

The original documents are located in Box 37, folder “Ford, Gerald - President's Diet” of the Betty Ford White House Papers, 1973-1977 at the Gerald R. Ford Presidential Library.

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President's diet / by Lasky

NAVAL HOSPITAL
NATIONAL NAVAL MEDICAL CENTER
BETHESDA, MARYLAND

Dear Weight Watcher,

Insurance figures have proved that overweight persons have a shorter life expectancy and are more susceptible to cardiovascular and degenerative diseases. Weight reduction is a matter for personal medical advice. Excess weight may be due to overeating or it may be linked to an underlying condition such as diabetes. In either case specific medical attention is required.

Nothing seems easier than putting on weight and nothing more frustrating than trying to take it off. The ceremony of eating is deeply rooted in our past. The family dining table is the early training ground for lifelong eating habits that may lead to overweight.

As you mature you need less and less food than was needed during the active growing years. With every year past 25 your caloric needs drop about 1 per cent a year.

The amount of energy-providing food you require depends on your height, body build, age, sex, and daily physical activity. To maintain a constant level of body weight the calories in your diet must balance your daily energy requirement. Any calories above this daily total are stored as body fat.

All foods can serve as fuel for energy but no one food provides all the essential nutrients. You therefore need a balanced diet to keep the body in sound health.

It is not necessary to "starve" while losing weight. But a *deliberate effort* must be made to cut down on food intake and to control the desire to overeat. The habit of eating until you feel "full" subtly increases your capacity to eat more. Cultivating the habit of eating less decreases your capacity to eat more. It takes about a month to retrain the appetite so that you are satisfied with less food.

Skipping meals is not a good way to reduce; it usually results in overeating. It is desirable to plan the diet around 3 or more meals a day. When food intake is divided into small portions and eaten at intervals, continued weight loss is more likely to occur.

During the weight reduction period, weight losses occur in a stepwise pattern as though the body were pausing at each new level of lower body weight for a breath before descending to the next level. This pattern varies with each individual. If you reach a plateau and the pounds seem to be more difficult to eliminate, remember this is your body's way of establishing its equilibrium at each new weight level.

Moderate exercise done regularly is a regulator of body weight; it does not increase the appetite in the overweight person. Activity is a good way to use up calories and keep physically fit. The beginning of extra weight can frequently be traced to decreased activity. Television has put more weight on people than any invention since the automobile. It is amazing how many persons spend one fourth or even one third of their waking hours merely staring and breathing.

Gradual weight loss is not only more comfortable but permits one to learn the correct eating habits that prevent excess weight from returning. Your reduction diet allows you to learn these new habits. As a Weight Watcher you will use "EXCHANGE LISTS." These lists allow a wide selection from a number of foods.

There are six "Exchange Lists": MEAT, VEGETABLES A and B, BREAD, FAT, and FRUIT. All of the common foods except concentrated sweets will be found on one of these lists. Any food on a particular list may be exchanged or substituted for any food on that *same list*; however, no exchanging is permitted from list to list. Beside each food item is a measure such as 1/4 cup or 1 teaspoon; any food in the specified amount represents *one exchange*. For example, under the meat group is poultry—1 ounce. This means that one meat exchange is equal to 1 ounce of poultry. If your dinner pattern allows 3 meat exchanges, you may have 3 ounces of poultry or 2 ounces of poultry and 1/4 cup cottage cheese.



The VEGETABLE EXCHANGE "A" group contains low calorie vegetables. You may eat them in unlimited quantities when *raw*; limit the servings to one cup when *cooked*. One VEGETABLE "B" EX-
CHANGE is equal to 1/2 cup.

There are three important points to keep in mind while dieting:

1. Measure the food amounts by weighing on a scale (a postage stamp scale is quite adequate) or by simple household measures such as spoons, cups, etc. With experience you will be able to recognize at a glance what certain portions should weigh, but check yourself occasionally.
2. The method of food preparation should be baking, broiling or boiling. Do not fry foods unless fat allowed in meal is used.
3. Read labels carefully. The fruit is to be fresh, artificially sweetened, or canned without sugar.

Experience shows that weight loss is directly related to the degree of interest and enthusiasm a person has about losing weight. If interest and enthusiasm wane, weight loss likewise slows down. Temporary motivation results in temporary reduction. The greater your determination the greater and more lasting will be your weight loss. No one can force you to lose weight. Remember—"What you eat today will walk and talk tomorrow."

If you have any questions concerning your diet, please contact me at the diet office.

Sincerely,

Betty J. Wright, RD
295-0506

Dietitian



DAILY MENU
1800 Calorie Diet

Quantity and variety of food can be varied by using the exchange list without going over the 1800 calorie a day limit.

Three Martini Alcohol Allowance Per Day

This 1800 calorie diet allows for 4 oz of 90 proof gin each day.

Three Martinis per Day

Prepare 4 oz of gin with 1 oz of vermouth.

The above mix will permit 3 martinis per evening consisting of 1½ oz of alcohol diluted generously over ice.

SAMPLE DIET MENU

<u>Food</u>	<u>Amount</u>
<u>Breakfast</u>	
Grapefruit	½ small
English Muffin	1
Butter	2 pats
Jelly or Jam (Fruit Exchange)	1 tablespoon
Orange Juice	1 cup (4 oz)

Lunch

Beef Boullion	Any amount
Cottage Cheese	3/4 cup
Vegetable Salad	Any amount
Zero Salad Dressing*	Any amount
Ice Cream	1 cup
Coffee or Tea	Any amount

*Recipe enclosed.

Dinner

Tomato Juice	Any amount
Broiled Steak	6 ounces
Baked Potato (4 oz)	Small
Vegetable Salad	Any amount
Salad Dressing (Kraft-low calorie)	2 tablespoons
Roll	1
Butter	1 pat
Fresh Fruit Cup	½ cup
Coffee or Tea	Any amount



FOR THE DIETER

1. Milk, fruit, Vegetable Exchanges B, bread, meat, and fat should only be eaten in the amounts indicated.
2. There is no limitation on the size of serving or number of servings of the following food items:

Vegetable Salads	Zero Salad Dressing	Coffee or Tea
Boullion	Sour or Dill Pickles	Lemonade with
Mustard	Vegetable Exchanges A	Artificial Sweetener
Vinegar	Sugar Substitute	

3. Your calories have been calculated so that three ounces of alcoholic beverage (80-84 proof) can be included each day, if desired. For any additional alcoholic beverage, above three ounces, eliminate one bread exchange for each additional ounce.
4. Desserts such as ice cream, sherbet, and angel and sponge cake are allowed as bread exchanges or substitutes for bread (List 4 on yellow Exchange List Sheet).



1800 CALORIE DIET (REDUCTION LEVEL)*

DEFINITIONS

Exchange- A serving for which the size or amount is specified.

Exchange List- Six food groupings indicating specific serving sizes for all food items allowed on the diet. To be used together with the Meal Plan, which indicates the number of exchanges (servings) allowed for each food item.**

YOUR FOOD FOR THE DAY

<u>Kind of Food</u>	<u>Amount</u>	<u>Choose From</u>
Skim Milk	1 pint	List 1
Vegetable Exchanges A	Any amount	List 2A
Vegetable Exchanges B	1	List 2B
Fruit Exchanges	3	List 3
Bread Exchanges	7	List 4
Meat Exchanges	9	List 5
Fat Exchanges	7	List 6

This food may be distributed as follows:



1800 CALORIE MEAL PLAN

BREAKFAST:

- 1 Fruit Exchange from List 3
- 1 Meat Exchange from List 5
- 2 Bread Exchanges from List 4
- 2 Fat exchanges from List 6
- Coffee or Tea (any amount)***

LUNCH:

- 2 Meat Exchanges from List 5
- 2 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 1 Cup Skim Milk from List 1****
- 2 Fat Exchanges from List 6
- Coffee or Tea (any amount)

DINNER:

- 6 Meat Exchanges from List 5
- 3 Bread Exchanges from List 4
- Vegetable from List 2A (any amount)
- 1 Vegetable Exchange from List 2B
- 1 Fruit Exchanges from List 3
- 3 Fat Exchanges from List 6
- Coffee or Tea (any amount)
- 1 Cup Skim Milk from List 1



*Calorie level that should result in a weight loss of approximately two pounds a week.

**Calorie level is controlled by both limiting the number of servings of foods and the size of the servings.

***Any amount if regular sugar is not used. Sugar substitute may be used.
Suggestions: Sweet'n Low, Sweet-10.

****If skim milk is not desired, one additional meat exchange may be added to the diet for each glass of skim milk not taken.



3,000 CALORIE DIET (MAINTENANCE LEVEL)*

YOUR FOOD FOR THE DAY

<u>Kind of Food</u>	<u>Amount</u>	<u>Choose From</u>
Skim Milk**	1 pint	List 1
Vegetable Exchanges A	Any amount	List 2A
Vegetable Exchanges B	1	List 2B
Fruit Exchanges	4	List 3
Bread Exchanges	14	List 4
Meat Exchanges	12	List 5
Fat Exchanges	17	List 6

This food may be distributed as follows:

BREAKFAST:

- 1 Fruit Exchange from List 3
- 2 Meat Exchanges from List 5
- 4 Bread Exchanges from List 4
- 5 Fat Exchanges from List 6
- Coffee or Tea (any amount)

LUNCH:

- 3 Meat Exchanges from List 5
- 4 Bread Exchanges from List 4
- Vegetables from List 2A (any amount)
- 1 Fruit Exchange from List 3
- 5 Fat Exchanges from List 6
- 1 Cup Milk from List 1
- Coffee or Tea (any amount)

DINNER:

- 7 Meat Exchanges
- 6 Bread Exchanges
- Vegetable from List 2A (any amount)
- 1 Vegetable from List 2B
- 2 Fruit Exchanges from List 3
- 7 Fat Exchanges from List 6
- 1 Cup Milk from List 1
- Coffee or Tea (any amount)

**If skim milk is not desired, one additional meat exchange may be added to the diet for each glass of skim milk not taken.

*Calorie level for maintenance of weight of 200lbs. if activity level is moderate.



EXCHANGE LIST

MILK EXCHANGES - List 1

Milk, whole	1 cup
Evaporated milk (whole)	1/2 cup
Whole milk, powder	1/4 cup
Milk, 2%**	1 cup
Yogurt (whole)	1 cup, plain
Yogurt (whole)	3/4 cup, flavored

Milk, skim*	1 cup
Evaporated milk (skimmed)*	1/2 cup
Nonfat milk, powder*	1/4 cup
Buttermilk*	1 cup
Yogurt (skimmed)*	1 cup, plain
Yogurt (skimmed)*	3/4 cup, flavored

*Add 2 fat exchanges to diet if fat free.

**Add 1 fat exchange if 2 per cent.

VEGETABLE EXCHANGES A - LIST 2A (AS DESIRED RAW - LIMIT TO ONE CUP COOKED)

Asparagus	Collards	Radishes
Bamboo Shoots	Cucumber	Rhubarb
Beans, green or wax	Eggplant	Sauerkraut
Bean Sprouts	Escarole	Spinach
Beet greens	Lettuce	Squash, summer
Broccoli	Mushrooms	Squash, zucchini
Brussels Sprouts	Mustard greens	Tomatoes
Cabbage	Okra	Turnip greens
Cauliflower	Parsley	Watercress
Celery	Kale	Tomato juice (1/2 cup/meal)
Chard greens	Pepper, green	

VEGETABLE EXCHANGES - LIST 2B (1/2 CUP PER EXCHANGE COOKED - 1 CUP RAW) 35 calories each

Beets	Onions	Pumpkin	Squash, winter
Carrots	Peas (green)	Rutabagas	Turnip

FRUIT EXCHANGES - List 3 (FRESH OR CANNED WITHOUT SUGAR)

Apple (2" diameter)	1 small
Apple juice	1/3 cup
Applesauce	1/2 cup
Apricots, fresh	2 medium
Apricots, dried	4 halves
Banana	1/2 small
Blackberries	1 cup
Blueberries	(2/3 cup)
Cranberries, cooked	1/2 cup
Raspberries	1 cup
Strawberries	1 cup
Cantaloupe (6" diameter)	1/4
Cherries	15 small or 10 large
Dates	2
Figs, dried	1 small
Figs, fresh	2 large
Fruit cocktail	1/2 cup
Grapefruit	1/2 small
Grapefruit juice	1/2 cup
Grapes	12
Grape juice	1/4 cup

Honeydew melon, medium	1/8
Lemon or lime juice	3/4 cup
Mandarin oranges	3/4 cup
Mango	1/2 small
Nectarine	1 medium
Nectars, juice	1/3 cup
Orange	1 small
Orange juice	1/2 cup
Papaya	1/3 medium
Peach	1 medium
Pear	1 small
Pineapple	1/2 cup
Pineapple juice	1/3 cup
Plums	1 medium
Prunes, dried	2 medium
Prune juice	1/4 cup
Raisins	2 tbsp
Tangerine	1 large
Tangerine juice	1/2 cup
Watermelon	1 cup
Jello (regular)	1/3 cup

40 calories each

BREAD EXCHANGES - List 4

Bagel	1/2 medium
Biscuit or roll (2" dia.).....	1
Bread	1 slice
Buns, hamburger or frankfurter	1/2 slice
Cake, angel, sponge, or corn, plain (1 1/2" cube).....	1 slice
Cereal, cooked	1/2 cup
Cereal, dry, unsweetened	3/4 cup
Cornstarch	2 tbsp
Rice or grits, cooked	1/2 cup
Spaghetti, noodles, macaroni, cooked.....	1/2 cup
Popcorn, popped, plain.....	1 1/2 cup
English muffin - - - - -	$\frac{1}{2}$ muffin

70 calories each

Pretzels	14 small sticks or 3 medium twists
Flour	2 1/2 tbsp
Ice Cream	1/2 cup
(omit 2 fat exchanges)	
Sherbet	1/4 cup
Matzoh (6" dia.).....	1
Muffin (2 dia.)	1
Pancake (4" dia.)	1
Tortilla (6" dia.).....	1
Waffle - - - - -	1
Vegetables:	
Parsnips, cooked.....	1/2 cup
Potatoes, baked	1 small

BREAD EXCHANGE - LIST 4 (Cont.)

Vegetables—(Continued)

Potatoes, white	1/2 cup or 1 small
Potatoes, sweet	1/4 cup
Corn	1/3 cup or 1/2 ear

Crackers:

Saltines (2" sq.)	5
Soda (2 1/2" sq.)	3

MEAT EXCHANGES - LIST 5

Meat and Poultry	1 oz. cooked
Cold cuts	1 slice
Frankfurter (8-9 per lb.)	1
Egg	1
Fish: cod, pike haddock, etc.	1 oz. cooked

FAT EXCHANGES - LIST 6

Butter or margarine	1 tsp
Bacon, crisp	1 slice
Cream, light	2 tbsps
Cream, heavy or sour	1 tbsp
Avocado, (4" dia.)	1/8
Cream cheese	1 tbsp
Tartar sauce	2 tbsps

FREE FOODS (may be used in any amount)

Artificially sweetened sodas (no added sugar)

lerita

Sour or dill pickles

Coffee or tea

Bouillon

Oatmeal Cookies	2
Oreo Cookies	2
Graham (2 1/2" sq.)	2
Round thin (1 1/2")	6
Oyster	20; 1/2 cup

Beans or peas, dried, cooked	1/2 cup
Beans, baked, no pork	1/4 cup

75 calories each

Salmon, tuna, crab, lobster	1/4 cup
Sardines	3 medium
Shrimp, clams, oyster, etc.	5 small
Cheese, Cheddar	1 oz
Cheese, cottage	1/4 cup
Peanut Butter	2 tbsps

45 calories each

French dressing	1 tbsp
Mayonnaise	1 tsp
Oil or cooking fat	1 tsp
Olives	5 small
Peanuts	11 whole
Shelled almonds	8 whole
Shelled pecans	6 halves

USING THE EXCHANGE LIST

The foods are divided into six groups called exchange lists. Each food within a list contains approximately the same number of calories as any other food in that list. You will get the same food value if you exchange one food on a list with another food on the *same list*. Each food used in the specified amount represents one exchange. If you are allowed two exchanges, simply double the amount given for one exchange or select two different exchanges on the same list.

MISCELLANEOUS EXCHANGES

These items are not recommended for frequent use as they mainly provide "empty" calories. They may fulfill a need for concentrated calorie foods after other nutritive requirements are met. Each item in the amount listed represents ONE FRUIT EXCHANGE.

2 tsp honey or syrup	2 marshmallows
1 scant TBSP jams or jellies	2 cubes sugar
1 TBSP instant cocoa	2-1/2 tsp granulated sugar
1 TBSP chocolate flavored syrup	4 tsp powdered sugar
2 squares (1/4 oz) hard candy	1 TBSP packed brown sugar
10 small gum drops	3 oz cola type beverage
6 jelly beans	4 oz gingerale
7 (1/2 inch. cubes) mints	4 oz "pop"

2 cubes sugar	2 marshmallows
2-1/2 tsp granulated sugar	2 cubes sugar
4 tsp powdered sugar	2 marshmallows
1 TBSP packed brown sugar	2 cubes sugar
3 oz cola type beverage	2 marshmallows
4 oz gingerale	2 cubes sugar
4 oz "pop"	2 marshmallows



CALORIC CONTENT OF ALCOHOLIC BEVERAGES

Distilled Spirits*, 1 fluid ounce

The caloric content in any distilled spirit is determined entirely by the amount of alcohol it contains. The higher the proof (alcoholic content), the more calories in the spirit. This rule applies only to distilled spirits. The calories in other alcoholic beverages (wines, cordials, etc.) are likely to vary by brand, depending on proof and sugar content. You can cut down on your intake of liquor calories by switching to lower proof spirits: for example, switch from 90-proof to 80-proof spirit.

	Calories		Calories
80 proof.....	67	97 proof.....	81
84 proof.....	70	100 proof.....	83
86 proof.....	72	104 proof.....	87
90 proof.....	75	151 proof.....	126
94 proof.....	78		

*Bourbon; brandy; gin; rum; tequila; vodka; blended Canadian, Irish, and rye whiskey; Scotch whiskey

Cocktail Mixes, Nonalcoholic, 1 fluid ounce

(Be sure to count the calories for the liquor added to the mix.)

	Calories		Calories
Bloody Mary (Party Tyme).....	29	Martini (Party Tyme).....	16
Daiquiri (Holland House).....	46	Martini, dry (Holland House).....	10
Daiquiri (Party Tyme).....	35	Screwdriver (Party Tyme).....	21
Mai Tai (Holland House).....	26	Sour, Whiskey (Holland House).....	50
Mai Tai (Party Tyme).....	19	Sour, Whiskey (Party Tyme).....	29
Manhattan (Holland House).....	22	Tom Collins (Holland House).....	58
Manhattan (Party Tyme).....	23	Tom Collins (Party Tume).....	43

Beer, 8-ounce glass

	Calories		Calories
Budweiser.....	105	Heilsman's Special Export.....	106
Busch Bavarian.....	105	Michelob.....	107
Carling Black Label.....	108	Pabst Blue Ribbon.....	100
Carlsberg, Light de Luxe.....	103	Rheingold.....	110
Carlsberg, Dark "19-B".....	160	Schaefer.....	106
Falstaff.....	100	Malt Liquor (Champale).....	104
Heidlberg.....	108	Malt Liquor (Country Club).....	115

Wines, 4-ounce glass

	Calories		Calories
Burgundy, red:			
domestic (Gold Seal Vineyards).109		Rhine, domestic (Taylor Wine Co.)... 92	
domestic (Taylor Wine Co.).... 96		Rose, domestic (Italian Swiss	
Chablis, domestic (Gold Seal		Colony).....	86
Vineyards)..... 108		Rose, domestic (Taylor Wine Co.).... 92	
Chablis, domestic (Italian		Sauterne (Gold Seal Vineyards)..... 116	
Swiss Colony)..... 86		Sauterne, dry (Gold Seal	
Claret (Gold Seal Vineyards)....109		Vineyards).....	108
Claret (Taylor Wine Co.)..... 96		Sauterne, dry (Taylor Wine Co.).... 108	
Rhine, domestic (Gold Seal		Vermouth:	
Vineyards)..... 108		domestic (Lyon Extra Dry),dry..... 136	
		" " " sweet..... 175	
		domestic (Taylor Extra Dry) dry... 136	
		" " " sweet..... 176	

FOODS WITH HIDDEN CALORIES

- | | |
|---|-----------------|
| 1. Potato Chips | 6. Fried food |
| 2. Potato Salad | 7. Donuts |
| 3. Nuts, Olives, salad dressings | 8. Punch |
| 4. Griddle cakes | 9. Candy |
| 5. Hot dogs, hamburgers, gravies,
sauces | 10. Soft drinks |

LOW CALORIE NIBBLES

- Breadstuff: Melba toast, rye wafers, Italian breadsticks
 Cereals: High-bulk, prepared dry cereals (wheat, corn, rice)
 Soups: Clear bouillon or consomme'; hot, cold or jellied
 Relishes: All kinds of pickles
 Salad: Lettuce leaves, watercress, endives
 Celery stalks and hearts
 Carrot sticks
 Tomato and tomato juice
 Cucumbers, onions, radishes, parsley, green pepper
 slices, turnip slices
 Beverages: Coffee or tea, hot or cold, without sugar, milk or
 cream; lemon or lime drinks without sugar
 Spices, seasonings, and flavoring agents

CALORIC VALUES FOR COMMON SNACK FOODS

BEVERAGES	AMOUNT OR	AVERAGE SERVING	CALORIES
Chocolate malted milk shake.....	1 reg., 8 oz. milk		502
Cola beverage.....	8 oz.		106
Ginger ale.....	8 oz.		80
Orange Juice (fresh).....	8 oz.		108
Tea or coffee (no sugar or cream).....	1 cup		0
Tea or coffee (2 tbsp. light sweet cream and 2 tsp. sugar)....	1 cup		92
FRUITS			
Apple.....	1 med.		76
Banana.....	1 med.		132
Grapes, green seedless.....	1 bunch, 60 average		66
Orange.....	1 med.		68
Pear.....	1 med.		63
SALTED NUTS			
Almonds.....	12-15 nuts		93
Cashew nuts (roasted).....	6-8 nuts		88
Peanuts (roasted).....	15-17 nuts		84
Pecans (shelled).....	12 halves		104
SWEETS			
Ice Cream, chocolate.....	1/2 pint		358
Ice Cream, vanilla.....	1/2 pint		294
Sherbet, various, av.	1/2 cup, commercial		230



CALORIC COUNT

Distilled Spirits*, 1 fluid ounce

The caloric content in any distilled spirit is determined entirely by the amount of alcohol it contains. The higher the proof (alcoholic content), the more calories it contains. This rule applies only to distilled spirits. The calories in other alcoholic beverages (wines, cordials, etc.) are likely to vary by brand, depending on proof and sugar content. You can cut down on your intake of liquor calories by switching to lower proof spirits: for example, switch from 90-proof to 80-proof spirit.

Calories	Calories
80 proof.....67	97 proof.....81
84 proof.....70	100 proof.....83
86 proof.....72	104 proof.....87
90 proof.....75	151 proof.....126
94 proof.....78	

*Bourbon; brandy; gin; rum; tequila; vodka; blended Canadian, Irish and rye whiskey, Scotch whiskey

Cocktail Mixes, Nonalcoholic, 1 fluid ounce

(Be sure to count the calories for the liquor added to the mix.)

Calories
Bloody Mary (Party Tyme).....29
Daiquiri (Holland House).....46
Daiquiri (Party Tyme).....35
Mai Tai (Holland House).....26
Mai Tai (Party Tyme).....19
Manhattan (Holland House).....22
Manhattan (Party Tyme).....23
Martini (Party Tyme).....16
Martini, dry (Holland House)....10
Screwdriver (Party Tyme).....21
Sour, whiskey (Holland House)....50
Sour, whiskey (Party Tyme).....29
Tom Collins (Holland House)....58
Tom Collins (Party Tyme).....43



Beer, 8-ounce glass

	Calories		Calories
Budweiser.....	105	Heilsman's Special Export....	106
Busch Bavarian.....	105	Michelob.....	107
Carling Black Label.....	108	Pabst Blue Ribbon.....	100
Carlsberg, Light de Luxe.	103	Rheingold.....	110
Carlsberg, Dark "19-B".	160	Schaefer.....	106
Falstaff.....	100	Malt Liquor (Champagne).....	104
Heidlberg.....	108	Malt Liquor (Country Club)....	115

Wines, 4-ounce glass

	Calories
Burgundy, red:	
domestic (Gold Seal Vineyards).....	109
domestic (Taylor Wine Company).....	96
Chablis, domestic (Gold Seal Vineyards).....	108
Chablis, domestic (Italian Swiss Colony).....	86
Claret (Gold Seal Vineyards).....	109
Claret (Taylor Wine Company).....	96
Rhine, domestic (Gold Seal Vineyards).....	108
Rhine, domestic (Taylor Wine Company).....	92
Rose, domestic (Italian Swiss Colony).....	86
Rose, domestic (Taylor Wine Company).....	92
Sauterne (Gold Seal Vineyards).....	116
Sauterne, dry (Gold Seal Vineyards).....	108
Sauterne, dry (Taylor Wine Company).....	108
Vermouth:	
domestic (Lyon Extra Dry), dry.....	136
domestic (Lyon Extra Dry), sweet.....	175
domestic (Taylor Extra Dry), dry.....	136
domestic (Taylor Extra Dry), sweet.....	176



Foods With Hidden Calories

1. Potato Chips
2. Potato Salad
3. Nuts, olives, salad dressings
4. Griddle cakes
5. Hot dogs, hamburgers, gravies, sauces
6. Fried food
7. Donuts
8. Punch
9. Candy
10. Soft drinks

Low-Calorie Nibbles

- Breadstuff: Melba toast, rye wafers, Italian breadsticks
- Cereals: High-bulk, prepared dry cereals (wheat, corn, rice)
- Soups: Clear bouillon or consomme'; hot, cold, or jellied
- Relishes: All kinds of pickles
- Salad: Lettuce leaves, watercress, endives
Celery stalks and hearts
Carrot sticks
Tomatoes and tomato juice
Cucumbers, onions, radishes, parsley, green pepper slices, turnip slices
- Beverages: Coffee or tea: hot or cold, without sugar, milk or cream; lemon or lime drinks without sugar
- Spices, seasonings, and flavoring agents



CALORIC VALUES FOR COMMON SNACK FOODS

<u>BEVERAGES</u>	<u>AMOUNT OR AVERAGE SERVING</u>	<u>CALORIES</u>
Chocolate malted milk shake.....	1 reg., 8 oz. milk	502
Cola beverage.....	8 oz.	106
Ginger ale.....	8 oz.	80
Orange juice (Fresh).....	8 oz.	108
Tea or coffee (no sugar or cream).....	1 cup	0
Tea or coffee (2 tbsp. light sweet cream and 2 tsp. sugar).....	1 cup	92

FRUITS

Apple.....	1 medium	76
Banana.....	1 medium	132
Grapes, green seedless.....	1 bunch, 60 average	66
Orange.....	1 medium	68
Pear.....	1 medium	63

SALTED NUTS

Almonds.....	12-15 nuts	93
Cashew nuts (roasted).....	6-8 nuts	88
Peanuts (roasted).....	15-17 nuts	84
Pecans (shelled).....	12 halves	104

SWEETS

Ice cream, chocolate.....	1/2 pint	358
Ice cream, vanilla.....	1/2 pint	294
Sherbet, various, average.....	1/2 cup, commerical	230



EXCHANGE LIST

MILK EXCHANGES - List 1

Milk, whole	1 cup
Evaporated milk (whole)	1/2 cup
Whole milk, powder	1/4 cup
Milk, 2%**	1 cup
Yogurt (whole)	1 cup, plain
Yogurt (whole)	3/4 cup, flavored

*Add 2 fat exchanges to diet if fat free.

**Add 1 fat exchange if 2 per cent.

VEGETABLE EXCHANGES A - LIST 2A (AS DESIRED RAW - LIMIT TO ONE CUP COOKED)

Asparagus	Collards	Radishes
Bamboo Shoots	Cucumber	Rhubarb
Beans, green or wax	Eggplant	Sauerkraut
Bean Sprouts	Escarole	Spinach
Beet greens	Lettuce	Squash, summer
Broccoli	Mushrooms	Squash, zucchini
Brussels Sprouts	Mustard greens	Tomatoes
Cabbage	Okra	Turnip greens
Cauliflower	Parsley	Watercress
Celery	Kale	Tomato juice (1/2 cup/meal)
Chard greens	Pepper, green	

VEGETABLE EXCHANGES - LIST 2B (1/2 CUP PER EXCHANGE COOKED - 1 CUP RAW) 35 calories each

Beets	Onions	Pumpkin	Squash, winter
Carrots	Peas (green)	Rutabagas	Turnip

FRUIT EXCHANGES - List 3 (FRESH OR CANNED WITHOUT SUGAR)

Apple (2" diameter)	1 small
Apple juice	1/3 cup
Applesauce	1/2 cup
Apricots, fresh	2 medium
Apricots, dried	4 halves
Banana	1/2 small
Blackberries	1 cup
Blueberries	2/3 cup
Cranberries, cooked	1/2 cup
Raspberries	1 cup
Strawberries	1 cup
Cantaloupe (6" diameter)	1/4
Cherries	15 small or 10 large
Dates	2
Figs, dried	1 small
Figs, fresh	2 large
Fruit cocktail	1/2 cup
Grapefruit	1/2 small
Grapefruit juice	1/2 cup
Grapes	12
Grape juice	1/4 cup

Honeydew melon, medium	1/8
Lemon or lime juice	3/4 cup
Mandarin oranges	3/4 cup
Mango	1/2 small
Nectarine	1 medium
Nectars, juice	1/3 cup
Orange	1 small
Orange juice	1/2 cup
Papaya	1/3 medium
Peach	1 medium
Pear	1 small
Pineapple	1/2 cup
Pineapple juice	1/3 cup
Plums	1 medium
Prunes, dried	2 medium
Prune juice	1/4 cup
Raisins	2 tbsp
Tangerine	1 large
Tangerine juice	1/2 cup
Watermelon	1 cup
Jello (regular)	1/3 cup

BREAD EXCHANGES - List 4

Bagel	1/2 medium
Biscuit or roll (2" dia.)	1
Bread	1 slice
Buns, hamburger or frankfurter	1/2 slice
Cake, angel, sponge, or corn, plain (1 1/2" cube)	1 slice
Cereal, cooked	1/2 cup
Cereal, dry, unsweetened	3/4 cup
Cornstarch	2 tbsp
Rice or grits, cooked	1/2 cup
Spaghetti, noodles, macaroni, cooked	1/2 cup
Popcorn, popped, plain	1 1/2 cup

70 calories each

Pretzels	14 small sticks or 3 medium twists
Flour	2 1/2 tbsp

Ice Cream: (omit 2 fat exchanges)

Sherbet	1/4 cup
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Matzoh (6" dia.)

Muffin (2 dia.)

Pancake (4" dia.)

Tortilla (6" dia.)

Waffle

Vegetables:

Parsnips, cooked

Potatoes, baked

English muffin - - - - - 1/2 muffin

BREAD EXCHANGE - LIST 4 (Cont.)

Vegetables - (Continued)

Potatoes, white.....	1/2 cup or 1 small
Potatoes, sweet.....	1/4 cup
Corn.....	1/3 cup or 1/2 ear

Crackers:

Saltines (2" sq.)	5
Soda (2 1/2" sq.)	3

MEAT EXCHANGES - LIST 5

Meat and Poultry	1 oz. cooked
Cold cuts	1 slice
Frankfurter (8-9 per lb.)	1
Egg	1
Fish: cod, pike haddock, etc.	1 oz. cooked

FAT EXCHANGES - LIST 6

Butter or margarine	1 tsp
Bacon, crisp	1 slice
Cream, light	2 tbsps
Cream, heavy or sour	1 tbsp
Avocado, (4" dia.)	1/8
Cream cheese	1 tbsp
Tartar sauce	2 tbsps

FREE FOODS (may be used in any amount)

Artificially sweetened sodas (no added sugar)

D-zerta

Sour or dill pickles

Coffee or tea

Bouillon

Oatmeal Cookies	2
Oreo Cookies	2
Graham (2 1/2" sq.)	2
Round thin (1 1/2")	6
Oyster	20; 1/2 cup

Beans or peas, dried, cooked	1/2 cup
Beans, baked, no pork	1/4 cup

75 calories each

Salmon, tuna, crab, lobster.....	1/4 cup
Sardines	3 medium
Shrimp, clams, oyster, etc.....	5 small
Cheese, Cheddar.....	1 oz
Cheese, cottage	1/4 cup
Peanut Butter.....	2 tbsps

45 calories each

French dressing	1 tbsp
Mayonnaise	1 tsp
Oil or cooking fat.....	1 tsp
Olives	5 small
Peanuts	11 whole
Shelled almonds	8 whole
Shelled pecans	6 halves

USING THE EXCHANGE LIST

Artificially sweetened preserves

Lemonade with artificial sweetener

Mustard

Vinegar
mustard

The foods are divided into six groups called exchange lists. Each food within a list contains approximately the same number of calories as any other food in that list. You will get the same food value if you exchange one food on a list with another food on the *same list*. *Each food used in the specified amount represents one exchange. If you are allowed two exchanges, simply double the amount given for one exchange or select two different exchanges on the same list.*

MISCELLANEOUS EXCHANGES

These items are not recommended for frequent use as they mainly provide "empty" calories. They may fulfill a need for concentrated calorie foods after other nutritive requirements are met. Each item in the amount listed represents ONE FRUIT EXCHANGE.

2 tsp honey or syrup
1 scant TBSP jams or jellies
1 TBSP instant cocoa
1 TBSP chocolate flavored syrup
2 squares (1/4 oz) hard candy
10 small gum drops
6 jelly beans
7 (1/2 inch. cubes) mints

2 marshmallows
2 cubes sugar
2-1/2 tsp granulated sugar
4 tsp powdered sugar
1 TBSP packed brown sugar
3 oz cola type beverage
4 oz gingerale
4 oz "pop"

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