25	3.13	units
Duck, roasted, flesh only 1/2 duck	444	4.5	0.11	units
Turkey Roasted Dark meat..... 3 oz	159	1.5	1.89	oz
Turkey Roasted Light meat 3 oz	133	1.25	2.26	oz
Turkey Roasted Light and dark meat, chop or diced.. 1 cup	238	2.5	0.42	cups
Turkey Ground, cookedPatty, from 4 oz raw..... 1 patty	193	2	0.52	units
Turkey Ground, cooked Crumbled..... 1 cup	298	3	0.34	cups
Turkey giblets, simmered, chopped 1 cup	242	2.5	0.41	cups
Turkey neck, meat only, simmered..... 1 neck	274	2.75	0.36	units
Chicken Canned, boneless 5 oz	234	2.25	0.21	oz
Chicken Frankfurter 1.6 oz 1 frank	116	1.25	0.86	units
Chicken Roll, light meat (1oz per slice)..... 2 slices	90	1	2.22	slice
Turkey Gravy and turkey, frozen 5-oz package	95	1	5.26	pack
Turkey Patties breaded fried (2.25 oz) 1 patty	181	1.75	0.55	units
Turkey Roast boneless light + dark meat, cooked..... 3 oz	132	1.25	2.27	oz

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar
Soups, Sauces, and Gravies			
Soups Prepared with whole milk			
.. Clam chowder, New England..... 1 cup	164	1.75	0.61 cups
.. Cream of mushroom 1 cup	203	2	0.49 cups
.. Tomato 1 cup	161	1.5	0.62 cups
Bean with pork 1 cup	172	1.75	0.58 cups
Beef broth,bouillon, Consomme 1 cup	29	0.25	3.45 cups
Beef noodle 1 cup	83	0.75	1.20 cups
Chicken noodle..... 1 cup	75	0.75	1.33 cups
Chicken and rice..... 1 cup	60	0.5	1.67 cups
Clam chowder, Manhattan 1 cup	78	0.75	1.28 cups
Cream of mushroom 1 cup	129	1.25	0.78 cups
Minestrone..... 1 cup	82	0.75	1.22 cups
Pea, green 1 cup	165	1.75	0.61 cups
Tomato 1 cup	85	0.75	1.18 cups
Vegetable beef 1 cup	78	0.75	1.28 cups
Canned, ready to serve, Bean with ham 1 cup	231	2.25	0.43 cups
Canned, ready to serve, Chicken noodle 1 cup	175	1.75	0.57 cups
Canned, ready to serve, Chicken and vegetable 1 cup	166	1.75	0.60 cups
Canned, ready to serve, Vegetable 1 cup	122	1.25	0.82 cups
Chicken broth..... 1 cup	17	0.25	5.88 cups
Chicken noodle 1 cup	76	0.75	1.32 cups
Chicken and rice 1 cup	116	1.25	0.86 cups
Chicken and rice with vegetables 1 cup	88	1	1.14 cups
Clam chowder, New England..... 1 cup	117	1.25	0.85 cups
Lentil 1 cup	126	1.25	0.79 cups
Minestrone 1 cup	123	1.25	0.81 cups
Vegetable 1 cup	81	0.75	1.23 cups
Beef bouillon..... 1 packet	14	0.25	7.14 pack
Onion 1 packet	115	1.25	0.87 pack
Chicken noodle..... 1 cup	58	0.5	1.72 cups
Onion 1 cup	27	0.25	3.70 cups
Beef stock (home prepared)..... 1 cup	31	0.25	3.23 cups
Chicken stock (home prepared)..... 1 cup	86	0.75	1.16 cups
Barbecue Sauce..... 1 tbsp	12	0	8.33 tbsp

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Hoisin Sauce..... 1 tbsp	35	0.25	2.86	tbsp
Nacho cheese Sauce..... 1/4 cup	119	1.25	0.21	cups
Pepper or hot Sauce..... 1 tsp	1	0	100.00	tsp
Salsa Sauce..... 1 tbsp	4	0	25.00	tbsp
Soy Sauce..... 1 tbsp	9	0	11.11	tbsp
Spaghetti/marinara/pasta Sauce..... 1 cup	143	1.5	0.70	cups
Teriyaki Sauce..... 1 tbsp	15	0.25	6.67	tbsp
Tomato chili Sauce..... 1/4 cup	71	0.75	0.35	cups
Worcestershire Sauce..... 1 tbsp	11	0	9.09	tbsp
Beef gravy canned..... 1/4 cup	31	0.25	0.81	cups
Chicken gravy canned..... 1/4 cup	47	0.5	0.53	cups
Country sausage gravy canned..... 1/4 cup	96	1	0.26	cups
Mushroom gravy canned..... 1/4 cup	30	0.25	0.83	cups
Turkey gravy canned..... 1/4 cup	31	0.25	0.81	cups

Sugars and Sweets

BUTTERFINGER (NESTLE)..... 1 fun size bar	34	0.25	2.94	u
Caramel Plain..... 1 piece	39	0.5	2.56	piece
Carob candy..... 1 oz	153	1.5	0.65	oz
Milk Chocolate Plain..... 1 bar (1.55 oz)	226	2.25	0.69	oz
MR. GOODBAR (HERSHEY) 1 bar (1.75 oz)	267	2.75	0.66	oz
NESTLE CRUNCH 1 bar (1.55 oz)	230	2.25	0.67	oz
Chocolate chips				
.. Milk 1 cup	862	8.5	0.12	cups
.. Semisweet 1 cup	805	8	0.12	cups
.. White 1 cup	916	9.25	0.11	cups
Chocolate coated peanuts..... 10 pieces	208	2	4.81	piece
Chocolate coated raisins..... 10 pieces	39	0.5	25.64	piece
Gumdrops (3/4" dia) 1 cup	703	7	0.14	cups
Gummy bears 10 bears	85	0.75	11.76	units
Gummy worms..... 10 worms	286	2.75	3.50	units
Hard candy..... 1 piece	24	0.25	4.17	units
KIT KAT (HERSHEY) 1 bar (1.5 oz)	216	2.25	0.69	oz
Marshmallows Miniature..... 1 cup	159	1.5	0.63	cups
M&M's (M&M MARS) Peanut..... 1/4 cup	222	2.25	0.11	cups
M&M's (M&M MARS) Plain..... 1/4 cup	256	2.5	0.10	cups
MILKY WAY (M&M MARS)..... 1 fun size bar	76	0.75	1.32	units

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
MILKY WAY1 bar (2.15 oz)	258	2.5	0.83	oz
REESE'S Peanut butter cup (contains 2) ..1 pack	243	2.5	0.41	pack
SNICKERS 1 bar (2 oz)	273	2.75	0.37	bar
STARBURST fruit chews (M&M MARS) 2.07 oz) ..1 bag	234	2.25	0.43	bag
Chocolate Frosting.....1/12 package	151	1.5	0.33	pack
Vanilla Frosting.....1/12 package	159	1.5	0.31	pack
Fruit and juice bar 1 bar (2.5 fl oz)	63	0.75	1.59	oz
Ice pop..... 1 bar (2 fl oz)	42	0.5	2.38	oz
Italian ices..... 1/2 cup	61	0.5	0.82	cups
gelatin dessert Regular 1/2 cup	80	0.75	0.63	cups
gelatin dessert Reduced cal (with aspartame)....1/2 cup	8	0	6.25	cups
Honey.....1 tbsp	64	0.75	1.56	tbsp
.....1 cup	1031	10.25	0.10	cups
Jams and preserves.....1 tbsp	56	0.5	1.79	tbsp
..... 1(.5 oz) packet	39	0.5	1.28	oz
Jellies.....1 tbsp	54	0.5	1.85	tbsp
..... 1(.5 oz) packet	40	0.5	1.25	oz

Puddings

.. Chocolate, ready to eat.....4 oz	150	1.5	2.67	oz
.. Rice, ready to eat.....4 oz	184	1.75	2.17	oz
.. Tapioca, ready to eat.....4 oz	134	1.25	2.99	oz
.. Vanilla, ready to eat.....4 oz	147	1.5	2.72	oz
.. Chocolate, Fat Free.....4 oz	107	1	3.74	oz
.. Tapioca, Fat Free.....4 oz	98	1	4.08	oz
.. Vanilla, Fat Free.....4 oz	105	1	3.81	oz
Brown Sugar packed.....1 cup	827	8.25	0.12	cups
Brown Sugar unpacked.....1 cup	545	5.5	0.18	cups
.....1 tbsp	34	0.25	2.94	tbsp
White Sugar granulated.....1 packet	23	0.25	4.35	pack
.....1 tsp	16	0.25	6.25	tsp
.....1 cup	774	7.75	0.13	cups
White sugar Powdered.....1 tbsp	31	0.25	3.23	tbsp
.....1 cup	467	4.75	0.21	cups
Chocolate syrup thin.....1 tbsp	53	0.5	1.89	tbsp
Chocolate Syrup Fudge type.....1 tbsp	67	0.75	1.49	tbsp
Corn syrup, light.....1 tbsp	56	0.5	1.79	tbsp

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Maple Syrup.....1 tbsp	52	0.5	1.92	tbsp
Molasses, blackstrap.....1 tbsp	47	0.5	2.13	tbsp
Pancake Syrup, reduced calorie.....1 tbsp	25	0.25	4.00	tbsp

Vegetables and Vegetable Products

1037 Alfalfa sprouts, raw..... 1 cup .	10	0	10.00	cups
Artichokes, cooked, drained..... 1 cup	84	0.75	1.19	cups
1 medium	60	0.5	1.67	units
Asparagus, From raw	43	0.5	2.33	cups
Asparagus, Canned 5" drained..... 1 cup	46	0.5	2.17	cups
..... 4 spears	14	0.25	28.57	units
Bamboo shoots, canned, drained..... 1 cup	25	0.25	4.00	cups
Lima Beans, Ford hooks..... 1 cup	170	1.75	0.59	cups
Baby limas	189	2	0.53	cups
Beans, Snap Beans Green, from raw..... 1 cup	44	0.5	2.27	cups
Snap Beans Green..... 1 cup	38	0.5	2.63	cups
Snap Beans Green, from can..... 1 cup	27	0.25	3.70	cups
Bean sprouts (mung), Cooked, drained..... 1 cup	26	0.25	3.85	cups
Beets Slices	75	0.75	1.33	cups
Beets ,canned Slices	53	0.5	1.89	cups
Beet greens, drained, 1" pieces..... 1 cup	39	0.5	2.56	cups
Black eyed peas	224	2.25	0.45	cups
Broccoli Chopped or diced raw	25	0.25	4.00	cups
Broccoli Chopped, cooked..... 1 cup	44	0.5	2.27	cups
Broccoli From frozen, chopped, cooked..... 1 cup	52	0.5	1.92	cups
Brussels sprouts, cooked,	65	0.75	1.54	cups
Cabbage, Raw	18	0.25	5.56	cups
Cabbage, Cooked, drained..... 1 cup	33	0.25	3.03	cups
Carrot juice, canned	94	1	1.06	cups
Carrots Raw, Grated..... 1 cup	47	0.5	2.13	cups
Carrots Raw, Baby	4	0	25.00	units
Carrots Cooked,	70	0.75	1.43	cups
Cauliflower Cooked,	34	0.25	2.94	cups
Celery Stalk, medium	7	0	14.29	units
Celery Cooked, Pieces, diced..... 1 cup	27	0.25	3.70	cups
Chives, raw, chopped	1	0	100.00	tbsp
Collards, cooked, drained,	61	0.5	1.64	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Corn, sweet, yellow, Cooked, kernels on cob 1 ear	83	0.75	1.20	units
Corn, from frozen Kernels..... 1 cup	131	1.25	0.76	cups
Corn, Canned Cream style 1 cup	184	1.75	0.54	cups
Cucumber Peeled Sliced..... 1 cup	14	0.25	7.14	cups
Cucumber Sliced..... 1 cup	14	0.25	7.14	cups
Cucumber Whole, 8 1/4" long..... 1 large	39	0.5	2.56	units
Dandelion greens, cooked, drained..... 1 cup	35	0.25	2.86	cups
Eggplant, cooked, drained 1 cup	28	0.25	3.57	cups
Endive, curly (including escarole,raw, pieces..... 1 cup	9	0	11.11	cups
Hearts of palm, canned 1 piece	9	0	11.11	units
Jerusalem artichoke, raw, sliced 1 cup	114	1.25	0.88	cups
Kale, cooked, drained, chopped 1 cup	39	0.5	2.56	cups
Leeks, diced, cooked, drained..... 1 cup	32	0.25	3.13	cups
Lettuce, raw Leaf (Butterhead, Boston) 5" dia 1 head	21	0.25	4.76	units
Lettuce, raw, Crisphead, as iceberg Head, 6" dia ..1 head	65	0.75	1.54	units
Lettuce, raw, Crisphead, as iceberg chopped 1 cup	7	0	14.29	cups
Lettuce, raw, Looseleaf, Leaf 1 leaf	2	0	50.00	units
Lettuce, raw, Looseleaf, Pieces, shredded..... 1 cup	10	0	10.00	cups
Lettuce,raw, Romaine or cos Pieces, shredded..... 1 cup	8	0	12.50	cups
Mushrooms Cooked, drained, pieces 1 cup	42	0.5	2.38	cups
Mushrooms, shiitake Cooked pieces..... 1 cup	80	0.75	1.25	cups
Mushrooms, shiitake Dried 1 mushroom	11	0	9.09	units
Mustard greens, cooked, drained..... 1 cup	21	0.25	4.76	cups
Okra, sliced, cooked, drained From frozen 1 cup	52	0.5	1.92	cups
Onions Raw Chopped 1 cup	61	0.5	1.64	cups
Onions Cooked drained 1 cup	92	1	1.09	cups
Onions Cooked 1 medium	41	0.5	2.44	units
Onions Dehydrated flakes..... 1 tbsp	17	0.25	5.88	tbsp
Onions Spring raw Chopped 1 cup	32	0.25	3.13	cups
Onion rings, 2"-3" dia fried, frozen, oven heated ...10 rings	244	2.5	4.10	units
Parsnips, sliced, cooked, drained..... 1 cup	126	1.25	0.79	cups
Peas, edible pod, cooked, 1 cup	83	0.75	1.20	cups
Peas, green boiled, drained..... 1 cup	125	1.25	0.80	cups
Peppers, Hot Chili, raw Green or red 1 pepper	18	0.25	5.56	units
Jalapeno, canned, solids and liquids..... 1/4 cup	7	0	3.57	cups
Green or Red Pepper Chopped 1 cup	40	0.5	2.50	cups

Food Description portion	Calories	Calorie Cash	For 1 Calorie Dollar	
Green Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	0.25	3.13	units
Red Pepper whole (2 1/4"x 2 1/2")..... 1 pepper	32	0.25	3.13	units
Green or Red Pepper cooked 1 cup	38	0.5	2.63	cups
Baked Potato With skin (2 1/3" x 4 3/4")..... 1 potato	220	2.25	0.45	units
Baked Potato Flesh only..... 1 potato	145	1.5	0.69	units
Baked Potato Skin only 1 skin	115	1.25	0.87	units
Potato Boiled (2 1/2") Peeled after boiling..... 1 potato	118	1.25	0.85	units
Potato Au gratin @ whole milk, butter mix 1 cup	228	2.25	0.44	cups
Potato Au gratin @ whole milk, butter home recipe... 1 cup	323	3.25	0.31	cups
French fried, frozen, oven heated..... 10 strips	100	1	10.00	units
Hashed brown From home recipe 1 cup	326	3.25	0.31	cups
Mashed Potatoes from flakes @ whole milk, butter... 1 cup	237	2.25	0.42	cups
Mashed Potatoes home recipe With whole milk 1 cup	162	1.5	0.62	cups
Mashed Potatoes With whole milk, margarine..... 1 cup	223	2.25	0.45	cups
Potato pancakes, home prepared..... 1 pancake	207	2	0.48	units
Potato salad, home prepared1 cup	358	3.5	0.28	cups
Scalloped Potatoes from mix, milk, butter 1 cup	228	2.25	0.44	cups
Scalloped Potatoes from home recipe milk, butter.. 1 cup	211	2	0.47	cups
Pumpkin Cooked, mashed..... 1 cup	49	0.5	2.04	cups
Pumpkin Canned 1 cup	83	0.75	1.20	cups
Radishes, raw (3/4" to 1" dia) 1 radish	1	0	100.00	units
Rutabagas, cooked, drained, cubes..... 1 cup	66	0.75	1.52	cups
Sauerkraut, canned, solids and liquid 1 cup	45	0.5	2.22	cups
Spirulina, dried 1 tbsp	3	0	33.33	tbsp
Shallots, raw, chopped 1 tbsp	7	0	14.29	tbsp
Soybeans, green, cooked, drained..... 1 cup	254	2.5	0.39	cups
Spinach Raw Chopped 1 cup	7	0	14.29	cups
Spinach Cooked, drained 1 cup	41	0.5	2.44	cups
Squash Cooked, drained 1 cup	36	0.25	2.78	cups
Squash Winter (all varieties), baked, cubes 1 cup	80	0.75	1.25	cups
Squash Winter, butternut, frozen, cooked, mashed ... 1 cup	94	1	1.06	cups
Sweetpotatoes Baked, with skin 1 potato	150	1.5	0.67	units
Sweetpotatoes Boiled, without skin..... 1 potato	164	1.75	0.61	units
Sweetpotatoes Candied (2 1/2" x 2" piece)..... 1 piece	144	1.5	0.69	piece
Sweetpotatoes Canned Syrup pack, drained 1 cup	212	2	0.47	cups
Tomatillos, raw..... 1 medium	11	0	9.09	units

Food Description portion

- Tomatoes Raw Chopped or sliced 1 cup
- Tomatoes Slice, medium,1/8 " thick..... 1 slice
- Tomatoes Cherry 1 cherry
- Tomatoes whole Medium,..... 1 tomato
- Tomatoes Canned, solids and liquid 1 cup
- Tomatoes Sun dried Plain..... 1 piece
- Tomatoes Packed in oil, drained 1 piece
- Tomato juice, canned, with salt added 1 cup
- Tomato Paste 1 cup
- Tomato Puree 1 cup
- Tomato Sauce 1 cup
- Tomato Stewed..... 1 cup
- Turnips, cooked, cubes..... 1 cup
- Turnip greens, cooked, drained 1 cup
- Vegetable juice cocktail, canned 1 cup
- Vegetables, mixed Canned, drained..... 1 cup
- Vegetables, mixed Frozen, cooked, drained 1 cup
- Waterchestnuts, canned, slices,solids and liquids ... 1 cup

Miscellaneous Items

- Catsup 1 cup
- 1 tbsp
- 1 packet
- Mustard, prepared, yellow 1 tsp or 1 packet
- Olives, canned Pickled, green 5 medium
- Olives, canned Ripe, black 5 large
- Pickles, cucumber whole medium..... 1 pickle
- Fresh bread and butter pickles..... 3 slices
- Pickle relish, sweet 1 tbsp
- Potato chips 1 oz
- Potato chips Reduced fat 1 oz
- Potato chips Fat free, made with olestra..... 1 oz
- Potato chips Plain Made from dried potatoes..... 1 oz
- Potato chips Reduced fat 1 oz
- Trail mix nuts and seeds..... 1 cup
- Trail mix Tropical 1 cup
- Vinegar Cider 1 tbsp

ABOUT THE AUTHOR

If you were asked to name a weight loss psychologist, you would probably think of someone like Dr Phil. If asked to name a weight loss doctor you might mention Dr Oz or any number of physicians. You can probably name weight loss researchers, weight loss dieticians and nutritionists, weight loss weight lifters and

weight loss gurus. The Weight Loss Engineer does not make diets, he makes diets work better. The weight Loss Engineer treats the process of weight loss like any process that he encounters in a factory. The charts in this book are similar to the process control charts used in almost any factory. They are used in virtually every factory because they work so well, and they will work for you.

So keep the process of weight loss on track with the Weight Loss Engineer. .

Senior Quality Assurance Engineer with 30 years experience
Master of Science degree in Food Engineering
Quality Engineer, ASQ
Quality Auditor, ASQ

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