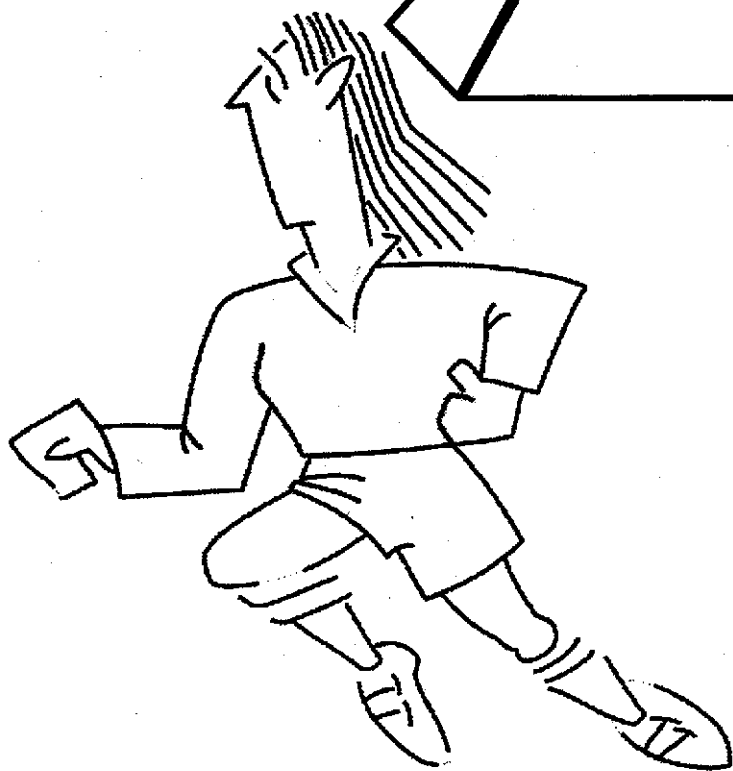
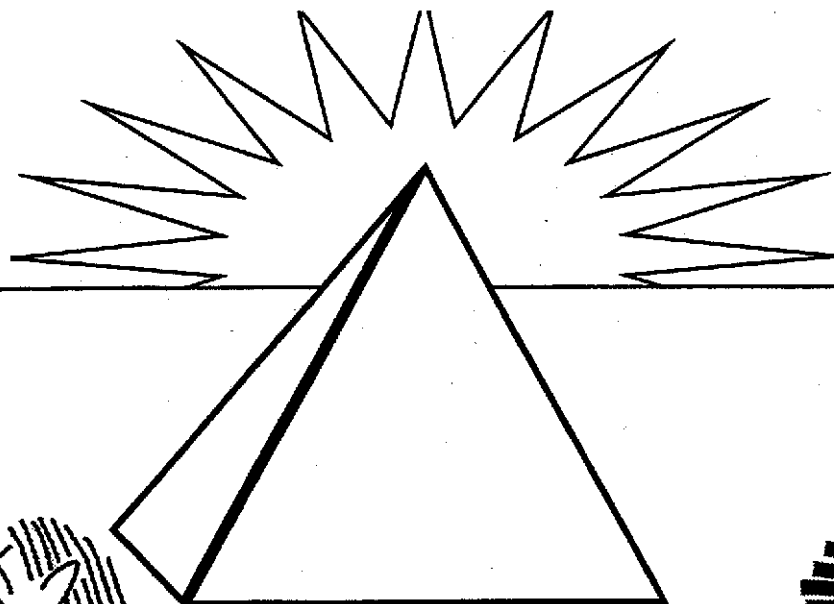


# PYRAMID POWER



# BOOK

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
<b><u>Beverages</u></b>					
Fruit drinks:					
Fruit punch drink	6 oz	85	0	0	22
Grape drink	6 oz	100	0	0	26
Lemonade drink	6 oz	80	0	0	21
Limeade drink	6 oz	75	0	0	20
Pineapple-grape- fruit juice drink	6 oz	90	0	0	23
Soft Drinks:					
Club soda	12 oz	0	0	0	0
Cola	12 oz	160	0	0	
41					
Diet Cola	12 oz	0	0	0	0
Ginger ale	12 oz	125	0	0	32
Grape	12 oz	180	0	0	46
Lemon-lime	12 oz	155	0	0	39
Orange	12 oz	180	0	0	46
Root beer	12 oz	165	0	0	42
<b><u>Dairy Products</u></b>					
Cheese:					
Cheddar cheese	1 oz	115	7	9	0
Cottage cheese	1 cup	235	28	10	6
Cream cheese	1 oz	100	2	10	1
Mozzarella	1 oz	80	8	5	1
Parmesan, grated	1 tbsp	25	2	2	0
Processed American cheese	1 oz	105	6	9	0
Processed cheese spread	1 oz	80	5	6	2
Swiss cheese	1 oz	95	7	7	1
Cream:					
Half-and-half (cream and milk)	1 tbsp	20	0	2	1
Heavy cream	1 tbsp	50	0	6	1
Sour cream	1 tbsp	25	0	3	1
Whipped topping	1 tbsp	15	0	1	1
Ice cream, vanilla	1 cup	270	5	14	32
Milk:					
Whole milk	1 cup	150	8	8	11
Lowfat (2 %) milk	1 cup	120	8	5	12
Lowfat (1%) milk	1 cup	100	8	3	12
Skim	1 cup	85	8	0	12
Buttermilk	1 cup	100	8	2	12

Source: United States Department of Agriculture, Human Nutrition Information Service. Nutritive Value of Foods, Home and Garden Bulletin Number 72.

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
<b><u>Dairy Products (continued)</u></b>					
Milk beverages:					
Chocolate milk, lowfat	1 cup	160	8	3	26
Cocoa	3/4 cup	100	3	1	22
Eggnog	1 cup	340	10	19	34
Fruit-flavored yogurt	8 oz	230	10	2	43
<b><u>Eggs</u></b>					
Plain, raw	1 egg	75	6	5	1
Fried in margarine	1 egg	90	6	7	1
Hard-cooked	1 egg	75	6	5	1
Poached	1 egg	75	6	5	1
Scrambled	1 egg	100	7	7	1
<b><u>Fats and Oils</u></b>					
Butter	1 tbsp	100	0	11	0
Margarine	1 tbsp	100	0	11	0
Oils	1 tbsp	125	0	14	0
Italian Salad dressing:					
Regular	1 tbsp	80	0	9	1
Low calorie	1 tbsp	5	0	0	2
Mayonnaise	1 tbsp	100	0	11	0
<b><u>Fish and Shellfish</u></b>					
Fish sticks	1 fish stick	70	6	3	4
Haddock, breaded, fried	3 oz	175	17	9	7
Tuna:					
Oil pack	3 oz	165	24	7	0
Water pack	3 oz	135	30	1	0
<b><u>Fruits and Fruit Juices</u></b>					
Apple	1 apple	80	0	0	21
Apple juice	1 cup	115	0	0	29
Applesauce					
Sweetened	1 cup	195	0	0	51
Unsweetened	1 cup	105	0	0	28
Banana	1 banana	105	1	1	27
Grapefruit	1/2 grapefruit	40	1	0	10
Grapefruit juice, unsweetened	1 cup	95	1	0	22
Grapes	10 grapes	35	0	0	9
Kiwifruit	1 kiwifruit	45	1	0	11
Cantaloupe	1/2 melon	95	2	1	22
Honeydew	1/10 melon	45	1	0	12

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
Orange	1 orange	60	1	0	15
<b><u>Fruits and Fruit Juices (continued)</u></b>					
Orange juice	1 cup	110	2	0	26
Peaches	1 peach	35	1	0	10
Pears	1 pear	100	1	1	25
Pineapple	1 cup	75	1	1	19
Pineapple juice, unsweetened	1 cup	140	1	0	57
Plums	1 plum	35	1	0	9
Raisins	1/2 cup	220	2	0	57
Raspberries	1 cup	60	1	1	14
Strawberries	1 cup	45	1	1	10
Watermelon	1 cup	50	1	0	12
<b><u>Grain Products</u></b>					
Bagels	1 bagel	200	7	2	38
Biscuits	1 biscuit	95	2	3	14
Blueberry muffin	1 muffin	135	3	5	20
<b>Breads:</b>					
Italian	1 slice	85	3	0	17
Pita bread	1 pita	165	6	1	12
Wheat or white	1 slice	65	2	1	12
<b>Breakfast cereals:</b>					
<b>Oatmeal</b>					
Plain	1 pkt	105	4	2	18
Flavored	1 pkt	160	5	2	31
<b>Ready to Eat:</b>					
Corn Flakes	1 1/4 cup	110	2	0	24
Raisin Bran	3/4 cup	90	3	1	21
Sugar Frosted Flakes	3/4 cup	110	1	0	26
<b>Cakes:</b>					
Angelfood cake	1/12 cake	125	3	0	29
Pound cake	1/17 cake	120	2	5	15
Yellow with chocolate frosting	1/6 of cake	245	2	11	39
<b>Cookies:</b>					
Brownies with nuts	1 brownie	100	1	4	16
Chocolate chip cookies	4 cookies	180	2	9	28
Oatmeal raisin cookies	4 cookies	245	3	10	36
Peanut butter cookies	4 cookies	245	4	14	28
Sugar cookies	4 cookies	235	2	12	31
Corn chips	1 oz	155	2	9	16
<b>Crackers:</b>					
Graham	2 crackers	60	1	1	11
Saltines	4 crackers	50	1	1	9

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
Wheat	4 crackers	35	1	1	5
<b><u>Grain Products (continued)</u></b>					
Croissant	1 croissant	235	5	12	27
Doughnut	1 doughnut	210	3	12	24
English muffin	1 muffin	140	5	1	27
French toast	1 slice	155	6	7	17
Pancake	1 pancake	60	2	2	8
Pies:					
Apple pie	1/6 pie	405	3	18	60
Pecan pie	1/6 pie	575	7	32	71
Pumpkin pie	1/6 pie	320	6	17	37
Popcorn	1 cup	30	1	0	6
Pretzels:					
stick (2 1/4 inches long)	10 pretzels	10	0	0	2
twisted, Dutch	pretzel	65	2	1	13
Rice:					
Brown rice	1 cup	230	5	1	48
White rice	1 cup	225	4	0	50
Rolls:					
Dinner roll	1 roll	85	2	2	14
Hard roll	1 roll	155	5	2	30
Hot dog/hamburger bun	1 roll	115	3	2	20
Hoagie or submarine roll	1 roll	400	11	8	72
Spaghetti	1 cup	155	5	1	32
Toaster pastries	1 pastry	210	2	6	38
Tortilla	1 tortilla	65	2	1	13
Waffles	1 waffle	205	7	8	27
<b><u>Legumes, Nuts, and Seeds</u></b>					
Beans, cooked or canned:					
Black	1 cup	225	15	1	41
Kidney	1 cup	230	15	1	42
Lentils	1 cup	215	16	1	38
Pinto	1 cup	265	15	1	49
Canned beans:					
Refried	1 cup	295	18	3	51
White beans with frankfurter	1 cup	365	19	18	32
White beans, pork, tomato sauce	1 cup	310	16	7	48
Peanut butter	1 tbsp	95	5	8	42
Tofu	1 piece	85	9	5	3

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
<b><u>Meat and Meat Products</u></b>					
Bacon	3 slices	110	6	9	0
Chopped ham	2 slices	95	7	7	0
Ground beef patty	3 oz	245	20	18	0
Ham	3 oz	250	21	18	0
Lamb chop, broiled	2.2 oz	220	20	15	0
Pork chop, broiled	3.1 oz	275	24	19	0
Sausages:					
Bologna	2 slices	180	7	16	2
Brown and serve	1 link	50	2	5	0
Frankfurter	1 frankfurter	145	5	13	1
Pork link	1 link	50	3	4	0
Sirloin steak, broiled	3 oz	240	23	15	0
Veal cutlet, broiled	3 oz	185	23	9	0
<b><u>Mixed Dishes and Fast Foods</u></b>					
Mixed dishes:					
Beef and vegetable stew	1 cup	220	16	11	15
Beef potpie	1 piece	515	21	30	39
Chicken a la king	1 cup	470	27	34	12
Chicken potpie, 9-inch pie	1/3 pie	545	23	31	42
Macaroni and cheese	1 cup	230	9	10	26
Spaghetti in tomato sauce with cheese	1 cup	190	6	2	39
Spaghetti with meatballs and tomato sauce	1 cup	260	12	10	29
Fast food entrees:					
Cheeseburger	1 sandwich	300	15	15	28
English muffin, egg, cheese, and bacon	1 sandwich	360	18	18	31
Fish sandwich with cheese	1 sandwich	420	16	23	39
Hamburger	1 sandwich	245	12	11	28
Pizza, cheese	1 slice	290	15	9	39
Roast beef sandwich	1 sandwich	345	22	13	34
Taco	1 taco	195	9	11	15
<b><u>Poultry and Poultry Products</u></b>					
Fried Chicken batter dipped:					
Breast	1/2 breast	365	35	18	13
Drumstick	3 oz	195	16	11	6

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
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## Poultry and Poultry Products (continued)

Roasted Chicken with skin:					
Breast	1/2 breast	140	27	3	0
Drumstick	3 oz	75	12	2	0
Turkey, roasted	3 pieces	145	25	4	0

## Soups, Sauces, and Gravies

### Soups:

Chicken noodle	1 cup	75	4	2	9
Cream of chicken	1 cup	190	7	11	15
Cream of mushroom	1 cup	205	6	14	15
Cream of tomato	1 cup	160	6	6	22
Vegetable beef	1 cup	80	6	2	10
Vegetable	1 cup	70	2	2	12

### Gravies:

Beef	1 cup	125	9	5	11
Chicken	1 cup	190	5	14	13

## Sugars and Sweets

Caramels, plain or chocolate	1 oz	115	1	3	22
Chocolate bar	1 oz	145	2	9	16
Fudge	1 oz	115	1	3	21
Gum drops	1 oz	100	0	0	25
Hard candy	1 oz	110	0	0	28
Jelly beans	1 oz	105	0	0	26
Marshmallows	1 oz	90	1	0	23
Jams and preserves	1 tbsp	55	0	0	14
Jellies	1 tbsp	50	0	0	13
Popsicle	1 popsicle	70	0	0	18

### Puddings:

Chocolate	5-oz can	205	3	11	30
Tapioca	5-oz can	160	3	5	28
Vanilla	1/2 cup	150	4	4	27

## Vegetables and Vegetable Products

Asparagus	1 cup	45	5	1	8
Beans:					
Lima	1 cup	170	10	1	32
Green	1 cup	45	2	0	10

# Pyramid Power

Food	Amount	Food Energy (Calories)	Protein (Grams)	Fat (Grams)	Carbo- hydrate (Grams)
<b><u>Vegetables and Vegetable Products (continued)</u></b>					
Broccoli:					
Cooked	1 cup	45	5	0	9
Raw	1 spear	40	4	1	8
Brussels sprouts	1 cup	60	4	1	13
Cabbage	1 cup	30	1	0	7
Carrots:					
Cooked	1 cup	55	2	0	12
Raw	1 carrot	30	1	0	7
Cauliflower	1 cup	35	3	0	7
Celery	1 stalk	5	0	0	1
Corn	1 cup	135	5	0	34
Lettuce	1 cup	5	1	0	1
Mushrooms	1 cup	20	1	0	3
Onions	1 cup	55	2	0	12
Peas	1 cup	115	8	1	21
Potatoes:					
Baked, no skin	1 potato	145	3	0	34
Boiled, peeled	1 potato	115	2	0	27
French fried	10 strips	160	2	8	20
Potato products:					
Potatoes au gratin	1 cup	325	12	19	28
Mashed	1 cup	235	4	12	32
Potato chips	10 chips	105	1	7	10
Sweet potatoes, boiled	1 potato	160	2	0	37
Sweet potatoes, candied	1 piece	145	1	3	29
Tomato	1 tomato	25	1	0	5
Tomato juice	1 cup	40	2	0	10
Tomato sauce	1 cup	75	3	0	18
Sweet pepper	1 pepper	20	1	0	4
Vegetables, mixed	1 cup	75	4	0	15
<b><u>Miscellaneous Items</u></b>					
Catsup/Ketchup	1 tbsp	15	0	0	4
Dill pickles	1 pickle	5	0	0	1
Mustard	1 tsp	5	0	0	0