

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
- ¼ cup tuna or salmon
- ¼ 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 or 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:

Alcoholic Beverages	Beverage Serving Size (ounces)	Servings of alcohol per beverage	Calories
Beer	12	1	150
Light beer	12	1	110
Dark beer	12	1	168
Non-alcoholic beer	12	1	70
Distilled spirits (Scotch, vodka, bourbon, gin etc.)	1.5	1	100
Dry dessert wine***	5	1	198
Sweet dessert wine***	5	1	344
Red wine***	5	1	105
White wine***	5	1	100
Amaretto sour** (Sweet and sour mix, almond amaretto liqueur, tequila, orange juice)	6	4	421
Bloody Mary** (Vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco sauce, lime)	4.6	1	120
Chocolate martini** (Vodka, Creme de Cacao)	2.5	1.67	188
Cosmopolitan** (Vodka, Triple Sec, Rose's lime juice, cranberry juice)	2.5	1.67	131
Daiquiri** (Light rum, limes, powdered sugar)	2.7	1	137
Gin and tonic** (Gin, tonic water, lime)	7	1.33	189
Hurricane** (Dark rum, light rum, orange juice, pineapple juice, grenadine, 151 proof rum, cherries, pineapple and sugar)	10.4	3	384
Irish coffee** (Irish whiskey, coffee, sugar, whipped cream)	10.2	1	159
Mai Tai** (Dark & light rum, sweet & sour mix, grenadine, 151 proof rum, ice)	4.9	1.82	306
Kamikaze (Vodka, Triple Sec, lime juice)	3	1	180
Manhattan** (Whiskey, Vermouth, Bitters)	2.1	1.33	132
Margarita** (Coarse salt, lime, white Tequila, Triple Sec, lime juice, crushed ice)	6.3	3	327
Martini** (Gin, dry Vermouth)	2	1.33	119
Mudslide** (Vodka, coffee liqueur, Irish cream, vanilla ice cream)	12	4	820
Pina colada** (Malibu rum, pineapple juice, cream)	8	2.13	312
Rum and coke****)	12	2.67	361
Screwdriver** (Vodka, orange juice)	7	1.33	208

**SOURCE: 2005 U.S. Dietary Guidelines Advisory Committee

* Caloric content will vary by recipe.

**Drinkmixer Web Site, drinksmixer.com

***Calorie King, calorieking.com

****Recipe provided by webtender.com as "typical rum and Coke recipe." Serving size is based on the recipe and calorie information was calculated with Coca-Cola calorie information