

THE
**CALORIE
COUNTER**

FIFTH EDITION



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INTRODUCTION



If losing weight were easy, no one would weigh too much.

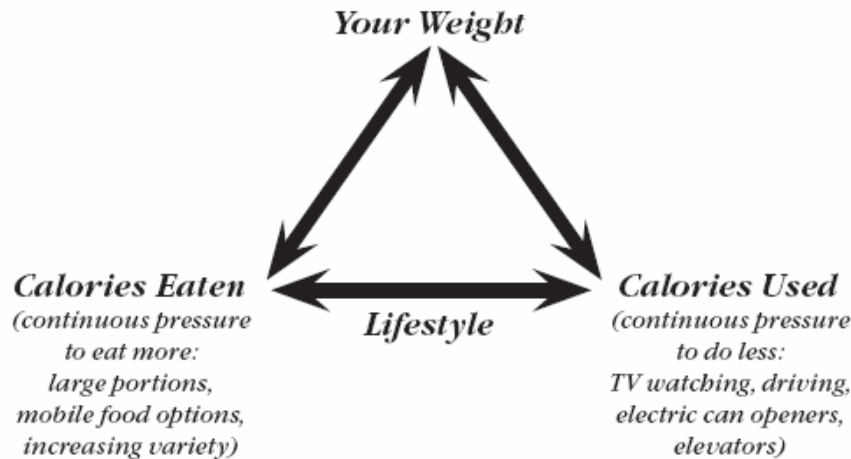
If you're looking at this book, you are probably trying to lose weight. You aren't alone; *losing weight has become one of the most important health concerns in America.*

Everyone is scrambling to solve the problem of America's expanding waistlines. The federal government, public health and professional organizations, educators, pharmaceutical companies, food manufacturers, and even restaurant chains all want to slow down the nation's weight gain epidemic. But new policies, programs, food formulations, and drug approvals occur slowly. Like most people we talk to every day, you are not willing to wait. ***You want to lose weight now!***

So let's get started . . .

Weight gain results from a combination of your genes and your environment. Food is everywhere we turn, all through the day. And most of us live lifestyles that require little physical activity, unless we make an effort to move.

There isn't much you can do about your genetic profile, which was fixed before you were born. But you *can* control your environment, especially your eating environment. And that's what we hope *The Calorie Counter* will help you do.



Two important things you should know:

The most successful diet in the U.S. today is what people call “my own diet.” Forget fads. With the sound advice and the calorie information found in this book, you can design your own diet—one that works.

Consistent small changes will add up to big results. When it comes to losing weight and *maintaining* your weight loss, making many small changes in the way you relate to food will result in more success than making a few big changes, which usually don't last.

Skeptical?

If you eat 100 fewer calories each day for a year, and change nothing else in your life, you will lose 10 pounds. All you'd have to do is give up 1 slice of bread or 1 cookie or 1 small soda each day. A small change for a big result. Make a few more of those small changes and the end result could be very impressive.

Our best eating advice, in a nutshell:

- Eat less, but enjoy what you eat.
- Eat lots of fruits and vegetables.
- Eat whole grains instead of refined carbs (like white bread).
- Eat less sugar (but you don't have to give it up).
- Eat more good fats like olive oil, fish, and nuts.
- Eat lean proteins—fish, chicken without the skin, lean beef, pork, and lamb.
- Enjoy a glass of wine, but not the whole bottle.
- Move more, and move often—find ways to be active throughout the day.

10%

Losing 10% of your body weight—15 pounds for someone who weighs 150 pounds, 20 pounds for a person weighing 200 pounds, or 30 pounds if the scale says 300 pounds—is all that is needed to significantly improve your health.

Lose 10% of your current body weight and you'll have:

*Lower blood pressure
Improved cholesterol levels
Decreased risk for diabetes
Better sex*

Reaching your ideal weight is great, but even just a 10% drop in body weight improves both your health and appearance.

PART ONE



Brand Name, Nonbranded (Generic), and Take-Out Foods

**Eating 100 fewer calories each day
can help you lose 10 pounds in a year!
It can be done with small changes—**

- Use mustard, salsa, or fat-free mayonnaise in place of 1 tablespoon regular mayonnaise
- Eat 1 slice of toast for breakfast instead of 2
- Order a cup of soup instead of a bowl
- Try a plain baked potato with pepper instead of sour cream
- Eat cereal with skim milk instead of whole milk
- Swap breaded and fried chicken fingers for broiled
- Use tuna packed in water rather than oil
- Swap regular soda for diet soda
- Enjoy a glass of wine instead of a martini
- Have a chocolate kiss instead of a chocolate bar

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FOOD	PORTION	CALS
ABALONE		
breaded & fried	1 serv (3 oz)	162
steamed	1 serv (3 oz)	127
ACAI JUICE		
<i>Arthur's</i>		
Acai Plus	1 bottle (11 oz)	230
<i>Bossa Nova</i>		
Acai Juice Blueberry	8 oz	89
Acai Juice Mango	8 oz	89
Acai Juice Original	8 oz	94
Acai Juice Passion Fruit	8 oz	89
Acai Juice Raspberry	8 oz	89
<i>O.N.E.</i>		
Amazon Acai	1 bottle (11 oz)	157
<i>Zola</i>		
100% Juice	1 box (11 oz)	170
ACEROLA		
fresh	1 (5 g)	2
ACEROLA JUICE		
juice	1 cup	56
ADZUKI BEANS		
canned sweetened	½ cup	351
dried cooked w/o salt	½ cup	147
<i>Arrowhead Mills</i>		
Organic Dried not prep	¼ cup	130
AKEE		
fresh	3.5 oz	223
ALCOHOL (see BEER AND ALE, CHAMPAGNE, LIQUOR/LIQUEUR, MALT, WINE)		
ALE (see BEER AND ALE)		
ALFALFA		
sprouts	½ cup	40
ALLIGATOR		
cooked	3 oz	126
ALLSPICE		
ground	1 tsp	5

FOOD	PORTION	CALS
ALMONDS		
almond butter w/ salt	2 tbsp	203
almond butter w/o salt	2 tbsp	203
almond extract	1 tsp	38
almond paste	¼ cup	260
chocolate covered	6 (0.6 oz)	102
dry roasted w/ salt	¼ cup	206
dry roasted w/o salt	¼ cup	206
honey roasted	¼ cup	214
jordan almonds	6 (0.7 oz)	99
oil roasted w/ salt	¼ cup	238
oil roasted w/o salt	¼ cup	238
praline	17 (1.4 oz)	210
yogurt covered	6 (0.8 oz)	122
American Almond		
Marzipan	2 tbsp	130
Arrowhead Mills		
Organic Almond Butter Creamy	2 tbsp	200
Blue Diamond		
Almond Roca Buttercrunch	3 (1.3 oz)	210
Honey Roasted	¼ cup	170
Jalapeno Smokehouse	28 (1 oz)	170
Jordon Pastels	15 (1.4 oz)	180
Lime 'N Chili	28 (1 oz)	170
Maui Onion & Garlic	28 (1 oz)	170
Milk Chocolate Covered	9 (1.4 oz)	230
Salted	¼ cup	170
Smokehouse	28 (1.3 oz)	170
Wasabi & Soy Sauce	28 (1 oz)	170
Whole Natural	¼ cup	180
Yogurt Covered	12 (1.4 oz)	210
Brach's		
Chocolate Coated	11	220
Eden		
Tamari	3 tbsp (1 oz)	160
Godiva		
Dark Chocolate Almonds	1 pkg (2 oz)	310
Good Sense		
Hickory Smoked	¼ cup	180
Raw Whole	¼ cup	180

PART TWO



Restaurant Chains

The larger the portion size you are served, and the more variety you are offered, the more likely you are to over-eat. Go easy on super-sizes and choose wisely at buffets.

FOOD	PORTION	CALS
A&W		
BEVERAGES		
Coke	1 sm (11 oz)	145
Diet Coke	1 sm (11 oz)	0
Diet Root Beer	1 sm (15 oz)	0
Float Diet Root Beer	1 sm (14 oz)	170
Float Root Beer	1 sm (14 oz)	330
Milkshake Chocolate	1 med	700
Milkshake Strawberry	1 med	670
Milkshake Vanilla	1 med	720
Root Beer	1 sm (15 oz)	220
DESSERTS		
Cone Vanilla	1 med	260
Freeze A&W Root Beer	1 med	480
Polar Swirl M&M	1 med	710
Polar Swirl Oreo	1 med	690
Polar Swirl Reese's	1 med	740
Sundae Caramel	1 med	340
Sundae Chocolate	1 med	320
Sundae Hot Fudge	1 med	350
Sundae Strawberry	1 med	300
Sundae Vanilla	1 med	310
MAIN MENU SELECTIONS		
Cheese Curds	1 serv	570
Cheese Dog	1	320
Cheeseburger Original Bacon	1	570
Cheeseburger Original Bacon Double	1	800
Cheeseburger Original Double	1	720
Chicken Strips	3	500
Chili Bowl	1 serv	190
Coney Chili Dog	1	310
Coney Chili Dog Cheese	1	350
Fries	1 lg	430
Fries Cheese	1 serv	380
Fries Chili	1 serv	370
Fries Chili & Cheese	1 serv	400
Hot Dog Plain	1	280
Onion Rings	1 serv	350
Papa Burger	1	720
Sandwich Crispy Chicken	1	590