CUT ✂

BEVERAGES

Beer, Light (12oz)	100
Beer, Regular (12oz)	150
Wine, Red (3.5oz)	80
Wine, White (3.5oz)	80
Gin,Rum,Vodka,Whisky (1.5oz)	100
Cola, Diet (12oz)	0
Cola, Regular (12oz)	160
Ginger Ale (12oz)	130
Orange (12oz)	180
Grape Soda (12oz)	180
Root Beer (12oz)	170
Apple Juice (1Cup)	120
Grapefruit Juice (1Cup)	100
Orange Juice (1Cup)	110
Tomato Juice (1Cup)	40
Coffee (6oz)	0
Tea (8oz)	0
Tea, Sweetened (8oz)	90
Chocolate Milk (1Cup)	210
Eggnog (1Cup)	340
Milk, Skim (1Cup)	90
Milk, Whole (1Cup)	150
Shakes, Thick, Vanilla (10oz)	320
Half And Half, Cream (1Tbsp)	20

Today is your day!™

CONDIMENTS

Barbecue Sauce (1Tbsp)	10
Beef Gravy (1Cup)	130
Blue Cheese Dressing (1Tbsp)	80
Butter, Salted (1Tbsp)	100
Butter, Unsalted (1Tbsp)	100
Ketchup (1Tbsp)	20
Honey (1Tbsp)	70
Italian Dressing (1Tbsp)	80
Jams And Preserves (1Tbsp)	60
Jellies (1Tbsp)	50
Marshmallows (1oz)	90
Mayonnaise (1Tbsp)	100
Mustard, Yellow (1Tbsp)	10
Olive Oil (1Tbsp)	130
Peanut Butter(1Tbsp)	100
Pickle	10
Relish (1Tbsp)	20
Soy Sauce (1Tbsp)	10
Sugar, Brown (1Cup)	820
Sugar, Powdered (1Cup)	390
Sugar, White (1Cup)	50
Table Syrup (2Tbsp)	120
Tahini (1Tbsp)	90
Tartar Sauce (1Tbsp)	80
Margarine (1Tbsp)	100

DESSERTS

Apple Pie (1Piece)	410
Blueberry Pie (1Piece)	380
Brownie w/nuts (1)	170
Carrot Cake,Frst (1Piece)	390
Cheesecake (1Piece)	280
Cherry Pie (1Piece)	410
Chocolate Chip Cookies (4)	180
Ice Cream, Vanilla (1Cup)	270
Lemon Meringue Pie (1Piece)	360
Peach Pie (1Piece)	410
Peanut Butter Cookie (4)	250

DESSERTS *(Continued)*

Pecan Pie (1Piece)	580
Popsicle (1)	70
Pudding, Choc, (½Cup)	160
Pumpkin Pie (1Piece)	320
Sheetcake (1Piece)	450
Sherbet, 2% Fat (1Cup)	270
Syrup, Chocolate (2Tbsp)	90
Whipping Cream (1Tbsp)	50
Whitecake (1Piece)	260
Yellowcake (1Piece)	250

CALORIES BURNED WITH ACTIVITY & EXERCISE

ACTIVITY	CALORIES BURNED PER 30 MINUTES								
Aerobics	290	340	380	430	480	530	580	620	670	720
Cycling (13mph)	230	270	310	350	380	420	460	500	540	580
Golfing (walking)	160	190	210	240	260	290	320	340	370	400
Housework	100	120	130	150	170	190	200	220	240	250
Running (5mph)	230	270	310	350	380	420	460	500	540	580
Running (6mph)	290	340	380	430	480	530	580	620	670	720
Swimming	170	200	230	260	290	320	350	370	400	430
Tennis	200	240	270	300	340	370	400	440	470	500
Walking (3.5 mph)	120	130	150	170	190	210	230	250	270	290
Walking (4.5 mph)	150	170	190	220	240	260	290	310	340	360
YOUR WEIGHT - LBS.	**120**	**140**	**160**	**180**	**200**	**220**	**240**	**260**	**280**	**300**

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FOLD →

BREADS *(1 Slice/Piece)*

Corn Tortilla	50
English Muffin	140
Flour Tortilla (10")	220
Hamburger/Hot Dog Bun	130
Hoagie Bun	180
Italian Bread	90
Kaiser Roll	170
Mixed Grain Bread	70
Oatmeal Bread	70
Pita Bread	170
Pumpernickel Bread	80
Raisin Bread	140
Rolls, Dinner	120
Rolls, ft long Submarine	400
Rye Bread, Light	70
Wheat Bread	70
White Bread	70

MEAT

Bacon (3Slices)	110
Bacon, Canadian (2Slices)	90
Beef Roast, Rib (2.2oz)	150
Beef Steak,Sirloin,Broil (2.5oz)	150
Chicken, Fried, Drmstck (2.5oz)	200
Chicken, Fried, Breast (4.9oz)	370
Chicken, Roasted, Breast (3oz)	140
Ground Beef, Broiled (3oz)	230
Ham, Roasted (3oz)	210

MEATS *(Continued)*

Hot Dog, ketchup (4.1oz)	320
Lamb Chops,Loin,Broil (2.8oz)	240
Pork Chop, Loin, Broil (3.1oz)	280
Tofu (1Piece)	90
Turkey, Roasted (3Slices)	150
Vienna Sausage (1Sausage)	50
Hamburger, McDonalds	250
Cheeseburger,McDonalds	300
Taco, Crunchy, Taco Bell	200
Italian Sausage w/roll	250
Bratwurst w/roll	420
Steak - N.Y. Strip (6oz)	310
Steak - Filet Mignon (6oz)	330

DELI MEAT & CHEESE *(1Slice)*

Ham	50
Turkey Breast	20
Roast Beef	90
Salami	70
Bologna	60
American Cheese	60
Cheddar Cheese	110
Swiss Cheese	110
Provolone Cheese	100
Pepper Jack Cheese	80

SOUPS *(1Cup)*

Vegetable	120
Chicken Noodle Soup	80
Clam Chwdr, Manhtn	80
Clam Chwdr, NewEng	260
Chili	290
Italian Wedding	130
Broccoli & Cheddar	280
Baked Potato	300
Tomato	110

SEAFOOD

Clams, Raw (3oz)	70
Cod	90
Flounder Or Sole (3oz)	120
Haddock (3oz)	180
Halibut (3oz)	140
Oysters, Raw (1Cup)	160
Salmon (3oz)	140
Shrimp, Fried (3oz)	200
Shrimp (3oz)	100
Tuna (3oz)	140
Tuna Salad (1Cup)	380
Trout (3oz)	180
Fish Sandwich, w/cheese	420
Fish Stick	70

DAIRY

Cheddar Cheese (1Cup)	70
Cottage Cheese (1Cup)	210
Cream Cheese (1oz)	100
Egg, Fried	90
Egg, Hard-Boiled	80
Mozzarella Chz (1oz)	80
Parmesan Chz,Grated (1Tbsp)	30
Provolone Chz	60
Sour Cream (1Tbsp)	30
Swiss Cheese (1oz)	110
Yogurt, W/ Lofat Milk (8oz)	150

SNACKS

Almonds, Whole (1oz)	170
Cashew Nuts, Salted (¼Cup)	330
Mixed Nuts,Salted (1oz)	180
Onion Rings (2)	80
Peanuts, Salted (¼Cup)	420
Pistachio Nuts (1oz)	170
Popcorn, Veg Oil,Salted (1Cup)	60
Potato Chips (10)	110
Pretzel, Dutch (1)	70
Pretzels, Thin (¼Cup)	240
Raisins	220
Saltines (4)	50
Snack Type Crackers (1)	15
Sunflower Seeds (1oz)	160
Wheat, Thin Crackers (4)	40
French Fries - McDonalds Lg	570

VEGETABLES

Artichoke	60
Asparagus (4Spears)	10
Bean Sprouts (1Cup)	30
Beets (2)	30
Black Beans (1Cup)	230
Black-Eyed Peas (1Cup)	190
Broccoli (1Spear)	40
Brussels Sprouts (1Cup)	60
Cabbage (1Cup)	20
Carrots (1)	30
Cauliflower (1Cup)	30
Celery (1Stalk)	10
Corn (1Cup)	170
Cucumber (6Slices)	10
Eggplant (1Cup)	30
Lettuce (1Leaf)	0
Lima Beans (1Cup)	260
Mushrooms (1Cup)	20
Onions (1Cup)	40
Peas (1Cup)	70
Peppers, Green	20
Pinto Beans (1Cup)	270
Potato, Baked	220
Refried Beans (1Cup)	300
Hashed Brown (1Cup)	340
Soybeans (1Cup)	240
Spinach (1Cup)	10
Sweet Potato	120
Tomato	30

FRUITS

Apple	130
Avocados	310
Banana	110
Blueberries (1Cup)	80
Cantaloup (¼Melon)	100
Cherries (10)	50
Grapefruit (1/2)	40
Grapes (10)	40
Honeydew (1/10)	50
Orange	60
Peach	40
Pear	100
Pineapple (1Cup)	80
Plum	20
Raspberries (1Cup)	60
Strawberries (2)	50
Tangerine	40
Watermelon (1Piece)	160

BREAKFAST

Bagel, Plain	200
Blueberry Muffin	140
Croissant	240
Danish Pastry, Fruit	240
Doughnut, Cake	210
French Toast	160
Oatmeal (1Cup)	150
Pancakes	60
Waffle	210