Protein
Protein is important for building body cells and maintaining immune system function. The foods in this group also supply varying amounts of iron, zinc, magnesium, B vitamins and vitamin E.

One serving has approximately 70 calories and is equal to:

- 1 ounce cooked beef, pork, or ham
- 1 ounce cooked chicken or turkey
- 1 ounce cooked fish or shellfish
- ¾ cup tuna or salmon
- ¾ cup ground meat
- ¼ cup cottage or ricotta cheese
- 2 tablespoons parmesan cheese
- 1 egg
- 2 egg whites
- ½ cup dried beans, peas or lentils (cooked)
- ½ cup tofu
- ¼ cup tempeh

Also contains one fat serving:

- 1 ounce of cheese
- 1 small hot dog
- 3 tablespoons of sunflower or pumpkin seeds
- 1 ounce pistachios (about 45)

Also contains two fat servings:

- 2 tablespoons of peanut butter
- ¼ cup peanuts, 24 almonds, 14 walnut halves, 10 pecans
- 2 breakfast sausage links
Fats

Fat is an essential nutrient. Healthy fats such as monounsaturated and polyunsaturated fats are important for a healthy nervous system and skin. They are also your body’s main source of vitamin E.

One serving of fat has approximately 45 calories and is equal to:

- 1 teaspoon butter, oil, margarine or mayonnaise
- 1 tablespoon reduced fat butter
- 2 teaspoons miracle whip
- 1 tablespoon cream cheese, salad dressing, guacamole or tartar sauce
- 2 tablespoons reduced fat salad dressing
- 1 tablespoon heavy cream
- 2 tablespoons half and half
- 2 tablespoons sour cream or gravy
- 2 tablespoons coconut
- 1 slice bacon
- 2 tablespoons hummus
- 1/8 of an avocado
- 4-6 nuts (pecans, almonds, cashews or walnut halves)
- 1 tablespoon sunflower or pumpkin seeds

Combination foods

One serving is equal to:

- 1 cup cream soup = 1 grain, 1 fat
- 1 cup broth soup = 1 grain
- ½ cup coleslaw = 1 vegetable, 1 fat
- ½ cup potato salad = 1 grain, 1 fat
- French fries (10-15) = 1 grain, 1 fat
- Potato chips (1 ounce) = 1 grain, 1 fat
- 1 cup spaghetti with meat sauce = 2 grain, 1 protein, 1 fat
- 1/8 of 12-inch pizza, thin crust = 1 grain, 1 protein, 1 fat
- 1/8 of restaurant pizza, thick crust = 2 grain, 1 protein, 1 fat
- 1 small taco (shell, meat, cheese, lettuce and tomato) = 1 grain, 1 protein, 2 fat
- 1 cup of casserole with pasta or rice, meat and cream sauce = 1 grain, 1 protein, 1 fat
- Lasagna = 1 grain, 2 protein, 2 fat
- Candy bar (snickers, kit-kat) = 2 grain, 2 fat
- Cake or brownie (2” by 2” piece) = 2 grain, 1 fat
- Doughnut of pastry = 2 grain, 2 fat
- Large bakery cookie = 2 grain, 2 fat
Fruits

Fruits are good sources of vitamins, minerals, fiber and more. Make most of your choices whole or cut up for the most fiber.

One serving has approximately 60-90 calories and is equal to:

- Any small piece of fruit (apple, peach, pear, orange) (2-inch diameter)
- ½ of a banana
- ½ of a grapefruit
- 2 small plums or tangerines
- ½ medium pomegranate
- 1 large kiwi
- 1 cup fresh fruit or berries
- ¼ cantaloupe
- ½ cup fruit juice
- 17 small grapes
- ½ cup applesauce or canned fruit
- 1 non-creamy frozen fruit bar
- 1/8 cup of dried fruit

Milk/Dairy

Dairy foods provide calcium, vitamin D, potassium, protein and many nutrients to grow and maintain strong bones and teeth.

One serving has approximately 90-150 calories and is equal to:

- 1 cup of 1% or skim milk
- 6 ounce container of non-fat yogurt
- 1 cup calcium-fortified soy or almond milk

Also contains one fat serving:

- 1 cup whole milk
- One scoop real ice cream
- Regular hot chocolate, cappuccino or café latte
Alcohol Nutrition Facts

Alcohol contains 7 calories per gram which is just short of the 9 calories found in a gram of fat and nearly twice that in a gram of protein or carbohydrate. Add high fat and/or high sugar mixers, and your drink could be higher in calories than you might think.

Here is a list of calorie counts for common alcoholic beverages:

<table>
<thead>
<tr>
<th>Alcoholic Beverages</th>
<th>Beverage Serving Size (ounces)</th>
<th>Servings of alcohol per beverage</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>12</td>
<td>1</td>
<td>150</td>
</tr>
<tr>
<td>Light beer</td>
<td>12</td>
<td>1</td>
<td>110</td>
</tr>
<tr>
<td>Dark beer</td>
<td>12</td>
<td>1</td>
<td>168</td>
</tr>
<tr>
<td>Non-alcoholic beer</td>
<td>12</td>
<td>1</td>
<td>70</td>
</tr>
<tr>
<td>Distilled spirits (Scotch, vodka, bourbon, gin etc.)</td>
<td>1.5</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Dry dessert wine***</td>
<td>5</td>
<td>1</td>
<td>198</td>
</tr>
<tr>
<td>Sweet dessert wine***</td>
<td>5</td>
<td>1</td>
<td>344</td>
</tr>
<tr>
<td>Red wine***</td>
<td>5</td>
<td>1</td>
<td>105</td>
</tr>
<tr>
<td>White wine***</td>
<td>5</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Amaretto sour*** (Sweet and sour mix, almond amaretto liqueur, tequila, orange juice)</td>
<td>6</td>
<td>4</td>
<td>421</td>
</tr>
<tr>
<td>Bloody Mary** (Vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco sauce, lime)</td>
<td>4.6</td>
<td>1</td>
<td>120</td>
</tr>
<tr>
<td>Chocolate martini** (Vodka, Creme de Cacao)</td>
<td>2.5</td>
<td>1.67</td>
<td>188</td>
</tr>
<tr>
<td>Cosmopolitan** (Vodka, Triple Sec, Rose's lime juice, cranberry juice)</td>
<td>2.5</td>
<td>1.67</td>
<td>131</td>
</tr>
<tr>
<td>Daiquiri** (Light rum, limes, powdered sugar)</td>
<td>2.7</td>
<td>1</td>
<td>137</td>
</tr>
<tr>
<td>Gin and tonic** (Gin, tonic water, lime)</td>
<td>7</td>
<td>1.33</td>
<td>189</td>
</tr>
<tr>
<td>Hurricane** (Dark rum, light rum, orange juice, pineapple juice, grenadine, 151 proof rum, cherries, pineapple and sugar)</td>
<td>10.4</td>
<td>3</td>
<td>354</td>
</tr>
<tr>
<td>Irish coffee** (Irish whiskey, coffee, sugar, whipped cream)</td>
<td>10.2</td>
<td>1</td>
<td>159</td>
</tr>
<tr>
<td>Mai Tai** (Dark &amp; light rum, sweet &amp; sour mix, grenadine, 151 proof rum, ice)</td>
<td>4.9</td>
<td>1.82</td>
<td>306</td>
</tr>
<tr>
<td>Kamikaze (Vodka, Triple Sec, lime juice)</td>
<td>3</td>
<td>1</td>
<td>180</td>
</tr>
<tr>
<td>Manhattan** (Whiskey, Vermouth, Bitters)</td>
<td>2.1</td>
<td>1.33</td>
<td>132</td>
</tr>
<tr>
<td>Margarita** (Coarse salt, lime, white Tequila, Triple Sec, lime juice, crushed ice)</td>
<td>6.3</td>
<td>3</td>
<td>327</td>
</tr>
<tr>
<td>Martini** (Gin, dry Vermouth)</td>
<td>2</td>
<td>1.33</td>
<td>119</td>
</tr>
<tr>
<td>Mudslide** (Vodka, coffee liqueur, Irish cream, vanilla ice cream)</td>
<td>12</td>
<td>4</td>
<td>820</td>
</tr>
<tr>
<td>Pina colada** (Malibu rum, pineapple juice, cream)</td>
<td>8</td>
<td>2.13</td>
<td>312</td>
</tr>
<tr>
<td>Rum and coke****</td>
<td>12</td>
<td>2.67</td>
<td>361</td>
</tr>
<tr>
<td>Screwdriver** (Vodka, orange juice)</td>
<td>7</td>
<td>1.33</td>
<td>208</td>
</tr>
</tbody>
</table>

**SOURCE: 2005 U.S. Dietary Guidelines Advisory Committee
* Caloric content will vary by recipe
**Drinkmixer Web Site, drinksmixer.com
***Calorie King, caloireking.com
****Recipe provided by webtednder.com as "typical rum and Coke recipe." Serving size is based on the recipe and calorie information was calculated with Coca-Cola calorie information.