

di•et tired: (adjective)

Origin: The Healthy Weights Clinic Waterloo ON

- term used to describe an emotional state suffered by dieters
- a cluster of emotions; despair, frustration, hopelessness and self criticism

Weight loss takes work, but it shouldn't take guess work.™

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Plus Get *The Ultimate What Should I Eat Guide* that includes tips on getting this most out of this chart.

Calorie Values per Gram

Fat/Oil	- 9 Calories
Carbohydrate	- 4 Calories
Protein	- 4 Calories
Alcohol	- 7 Calories

Sample Calculation



HAMBURGER WITH CHEESE
has 530 calories derived from:

30g Fat (x 9 cal/g)	= 270
38g Carbo (x 4 cal/g)	= 152
27g Protein (x 4 cal/g)	= 108
Total Calories	= 530

C	- Calories
F	- Fat (grams)
Cb	- Carbohydrate (grams)
Al	- Alcohol (milliliters)

Abbreviations

tsp	=	teaspoon
Tbsp or T	=	Tablespoon
oz	=	ounce(s)
c	=	cup
fl.oz.	=	fluid ounce(s)
g	=	gram(s)
avg	=	average
pkg	=	package

Volume Measures | All measures are level

3 tsp	=	1 Tbsp
2 Tbsp	=	1 fl.oz.
1/2 cup	=	4 fl.oz.
1 cup	=	8 fl.oz.
2 cups	=	1 Pint
2 Pints	=	1 Quart

Note: 8 oz weight is not the same as 8 fl.oz volume (space occupied). Dense foods weigh more per set volume.

Examples: 1 cup popcorn weighs 1/2 oz
1 cup milk weighs 8 1/2 oz
1 cup pudding weighs 10 oz

Metric Conversion

1/2 oz.	=	14 grams
1 oz.	=	28.4 grams
3 1/2 oz.	=	100 grams
1 fl.oz.	=	30 milliliters
1 cup (8 fl.oz.)	=	240 milliliters
33 fl.oz.	=	1 liter (volume)

Cow Milk | Average All Brands

	C	F	Cb
Whole (3.5% fat)			
2 T, 1 fl.oz	20	1	1.5
1 Glass, 6 fl.oz	110	6	8.5
1 c, 8 fl.oz	150	8	12
1 Pint, 16 fl.oz	300	16	23
1 Quart, 946 ml	600	32	46



Reduced-Fat (2% fat)

2 T, 1 fl.oz	15	0.5	1.5
1 Glass, 6 fl.oz	90	4	8.5
1 c, 8 fl.oz	130	5	13
1 Pint, 16 fl.oz	260	10	26
1 Quart, 946 ml	520	20	52

Light/Low-Fat (1% fat)

2 T, 1 fl.oz	12	0.3	1.5
1 Glass, 6 fl.oz	75	2	8.5
1 c, 8 fl.oz	120	2.5	14
1 Pint, 16 fl.oz	240	5	26
1 Quart, 946 ml	480	10	56

Light/Low-Fat (1/2% fat)

2 T, 1 fl.oz	12	0.1	1.6
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Fat Free/Skim

2 T, 1 fl.oz	10	0	1.5
1 c, 8 fl.oz	90	0.5	13
1 Pint, 16 fl.oz	180	1	26

Butter & Margarine | Average All Brands

Regular			
1 tsp (5g)	35	4	1
1 Pat (5g)	35	4	1
1 T, approx. 1/2 oz	100	11	0
2 T, 1 oz	205	23	0
1 Stick, 1/2 c, 4 oz	410	46	0
1 Pound, 2 c, 16 oz	820	92	0
Light (Regular) 40% Fat			
1 tsp (5g)	25	3	0
1 T, 1/2 oz	70	8	0
2 T, 1 oz	140	15	0



Whipped Butter (Regular)

1 tsp (4g)	30	3	0
1 T (10g)	70	7	0
1 Stick, 1/2 c, 2 2/3 oz	545	62	0

Whipped Light Butter 40% Fat

1 tsp, 5g	30	3	0
1 T, 9g	70	7	0
2 T, 18g	545	62	0

Unsalted Same as Regular

Cream | Average All Brands

Half & Half Cream			
1 T, 0.5 oz	20	2	0.5
2 T, 1 oz	40	4	1
Light Coffee/Table (20% fat)			
1 T	30	3	0.5
2 T, 1 oz	60	6	1
Sour Cream			
Regular			
1 T, 0.5 oz	25	2.5	0.5
2 T, 1 oz	490	48	10
Low-Fat/Light			
1 T, 0.5 oz	20	1.5	1
2 T, 1 oz	40	3	2
Fat-Free			
2 T, 1 oz	20	0	4.5
Kroger, 2 T, 1 oz	20	0	3



Yogurt | Average All Brands | Per 8 oz cup

Plain Yogurt Whole, 8 oz	140	8	10
Low-Fat	145	3.5	16
Fat-Free	125	0	17
Fruit Flavored Whole, 8 oz	225	8	32
Low-Fat	230	3	43
Fat-Free, regular	215	0.5	43
Fat-Free, no sugar added	80	0	15
Goat's Milk Yogurt Same as Regular			




Frozen Yogurt | Ave. All Brands

	C	F	Cb
Hard			
Low-Fat, 1/2 c	140	3	26
Non-Fat, 1/2 c	110	0	29
Soft			
Low-Fat, 1/2 c	120	2.5	28
Non-Fat, 1/2 c	100	0	30



Firm/Hard Cheeses | American, Cheddar, Colby, Com, Swiss

Regular Cheese			
1 oz slice/piece	110	9	0.5
8 oz package	850	72	4
16 oz (1 lb) package	1740	144	8
Cubes			
1" cube, 3/4 oz	70	5.5	0.5
1 1/4" cube, 1 oz slice	110	9	0.5
Diced			
1 c, 4 1/2 oz	525	44	2
Grated			
1 T, 1/4 oz	27	2	0
Shredded			
1/4 c, 1 oz	105	9	0.5
1 c, 4 oz	425	35	4
Sliced			
1 thin (3 1/2" sq.), 3/4" oz	80	7	0.5
Rectangular (7"x4"x1/8")	165	14	0.5
1 1/2" oz	85	7	0.5
Round (3 1/4" diam x 1/8")			
3/4 oz	140	11	0.5
Semi-circular (1 1/2" x 1 1/2" x 3/16" rad)			
1/8" thick	45	4	0.5
Fat-Free			
Average all Brands, 1 oz	45	0	0.5
Low-Fat			
Average all Brands, 1 oz	50	2	1
Reduced Fat			
Average all brands, 1 oz	80	0	0.5



Ice Cream | Average All Brands | Vanilla


Regular Ice Cream (10% fat)			
(Examples: Borden/Hood)			
3 fl.oz scoop	100	5	12
1/2 c, 4 fl.oz	130	7	16
1 Pint, 16 fl.oz	520	28	62
1/2 Gallon (4 Pints)	2100	112	248
Rich (16% fat)			
3 fl.oz scoop	130	8	12
1/2 c, 4 fl.oz	170	10	17
1 Pint	690	40	68
Super-Rich (20% fat)			
(Hoagen-Dazs/Ben & Jerry's)			
3 fl.oz scoop	200	14	16
1/2 c, 4 fl.oz	270	18	21
1 Pint	1100	72	84
Reduced Fat/Light			
(Breyer's Light/Hood Light)			
3 fl.oz scoop	100	3	14
1/2 c, 4 fl.oz	140	4	18
1 Pint	560	16	72



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Vegetables




Choose as much as you can hold on both hands

Fruits, Grain products, Milk




Choose an amount up to the size of your fist

Meat and Alternatives




Choose an amount up to the size of the palm of your hand and the thickness of your little finger

Cheese



Choose an amount the size of two fingers (index and middle fingers)

Fat and Oils



Limit fat to an amount the size of the tip of your thumb

Fresh Eggs

	C	F	Cb
Raw (weight with shell)			
Small, 40g	65	4	0
Medium, 44g	70	4	0
Large, 50g	75	4.5	0
Extra Large, 56g	80	5	0
Jumbo, 63g	90	5.5	0



Fast Food | Average All Brands

Hamburger			
Medium Size	340	28	22
Large + cheese	600	43	36
Pizza Slice			
Pepperoni + cheese	330	29	17
Chicken Wings			
6 Wings	471	33	18
French Fries, Onion Rings			
Large	540	26	68
Bacon, Egg & Cheese Biscuit			
+ Hashbrown	625	39	45
Chicken Nuggets			
10 Pieces	510	33	30
Tacos			
2 Hard/Soft + cheese + toppings	520	28	46




Steak

Sirloin (Choice Grade)			
External fat trimmed to 1/4"			
Broiled Edible Portion (no bone)			
Small Serving 3 oz (cooked) (3 oz cooked from 4 1/2 oz raw)			
Lean + fat (1/1"), 3 oz	225	13	0
Lean + marbling, 3 oz	195	10	0
Lean only, 3 oz	160	6	0
(No external fat or marbling)			
Med./Reg. Serving 5 oz (cooked wt) (from approx. 7 oz raw)			
Lean + fat (1/1"), 5 oz	350	21	0
Lean + marbling, 5 oz	325	17	0
Lean only, 5 oz	265	10	0




Roast Beef, Pork

Small Serving 3 oz (2 thin slices/7 thick slice)			
Lean + fat (1/1"), 3 oz	200	11	0
Lean only, 3 oz	150	5	0
Medium Serving 5 oz (3-4 thin slices)			
Lean + fat, 5 oz	330	19	0
Lean only, 5 oz	245	9	0

Poultry

Breast/Wing Quarter			
Roasted			
With skin	300	15	0
Without Skin	185	5	0
Fried, batter dipped	530	30	17
Leg Quarter Thigh & Drumstick			
Roasted			
With skin	270	15	0
Without Skin	185	5	0
Fried, batter dipped	435	30	15



Fresh Fish

	C	F	Cb
Low Oil (Less than 2.5% fat)			
White/pale colored flesh			
Examples: Cod, Flounder, Haddock, Halibut, Mahi Mahi, Perch, Pike, Pollock, Snapper, Sole, Whiting			
Per 4 oz Edible Portion			
Raw 4 oz (no bones)	90	1	0
Steamed, Broiled, Baked Fried	130	1	0
Lightly Floured	210	8	3.5
Breaded	260	12	8
In Batter	320	16	27



Medium Oil (2.5-5% fat)

Pale colored flesh			
Examples: Bluefin Tuna, Catfish, Kingfish, Orange Roughy, Salmon (Pink), Swordfish, Rainbow Trout, Yellowtail			
Raw 4 oz (no bones)	140	5	0
Baked, Broiled 4 oz	175	6	0
Fried 4 oz	230	11	8

High Oil (Over 5% fat)

Darker colored flesh			
Examples: Albacore Tuna, Bluefish, Herring, Mackerel, Salmon (Atl./Chinook/Sockeye), Sardines, Trout, Whitefish			
Raw 4 oz (no bones)	230	16	0
Baked, Broiled 4 oz	275	17	0


Nuts

Per 1 oz Unless Indicated			
Average of All			
Whole, 24-28 med, 1 oz	170	15	5.5
1/2 c, 2 1/2 oz	420	37	13
Chopped, 1/2 c, 2 1/4 oz	380	34	12
Sliced, 1/2 c, 1 2/3 oz	280	25	9
Chocolate coated (5-6), 1 oz	150	10	15
Oil Roasted (Blue Diamond), 1 oz	170	16	5
Honey Roasted, 1 oz	170	14	8



Peanut Butter, Jam | Average All Brands

Peanut Butter			
1 level T, 0.6 oz (17g)	105	8.5	4
2 level T, 1.2 oz (34g)	210	17	7
Jam			
Strawberry 1 T	56	0	14
Honey 1 T	64	0	17



Pop Corn & Snack Foods | Average All Brands

Pop Corn			
Movie Theatre Med.	951	58	93
Microwave 1/2 Bag	180	18	18
Microwave Light 1/2 Bag	120	6	24
Air Pop 3 Cups	90	0	24
Snacks			
Chicken Wings	1050	65	70
Licorice 4 Pieces	150	1	35
Nachos + Cheese Lg	1101	59	131
Pretzels 10 Twists	220	1	48
Trail Mix	693	44	67

Bread | Average All Varieties

Lite slice, 3/4 oz	40	0.5	9
Sandwich slice, 1 oz	70	1	12
Standard slice, 1 1/4 oz	90	1	18
Large slice, 1 1/2 oz	105	1	