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EC9981 Calories from Some Everyday Foods

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
H. G. Gould, Acting Director, Lincoln

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CALORIES FROM SOME EVERYDAY FOODS

The following figures on the approximate calorie values of some common foods are based on the edible portion of the food. Whether a food portion is raw or cooked is indicated when the food energy value would be appreciably different before and after cooking. Losses have been estimated for foods where significant changes in calorie value are known to occur during cooking, such as drippings that cook out of meat. Except when stated, no allowances are made for additions in preparation or serving, such as sugar, cream, butter, sauces, and dressings.

Foods are grouped according to the Basic 7 plan, which calls for selecting some food from each of the seven groups daily for a good diet. Additional foods not included in the Basic 7 are also given to show their calorie value. Quantities of foods given below are approximate average servings.

GROUP 1—LEAFY, GREEN, AND YELLOW VEGETABLES Calories

Asparagus—6 stalks, 5 inches long.....	25
Beans, lima—2/3 cup.....	130
Beans, snap—3/4 cup, 1-inch pieces.....	40
Broccoli—2 stalks, 5 inches long, or 1/2 cup cooked.....	40
Cabbage, green—3/4 cup cooked.....	30
Carrots—2 carrots, 4 inches long.....	45
Greens, all types—1/2 cup cooked.....	25-50
Lettuce—1/3 of 10-ounce head.....	15
Okra—5 to 10 pods or 1/2 cup sliced.....	40
Peas, field or cowpeas (immature seeds)—3/4 cup.....	135
Peas, green—3/4 cup shelled.....	100
Pumpkin; winter squash—1/2 cup cooked, mashed.....	40
Sweetpotatoes—1 medium, 6 ounces.....	215

GROUP 2—CITRUS FRUITS, TOMATOES, RAW CABBAGE, other high vitamin C foods

Citrus juices, unsweetened—1/2 cup.....	50-60
Grapefruit—1/2 medium.....	45
Grapefruit juice, sweetened—1/2 cup.....	80
Oranges—1 medium.....	50
Tangerines—1 small.....	25
Tomatoes—1 tomato, 3 inches in diameter.....	25
Tomato juice—4 ounces.....	25
Cantaloups or muskmelons—1/4 melon, 5 inches in diameter.....	25
Pineapples, raw—1 slice, or 3/4 cup.....	60
Strawberries, raw—3/4 cup.....	40
Cabbage, raw—1/2 cup chopped.....	10
Endive; chicory, raw—1/2 cup chopped.....	10
Peppers, green, raw—1 pepper, 3-1/2 inches long.....	20

GROUP 3—POTATOES, OTHER VEGETABLES AND FRUITS

Calories

Beets—2 beets, 2 inches in diameter, or 2/3 cup cubes.....	45
Cauliflower—1/3 head, 4-1/2 inches in diameter.....	30
Celery—1/2 cup diced or 3 medium stalks.....	15
Corn, sweet—one 8-inch ear or 1/2 cup.....	110
Cucumbers—5 to 10 slices.....	10
Eggplant—1 slice, 3/4 x 4 inches.....	30
Onions, mature—2 medium.....	50
Parsnips—1 small.....	85
Potatoes—1 medium, 3 x 2-3/4 inches.....	100
Radishes, button—5 radishes.....	10
Salsify or oysterplant—2/3 cup cooked.....	85
Squash, summer—3/4 cup cubed.....	20
Turnips; rutabagas—3/4 cup cubed.....	40
Apples, raw—1 medium, 2-3/4 inches in diameter.....	80
Apples, canned, sweetened—1/2 cup.....	100
Apricots, raw—2 medium.....	40
Apricots, canned in sirup—3 to 4 halves and 2 tablespoons juice.....	110
Avocados—1/2 avocado, 4 inches in diameter.....	265
Bananas—1 medium.....	100
Berries: Blackberries, blueberries, raspberries—3/4 cup.....	70
Cherries—3/4 cup.....	70
Cranberry sauce, sweetened—1/4 cup.....	100
Dates—4 to 6.....	95
Figs, fresh—2 to 3 large.....	90
Grapes—1 bunch of 20 to 25.....	75
Peaches, raw—1 medium.....	50
Peaches, canned in sirup—2 halves and 2 tablespoons juice.....	95
Pears, raw—1 medium.....	70
Pears, canned in sirup—2 halves and 2 tablespoons juice.....	75
Persimmons, Japanese—1 medium, 2-1/4 inches in diameter.....	105
Pineapples, canned in sirup—1 slice and 1 tablespoon juice.....	75
Plums—2 to 3 medium.....	55
Prunes, dried—4 medium.....	100
Raisins—1/4 cup.....	85
Rhubarb sauce, sweetened—1/2 cup.....	100
Watermelons—1 slice, 6 x 3 x 1 inch.....	30

GROUP 4—MILK, CHEESE, ICE CREAM

Milk, whole fluid—1 cup.....	165
Milk, skim; buttermilk, fluid—1 cup.....	85
Milk, condensed, sweetened—1/2 cup.....	525
Milk, evaporated, unsweetened—1/2 cup.....	180
Cream, 20 percent fat—1 tablespoon.....	30
Cheese, cottage—1/4 cup.....	50
Cheese, cream—1 ounce or 2 tablespoons.....	110
Cheese, all other—1 ounce.....	120
Ice cream, plain—1/2 cup.....	210

GROUP 5—MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS Calories

(Meats from medium-fat carcass)

Beef roast, lean—4 x 4 x 1/4 inch.....	175-225
Beef steak—3 x 3 x 1/2 inch.....	200-300
Lamb roast—4 x 4 x 1/4 inch.....	200-250
Veal cutlet—3 x 3 x 1/2 inch.....	150-200
Pork chop, loin—3 x 5 x 3/4 inch.....	200-300
Ham, baked—4 x 4 x 1/4 inch.....	200-300
Liver, baked—3 x 3 x 1/2 inch.....	150-200
Luncheon meat—2 ounces.....	125-150
Poultry, roasted—2 slices, 4 x 2 x 1/4 inch.....	175-200
Fish, broiled—3 x 3 x 1/2 inch.....	100-125
Shellfish—1/2 cup.....	75-100
Salmon, canned—3 ounces or 1/2 cup.....	145
Sardines, canned—1-1/2 ounces or 4 sardines; 3 inches long.....	90
Tuna fish, canned—3 ounces or 1/2 cup.....	185
Eggs—1 large egg.....	75
Dried beans and peas, all kinds—1 ounce dry (scant 1/2 cup cooked)	100
Nuts; peanut butter—1 tablespoon.....	100

GROUP 6—BREAD, FLOUR, CEREALS*

Bread, all kinds—1 slice.....	50-65
Biscuits—1 biscuit, 2 x 2 inches.....	135
Muffins, corn meal or wheat—1 muffin, 2-3/4 inches in diameter....	135
Rolls: Plain; sweet—1 roll, 3 inches in diameter.....	100
Crackers, assorted—1 cracker.....	20
Cereals: Corn; oats, rice; wheat—1 ounce dry (about 3/4 cup cooked)	90-100
Macaroni; noodles—1 ounce dry (about 3/4 cup cooked).....	110
Rice, puffed—1/2 ounce or 1 cup.....	55
Corn flakes—3/4 ounce or 1 cup.....	75
Wheat flakes—3/4 ounce or 1/2 cup.....	80
Shredded wheat—1 ounce or 1 biscuit.....	100

GROUP 7—BUTTER AND FORTIFIED MARGARINE

Butter; margarine—1/2 ounce or 1 pat.....	100
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*Refined or unenriched foods are included for convenient reference in these groups here, but do not count on the Basic 7 Food Groups.

OTHER FOODS BESIDES THOSE IN THE BASIC 7 GROUPS

Calories

Sugar; sirup; honey--1 tablespoon.....	60
Jams; marmalades; jellies--1 tablespoon.....	95
Cookies, assorted--1 ounce or 2 cookies, 2 inches in diameter and 1/4 inch thick.....	135
Candy, chocolate--1-1/2 ounces or one 5-cent bar.....	120
Cake with icing--1 cupcake, 3/4 inch in diameter.....	200
Pie, apple--4-inch sector.....	300
Bacon, broiled--2 slices, 5 inches long.....	75
Other fats; oils--1 tablespoon.....	125
Mayonnaise--1 tablespoon.....	100
Other salad dressings--1 tablespoon.....	55

This material was taken from U.S.D.A.