

# To Watch Your Weight, Count Calories

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Those of us who like to know how many calories we are consuming need a handy chart. The following has been prepared so you might post it in your room.

Please pay attention to the caloric content of the foods usually used as extra snacks, especially at night. Some of these can add up to 500 extra calories. Many of these snack foods are so low in nutrients that they are known as empty calorie foods.

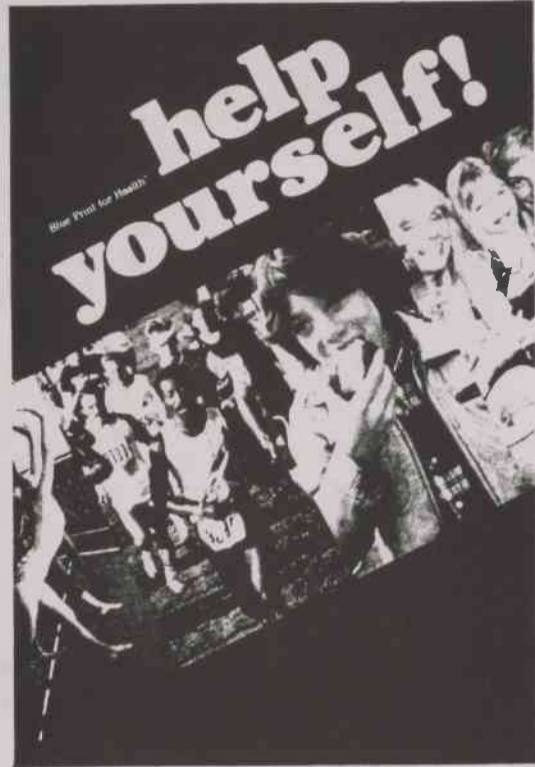
For the sake of good health it would be advisable to try fresh fruit instead of those empty calories.



**CHECK CALORIES FOR YOUR DIET**  
713 DIFFERENT FOODS LISTED ALPHABETICALLY  
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Food	Weight or Measure	Calories
<b>A</b>		
apple, fresh.	1 large	117
apple, fresh.	1 medium	70
apple, fresh.	1 small	58
apple, slices.	1 cup	83
apple, baked.	1 large	158
apples and apricots, canned, strained.	1 ounce	18
apple brown Betty	1/2 cup	175
apple juice	8 ounces	125
apple pie	1/6 of 9" pie	375
apple sauce, sweetened.	1/2 cup	90
apple sauce, unsweetened.	1/2 cup	50
apricots, fresh.	3 whole	60
apricots, canned, sweetened.	4 halves, 2 tbsp. juice	80
apricots, canned, waterpacked.	1 cup	80
apricots, canned, low calorie.	4 or 5 halves	41
apricots, canned, strained.	1 ounce	17
apricots, dried, stewed, sweetened.	4 halves, 2 tbsp. juice	123
apricots, frozen.	3 ounces	70
asparagus, canned.	6 spears	20
asparagus, frozen.	6 spears	20
<b>B</b>		
bacon, crisp.	1/6 strip	48
bacon, Canadian	4 ounces	260
bacon, regular	1 medium	125
bamboo shoots.	3 1/2 ounces	28
banana.	1 large	120
banana cream pie	1/6 of 9" pie	300
banana fritter	1	180
barley, dry.	1 cup	700
Bass, baked or broiled.	4 ounces	180
Bass, canned.	4 ounces	185
beans, baked, canned.	1/2 cup	160
beans, green, cooked.	1/2 cup	13
beans, green, canned, strained.	1 ounce	6
beans, kidney, cooked.	1/2 cup	115
beans, lima, cooked or canned.	1/2 cup	80
beans, lima, frozen.	3 tbsp.	110
beans, Navy, cooked.	1/2 cup	118
beans, Red Mexican, dry.	1/2 cup	350
bean soup, home-made.	1 cup	260
beans, soy, dry.	1/2 cup	350
bean sprouts, Mung, cooked.	1/2 cup	13
beans, wax, canned.	1 cup	27
beef, boiled.	3 ounces	185
beef, braised or pot roasted.	3 ounces	340
beef, braised or pot roasted, lean only.	3 ounces	115
beef, brisket.	3 med. slices	340
beef, chuck, cooked.	5 ounces	270
beef, chuck, ground.	4 ounces	315
beef, corned.	3 ounces	215
beef, corned hash.	1/2 cup	145
beef, dried, chopped.	2 ounces	115
beef, flank.	3 ounces	270
beef, hamburger, regular.	3 ounces	245
beef, hamburger, lean.	2 ounces	185
beef heart.	3 ounces	120
beef loaf.	2 1/2 - 2 1/2 x 5 8"	115
beef roast, rib.	3 ounces	265
beef, roast with fat.	3 ounces	245
beef, lean only.	3 ounces	110
beef, round.	3 ounces	197
beef, round, ground.	4 ounces	195
beef, rump.	3 ounces	320
beef, rump, pot roasted.	1 medium slice	320
beef, short ribs.	4 ounces	485
beef, steak, club.	4 ounces	335
beef, steak, filet mignon.	4 ounces	400
beef, steak, flank.	4 ounces	280
beef, steak, porterhouse.	4 ounces	290
beef, steak, rib.	4 ounces	315
beef, steak, round.	4 ounces	288
beef, steak, sirloin.	4 ounces	250
beef, steak, T-bone.	4 ounces	295
beef, steak, tenderloin.	4 ounces	270
beef, stew meat, chuck.	4 ounces	400
beef, stew meat, round.	4 ounces	310
beef, tongue, boiled.	3 ounces	200
beef, hash.	1 cup	290
beer.	12 ounces	173
beer.	8 ounces	115
beet greens, cooked.	1/2 cup	30
beets, raw.	1 cup	55
beets, cooked.	1 cup	68
beets, canned.	1 cup	68
beets, canned, strained.	1 ounce	10
beets, pickled.	1 cup	55
biscuits.	1 medium	130
biscuits.	1 small	85
blackberries, fresh.	1/2 cup	62
blintzes.	1 small	152
blueberries, fresh.	1/2 cup	64
Bluefish, baked.	4 ounces	175
Bluefish, fried.	4 ounces	230
bologna.	1/4 inch slice	86
bouillon.	1 cup	32
bouillon cube, beef or chicken.	1 cube	2
bread crumbs, dry.	1 cup	340
bread, commercial, rye.	1/4 thick	55
bread, commercial, white.	1/4 thick	65
bread, commercial, wholewheat.	1/4 thick	55
bread pudding.	1/2 cup	200
broccoli.	1 stalk	30
broccoli, cooked.	1 cup	45

Food	Weight or Measure	Calories
<b>C</b>		
cabbage, chopped, raw.	1/2 cup	10
cabbage, cooked.	1/2 cup	20
cake, angel, plain.	3" slice	150
cake, apple crumb.	1 slice	150
cake, cheese.	2" wedge	250
cake, chocolate, plain.	1 piece	150
cake, chocolate, layer.	3" square	350
cake, coffee, plain.	1 piece	150
cake, cup, plain.	1	130
cake, cup, medium, frosted.	1	230
cake, fruit, dark.	1/4 thick slice	140
cake, gingerbread.	1 square	180
cake, icebox.	1 serving	230
cake, jelly roll.	1 slice	150
cake, marble.	1 slice	180
cake, pineapple upside-down.	1 piece	450
cake, pound.	1 slice	130
cake, sponge.	2" slice	145
candy, Almond Joy.	10¢ size	220
candy, brown sugar fudge.	1 piece	100
candy, chocolate, milk.	1 ounce	150
candy, chocolate bar.	2 ounces	270
candy, fudge.	1 ounce	120
candy, halvah.	1 1/2 ounces	115
candy, Hershey's milk chocolate.	5/8 bar	115
candy, jelly beans.	10	66
candy, Lifesavers, fruit.	1 roll	110
candy, Lifesavers, mint.	1 roll	90
candy, Mars bar.	1 1/2 ounces	120
candy, Mars Milky Way.	1 bar	140
candy, Mars Three Musketeers.	1 1/2 ounces	150
candy, marshmallow.	1	25
candy, Nestle's milk chocolate.	5/8 bar	115
candy, peanut brittle.	1 ounce	125
candy, sourballs.	1	20
cantaloupe.	1/4 of 4 1/2" melon	30
carrots, raw.	1	20
carrots, raw, grated.	1 cup	45
carrots, cooked, diced.	1/2 cup	22
carrots, canned, diced.	1/2 cup	22
carrots, canned, strained.	1 ounce	5
carrots, frozen.	3 1/2 ounces	25
cashew nuts.	6 to 8	88
catsup.	1 tbsp.	17
cauliflower, cooked.	1 cup	30
cauliflower, frozen.	1 cup	25
caviar, granulated, sturgeon.	1 tbsp.	66
celery, raw.	3 small stalks	9
celery, soup, cream of, home-made.	1 cup	200
cereal, bran.	1/2 cup	95
cereal, cheerios.	1 cup	100
corn flakes.	1 cup	95
cereal, cream of wheat, cooked.	1 cup	120
cereal, Farina, cooked.	1 cup	105
cereal, Grape Nuts.	1/2 cup	110
cereal, Kellogg's Special "K".	1 cup	70
cereal, oat, ready to eat.	1 cup	100
cereal, oat, dry.	1 cup	310
cereal, oatmeal, cooked.	1 cup	150
cereal, Raisin Bran.	1 cup	150
cereal, Rice Krispies.	1 cup	105
cereal, shredded wheat.	1 ounce	100
cereal, wheaties.	1 cup	105
cheese, American.	1 ounce	115
cheese, Blue.	1 ounce	105
cheese, Blue, domestic.	1 ounce	105
cheese, cheddar.	1 ounce	115
cheese, cottage.	1/2 cup	100
cheese, cream.	1 ounce	105
cheese, Edam.	1 ounce	85
cheese, Limburger.	1 ounce	100
cheese, Parmesan.	1 ounce	110
cheese, Roquefort.	1 ounce	105
cheese, Swiss.	1 ounce	105
cheese soufflé.	1 cup	240
chef salad without dressing.	1/2 cup	90
cherries, canned, sweetened.	1/2 cup	100
cherries, fresh, sweet.	15 large	60
chicken, boiled.	4 ounces	75
chicken, broiler, boiled.	3 ounces	115
chicken, canned, boned.	3 ounces	170
chicken a la king.	1 cup	230
chicken pie, small.	1	460
chicken salad.	1/2 cup	200
chives, chopped.	1/4 cup	3
chow mein.	1/2 cup	200
clam juice.	1/2 cup	150
clams, raw meat.	4 ounces	45
clams, fried.	10	90
clams, steamed with 1/2 cup butter.	6	150
cocoa powder.	1 cup	230
cocoanut, fresh.	2" square	160
cocoanut, fresh, shredded.	1 cup	330
codfish.	4 ounces	85
codfish, cooked.	3 1/2 ounces	100
coffee, black.	1 cup	0
coffee with 1/2 cup light cream.	1 cup	30
coffee with 1/2 cup evap. milk.	1 cup	20
coffee with 1/2 cup heavy cream.	1 cup	50
coffee with 1 teaspoon sugar.	1 cup	15
cookies, Arrowroot.	1	20
cookies, brownie.	1	120
cookies, butter.	1	40
cookies, butterscotch.	1	115
cookies, chocolate.	1	50
cookies, chocolate chip.	1	75
cookies, fig bar.	1	85
cookies, Graham cracker.	1	28
cookies, Hermit.	1	50
cookies, macaroon.	1	55
cookies, molasses.	1	70
cookies, oatmeal, large.	1	115
cookies, large plain.	1	110
cookies, sugar.	1	65
corn.	1 ear	90
corn, canned with liquid.	1 cup	170
corn, frozen.	3 1/2 ounces	75
corn fritter.	1	100
cornstarch.	1/4 cup	30
crabmeat.	3 ounces	90
crab apple.	1	30
crackers, Malzo.	1 6 inch piece	80
crackers, oatmeal.	1	40
crackers, oyster.	10	43
crackers, Ritz.	1	15
crackers, saltine.	1	17
cracknuts, soda.	1	23
cramberries.	1 cup	55
cream, light.	1/2 pint	490
cream, light.	1/2 pint.	30
cream, heavy.	1/2 pint	780
cream, heavy.	1/4 pint.	50
cream, sour.	1 cup	490
cream, whipped.	1/2 pint	390
cream, whipped.	1/4 pint.	25
cress, water.	10 sprigs	2



## Help Yourself To Good Health

A guide to preventive health maintenance, "Help Yourself" is the latest in the series of health education booklets published by the national Blue Cross and Blue Shield Associations.

The 94-page booklet stresses preventive medicine as one way to overcome the high cost of medical and hospital care. Topics discussed in the booklet include diet, exercise, stress, self-treatment and precautions against cancer, and other factors determining today's lifestyles.

"We have come to expect too much of our healers and too little of ourselves," writes Walter J. McNerney, president of the Blue Cross and Blue Shield Association, in the introductory article.

McNerney writes that "the foremost killers and disablers of modern man—including heart disease, cancer, stroke and accidents—are the 'lifestyle diseases' that result from the abuse and neglect of our bodies."

Single copies of "Help Yourself", are available free of charge by writing to the Public Relations Division, Blue Cross and Blue Shield of N.C., P.O. Box 2291, Durham, N.C., 27707.

Food	Weight or Measure	Calories
<b>H</b>		
haddock, baked.	1 fillet	158
haddock, creamed.	4 ounces	200
haddock, fried.	1 fillet	150
halibut, broiled.	4 ounces	200
halibut, creamed.	4 ounces	170
ham, baked.	3 ounces	340
ham, boiled.	2 ounces	170
ham, canned, deviled.	1 tbsp.	95
ham, canned, spiced.	2 ounces	165
ham, smoked, cooked.	3 ounces	340
hazelnuts.	8	110
heart, beef, lean.	3 ounces	90
heart, beef, braised.	3 ounces	160
herring, Atlantic.	1 medium	215
herring, lake.	1 medium	140
herring, Pacific.	1 small	95
herring, kippered.	3 ounces	180
herring, marinated with cream.	small piece	135
herring, pickled.	2 small	225
herring, smoked.	1 fish	210
hickory nuts.	15 small	100
honeydew melon.	1 wedge	50
horse-radish.	1 tbsp.	5
huckleberries.	1 cup	85
<b>I</b>		
ice cream, plain vanilla.	1/2 pint	150
ice cream, chocolate.	1/2 pint	200
ice cream, coffee.	1/2 pint	170
ice cream, frozen custard.	1/2 pint	155
ice cream, sherbet with milk.	1/2 pint	145
ice cream, strawberry.	1/2 pint	185
ice cream, ices.	1/2 pint	120
ice cream, milk.	1/2 pint	135
ice cream cone (alone).	1	45
ice cream parfait, coffee.	1	260
ice cream parfait, maple.	1	290
ice cream pop, chocolate covered.	1	325
ice cream pop, cocoanut covered.	1	318
ice cream soda, chocolate, vanilla ice cream.	8 ounces	355
ice cream soda, chocolate, chocolate ice cream.	8 ounces	385
ice cream soda, strawberry, strawberry ice cream.	8 ounces	365
ice cream soda, vanilla, vanilla ice cream.	8 ounces	355
ice cream sundae, banana split.	1	1,165
ice cream sundae, butterscotch.	1	410
ice cream sundae, chocolate, vanilla ice cream.	1	490
ice cream sundae, chocolate, chocolate ice cream.	1	425
ice cream sundae, hot fudge.	1	440
<b>J</b>		
jam, blackberry.	1 tbsp.	55
jelly, blackberry.	1 tbsp.	50
jelly, cranberry.	1 tbsp.	35
jelly, grape.	1 tbsp.	55
jelly, orange-marmalade.	1 tbsp.	55
jam, plum.	1 tbsp.	60
jam, strawberry.	1 tbsp.	55
juice, apple, fresh or canned.	1 cup	125
juice, cranberry.	1 cup	135
juice, grape.	1 cup	165
juice, grapefruit.	1 cup	85
juice, grapefruit, canned, unsweetened.	1 cup	95
juice, grapefruit, canned, sweetened.	1 cup	120
juice, lemon.	1 cup	60
juice, lime.	1 cup	65
juice, nectarine.	1 cup	105
juice, orange.	1 cup	100
juice, orange, canned, unsweetened.	1 cup	110
juice, orange, canned, sweetened.	1 cup	135
juice, orange, frozen, diluted.	1 cup	105
juice, pineapple, canned.	1 cup	120
juice, prune, canned.	1 cup	170
juice, tomato, canned.	1 cup	50
juice, vegetable, canned.	1 cup	120
juice, V-8.	1 cup	100
<b>K</b>		
kale, cooked.	1 cup	50
kidneys, beef or veal.	3 ounces	120
kidneys, lamb.	3 ounces	90
kidneys, pork.	3 ounces	100
kohlrabi, cooked.	1/2 cup	23
kumquats.	5 or 6	65
<b>L</b>		
lamb chops, cooked, lean and fat.	3.6 ounces	480
lamb chops, cooked, lean only.	2.4 ounces	130
lamb chops, cooked, rib, no bone.	3 ounces	355
lamb chops, cooked, sirloin, lean.	1	110
lamb, roast leg, lean and fat.	3 ounces	265
lamb, roast leg, lean only.	2.3 ounces	120
lamb, roast shoulder, lean and fat.	3 ounces	300
lamb, shoulder, lean only.	2.3 ounces	125
lamb shish kebab.	4 pieces	340
lard.	1 tbsp.	125
leeks.	3 medium	40
lemon.	1 medium	20
lemonade, frozen, diluted.	1 cup	75
lentils.	1/2 cup	100
lettuce.	1 compact head	68
lettuce.	1 loose head	32
lettuce.	4 small leaves	5
licee nuts.	6	45
lime.	1 medium	20
limeade, frozen, diluted.	1 cup	75
liver, beef, fried.	2 ounces	120
liver, calves.	3 ounces	120
liver, chicken.	3 ounces	120
liver, chicken.	1 medium	75
liver, chicken, chopped.	3 ounces	155
liver, lamb.	3 ounces	115
liver, pork.	3 ounces	115
liver loaf.	1 slice	160
liverwurst.	2 ounces	150
lobster, fresh.	1/2 pound	88
lobster, baked or broiled.	average	310
lobster, broiled.	1 African tail	175
lobster, canned.	3 ounces	80
lobster, creamed.	1/2 cup	150
lobster cocktail.	1/2 cup meat, 2 tbsp. sauce	115
lobster Newburgh.	1/2 cup	185
lobster Thermidor.	1	400
lox.	3 ounces	285
loxcheon meat.	1 ounce	80
<b>M</b>		
macaroni, cooked 8 to 10 minutes.	1 cup	190
macaroni, cooked till tender.	1 cup	155
macaroni and cheese.	1 cup	475
mackerel, broiled.	3 ounces	200

Food	Weight or Measure	Calories
<b>F</b>		
crisco.	1 tbsp.	110
cucumbers.	1 medium	25