

Snacks Add Up Without Nutrient Value

Food	Weight or Measure	Calories
mackerel, canned with liquid,	3 ounces	155
mackerel, salt,	4 ounces	300
mackerel, smoked,	$\frac{1}{2}$ fish	250
malTED milk powder	1 tbs.	50
mango	1 medium	87
margarine	1 tbs.	90
margarine	1 pat	50
meat loaf, beef-pork,	1 slice	264
meatball	1	150
melon balls, frozen,	1 cup	160
meringue	$\frac{1}{2}$ cup	37
milk, whole	1 cup	165
milk, skim, nonfat	1 cup	87
milk, buttermilk	1 cup	86
milk, canned, evaporated	1 cup	345
milk, canned, evaporated	1 tbs.	22
milk, canned, sweetened, condensed,	1 cup	985
milk, canned, sweetened, condensed,	1 tbs.	62
milk, chocolate flavored,	1 cup	190
milk, coconut,	1 cup	60
milk, dry, whole	1 cup	515
milk, dry, whole	1 tbs.	39
milk, dry, whole, reconstituted	1 cup	160
milk, dry, nonfat,	1 cup	290
milk, dry, nonfat,	1 tbs.	28
milk, dry, nonfat, reconstituted,	1 cup	85
milk, goat's	1 cup	164
milk top	1 cup	480
milkshake with ice cream	10 ounces	400
mint, chopped,	1 tbs.	1
muffins, blueberry,	1 small	125
muffins, bran,	1 medium	105
muffins, corn,	1 medium	105
muffins, date,	1 medium	140
muffins, egg	1 medium	100
muffins, English,	1 medium	125
muffins, raisin,	1 medium	130
muffins, whole wheat	1 medium	120
mushrooms	1 cup	25
mushrooms	4 large	10
mushrooms, sauteed	7 small	78
mussels	6 medium	75
mustard, prepared	1 tbs.	10
mutton, lean and fat,	3 $\frac{1}{2}$ ounces	320
mutton, lean only,	3 $\frac{1}{2}$ ounces	205

N

Food	Weight or Measure	Calories
nectarines	2 medium	60
noodles, egg, cooked,	1 cup	200
noodles, fried,	1 cup	365
nuts, mixed	8 to 12	95

O

Food	Weight or Measure	Calories
oil, codliver,	1 tbs.	100
oil, corn,	1 tbs.	124
oil, cottonseed,	1 tbs.	124
oil, mineral,	1 tbs.	5
oil, olive,	1 tbs.	124
oil, peanut,	1 tbs.	124
oil, salad,	1 tbs.	124
olives, green,	10 large	65
olives, green, stuffed,	3 medium	35
olives, ripe or black,	10 large	85
onions, raw,	1 medium	50
onions, raw, chopped,	1 tbs.	4
onions, cooked,	1 cup	55
onions, dehydrated,	2 tbs.	25
onions, french fried rings,	20	50
onions, green	6 small	25
onions, scalloped,	$\frac{1}{2}$ cup	145
orange, fresh,	1 large	109
orange, fresh,	1 medium	75
orange, fresh,	1 small	50
orange, fresh,	1 cup	87
orange, fresh, sections,	1 cup	210
oyster stew with milk	1 cup	250
oyster stew with cream	1 cup	160
oysters, raw,	6	300
oysters, fried,	6	355

P

Food	Weight or Measure	Calories
pancakes, buckwheat,	14-inch cake	47
pancakes, wheat,	14-inch cake	60
parsley, chopped,	1 tbs.	1
parsnips	3 $\frac{1}{2}$ ounces	78
parsnips, cooked,	1 cup	95
pastrami	2 ounces	170
pastries, apple turnover,	1	275
pastries, cream puff,	1	295
pastries, Danish,	1 small	200
pastries, strudel,	1	200
peaches, fresh,	1 medium	35
peaches, fresh, slices	1 cup	65
peaches, canned with syrup,	1 cup	185
peaches, canned, with syrup,	2 halves	80
peaches, canned with water,	1 cup	65
peaches, canned low calorie,	1 cup	54
peanutbutter	1 tbs.	90
peanuts, halves,	1 cup	840
peanuts, Spanish,	$\frac{1}{2}$ cup	240
pears, fresh	1	95
pears, fresh quarters,	1 cup	120
pears, canned with syrup	1 cup	175
pears, canned, water pack with liquid,	1 cup	75
pears, canned low calorie,	2 halves	33
peas, fresh, cooked,	1 cup	110
peas, canned with liquid,	1 cup	170
peas, canned, strained	1 ounce	10
peas, frozen,	$\frac{1}{2}$ cup	75
pickles, dill,	1 large	15
pickles, sour,	1 large	15
pickles, sweet,	1 medium	20
pecans, whole,	6	104
peppers, green,	1 medium	15
peppers, red,	1 medium	20
persian melon	1 wedge	50
Pistonnons	1 medium	95
Pheasant meat	$\frac{1}{2}$ cup	150



Food	Weight or Measure	Calories
pheasant, roasted	4 ounces	100
pickle relish	1 tbs.	14
pickles, cucumber,	6 slices	30
pig's feet, boiled,	4 ounces	185
pig's feet pickled,	4 ounces	230
pimiento, canned,	1 medium	10
pineapple, fresh, dicod,	1 cup	75
pineapple, canned with syrup,	1 large slice	95
pineapple, canned, crushed,	1 cup	200
pineapple, canned, low calorie,	$\frac{1}{2}$ cup	50
pistachio nuts	30	88
pizza pie	average piece	245
plums, fresh,	1 medium	30
popcorn, no butter	1 cup	54
popcorn, candied	$\frac{1}{2}$ cup	100
porkchop, lean and fat,	2.4 ounces	200
porkchop, lean only,	1.6 ounces	120
pork, roast, lean and fat,	3 ounces	340
pork, roast, lean only,	2.2 ounces	160
pork, spearsib,	3 medium ribs	125
pork, tenderloin,	3 $\frac{1}{2}$ ounces	240
potato chips	8 to 10	110
potato pancakes	1	110
potato, baked,	1 medium	97
potato, boiled,	1 medium	97
potato, creamed	$\frac{1}{2}$ cup	116
potato, French fried,	8 pieces	160
potato, French fried, frozen,	10 pieces	95
potato, mashed with milk	1 cup	145
potato, mashed with milk and butter	1 cup	230
potato, sweet, baked,	1	155
potato, sweet, boiled,	1	170
potato, candied,	1 small	315
pretzels	1 very large	135
prunes	4 medium	73

Q

Food	Weight or Measure	Calories
quail, broiled	1	145
quince	1 medium	35

R

Food	Weight or Measure	Calories
radishes	4 small	10
raisins	1 cup	460
rasberries, black	1 cup	100
rasberries, red	1 cup	70
rhubarb, fresh, dined	1 cup	19
rhubarb, cooked, sweetened,	1 cup	385
rice, brown, cooked,	1 cup	137
rice, fried,	1 cup	258
rice, white, cooked,	1 cup	170
rice, wild, cooked,	1 cup	135
rice, Spanish	$\frac{1}{2}$ cup	130
rolls, hamburger	1	150
rolls, hard	1	160
rolls, frankfurter,	1	160
rolls, French,	1	100
rolls, onion,	1	150
rolls, Parker House	1	125
rolls, plain	1	118
rolls, sweet	1	180

S

Food	Weight or Measure	Calories
salad dressing, blue cheese,	1 tbs.	90
salad dressing, mayonaise	1 tbs.	58
salad dressing, French	1 tbs.	60
salad dressing, Roquefort	1 tbs.	100
salad dressing, Russian	1 tbs.	106
salad, coleslaw	1 cup	102
salad, chicken with celery,	$\frac{1}{2}$ cup	200
salad, crab with celery	3 tbs.	160
salad, gelatin with fruit,	1 square	140
salad, gelatin with vegetables,	1 square	115
salad, lettuce and tomato	1 serving	35
salad, lobster,	3 ounces	175
salad, potato with onions,	$\frac{1}{2}$ cup	184
salad, salmon with celery,	$\frac{1}{2}$ cup	195
salad, tuna,	$\frac{1}{2}$ cup	150
salami,	$\frac{1}{2}$ inch slice	130
salmon, broiled or baked,	1 steak	205
salmon, loaf,	1 slice	250
sardines, canned, natural pack,	3 ounces	170
sauce, A-1,	1 tbs.	15

Food	Weight or Measure	Calories
soup, onion,	1 cup	64
soup, onion, French,	1 cup	125
soup, potato	1 cup	185
soup, spinach, cream,	1 cup	200
soup, split pea,	1 cup	200
soup, tomato, clear,	1 cup	90
soup, vegetable	1 cup	80
spaghetti, cooked,	1 cup	155
spaghetti, canned,	1 cup	240
spinach, raw,	4 ounces	20
spinach, cooked,	1 cup	45
squash, hubbard or winter, baked,	1 cup	97
squash, summer, boiled,	1 cup	34
squash, summer, canned, strained	1 oz	10
stew beef and vegetables	1 cup	250
strawberries, fresh,	1 cup	55
stuffing, bread,	$\frac{1}{2}$ cup	230
sugar, brown,	1 tbs.	50
sugar, confectioner's	1 tbs.	30
sugar, granulated	1 tbs.	48
sugar, granulated,	1 lamp	27
swordfish, broiled,	3 ounces	150

T

Food	Weight or Measure	Calories
tangerine	1 medium	40
tea with 1 teaspoon lemon	1 cup	2
toast, Holland rusk	1	53
toast, melba,	1 slice	25
tomato, fresh,	1 medium	30
tomato, fresh,	1 small	22
tomato, canned,	1 cup	45
tomato puree, canned,	1 cup	90
tomato, stewed,	1 cup	50
tripe, boiled	1 medium piece	85
tuna, fresh	3 ounces	150
tuna, canned, drained	3 ounces	170
turkey, roasted,	4 ounces	300
turnip greens, cooked,	1 cup	43

V

Food	Weight or Measure	Calories
vanilla extract	$\frac{1}{2}$ teaspoon	3
veal chop, lean,	1 medium	185
veal cutlet, cooked,	3 ounces	185
veal cutlet, breaded,	1 medium	220
venison, roasted,	4 ounces	225

W

Food	Weight or Measure	Calories
waffles	1 medium	216
walnuts, English,	8 to 15 halves	105
walnuts, English, chopped,	1 tbs.	50
watermelon	1 wedge	120
white fish, steamed	4 ounces	115
white fish smoked,	4 ounces	180

Y

Food	Weight or Measure	Calories
yeast	1 cake	22
yogurt, skim milk,	1 cup	120

Z

Food	Weight or Measure	Calories
zucchini, cooked	1 cup	40
zwieback	1 slice	35

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