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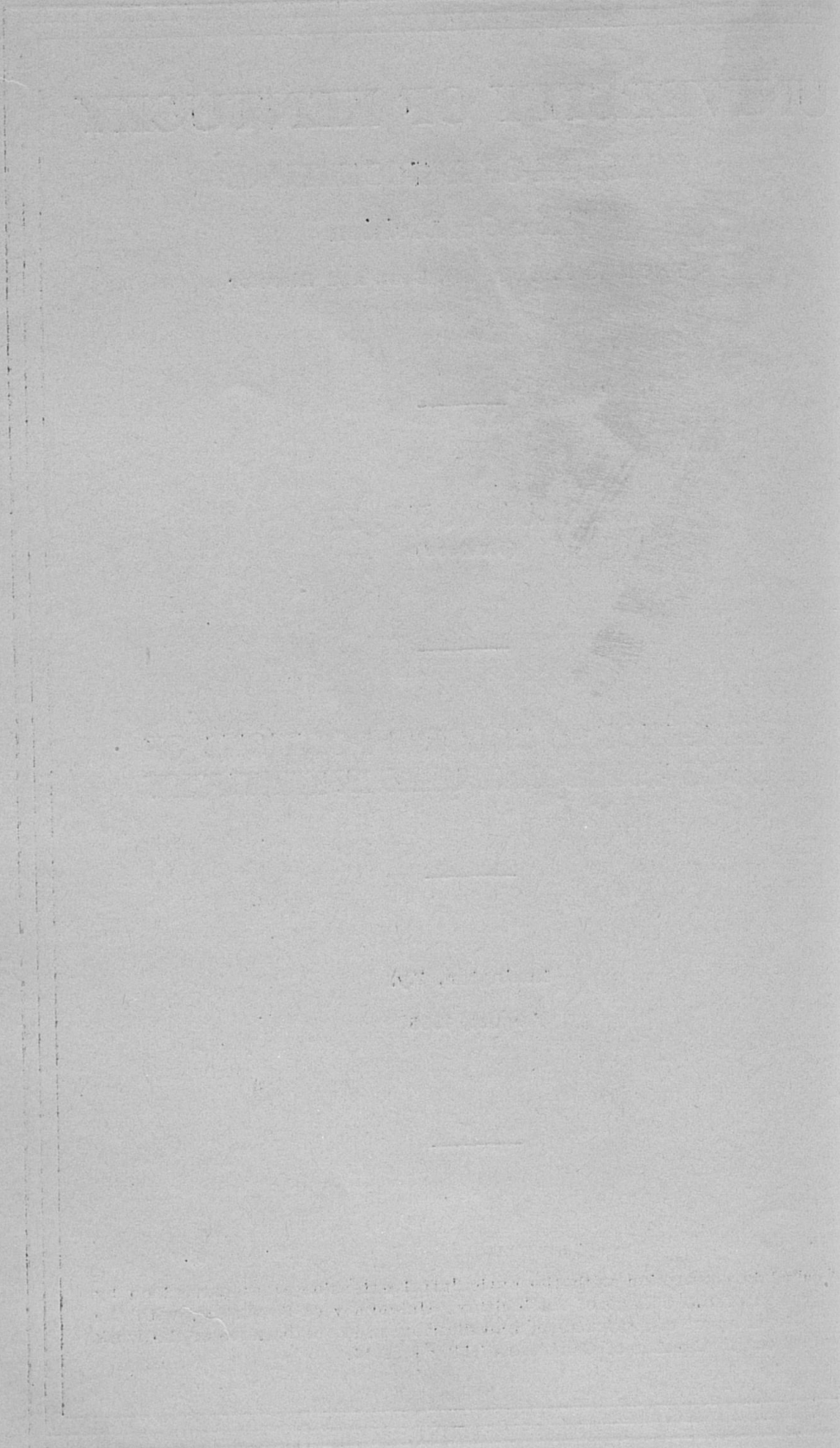
(Revised)

**ONE-HUNDRED-CALORIE PORTIONS OF
FOODS COMMONLY USED IN KENTUCKY**

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ONE-HUNDRED-CALORIE PORTIONS OF FOODS COMMONLY USED IN KENTUCKY

Compiled by FLORENCE IMLAY,
Field Agent in Foods and Nutrition

The following material will be found useful by homemakers' clubs in studying the energy values of various foods.

A calorie is a measure of energy expressed in terms of heat. One calorie is the amount of heat required to raise the temperature of one pound of water four degrees Fahrenheit.* Because of the small amount of most foods required for one calorie of heat, it is customary to speak in terms of 100-calorie portions.

E. P.=Edible portion
A. P.=As Purchased
" =Inches
F.=Tablespoon
t.=Teaspoon
c.=Cup
D.=Diameter

I BEVERAGES	100-calorie portion
Cocoa (dry)	2½ T.
Cocoa (1 c. milk, 2 t. cocoa, 2 t. sugar)	⅔ c. (scant)
Grape juice	½ c.
Grapefruit juice	½ c.
Lemon juice	1⅛ c.
Milk: Whole	⅝ c.
Skimmed	1⅛ c.
Buttermilk	1⅛ c.
Orange juice	1 c.

* Strictly speaking, the calorie should be defined in terms of the gram and Centigrade degree. Our definition states the practical equivalent in terms of the familiar pound and Fahrenheit degree.

II BREADS, BISCUITS AND CRACKERS

	100-calorie portion
Biscuits	2 small
Bread: Rye	1 $\frac{1}{3}$ slice 3 $\frac{1}{4}$ " x 4" x $\frac{1}{2}$ "
White	2 slices 3" x 3 $\frac{1}{2}$ " x $\frac{1}{2}$ "
White, raisin	1 slice 3 $\frac{3}{4}$ " x 3 $\frac{1}{2}$ " x $\frac{1}{2}$ "
Whole wheat	1 $\frac{1}{3}$ slice 3" x 3 $\frac{3}{4}$ " x $\frac{1}{2}$ "
Whole wheat, raisin	1 slice 3 $\frac{3}{4}$ " x 3 $\frac{1}{8}$ " x $\frac{1}{2}$ "
Crackers: Graham	2 $\frac{1}{2}$ (2 $\frac{1}{2}$ " x 2 $\frac{3}{4}$ " x $\frac{1}{4}$ ")
Soda	6 (2" square)
Griddle cakes	1 (4 $\frac{1}{2}$ " D)
Muffins: Cornmeal	1 muffin (2 $\frac{3}{4}$ " D)
Whole wheat	1 muffin (2 $\frac{3}{4}$ " D)
Rolls (French)	1 medium
Waffles	1 (6" D)

III CEREALS

Corn flakes	1 $\frac{1}{4}$ c.
Corn meal	3 T. ($\frac{2}{3}$ c. cooked)
Corn starch	3 T.
Farina	3 T. ($\frac{3}{4}$ c. cooked)
Grapenuts	4 T.
Hominy grits	3 T. ($\frac{4}{5}$ c. cooked)
Macaroni	4 T. ($\frac{3}{4}$ c. cooked)
Oatmeal	4 T. ($\frac{1}{2}$ - $\frac{3}{4}$ c. cooked)
Pop corn	1 $\frac{1}{2}$ c.
Puffed rice	1 $\frac{2}{3}$ c.
Puffed wheat	2 c.
Rice	2 T. ($\frac{3}{4}$ c. steamed)
Shredded wheat	1 biscuit

IV DAIRY PRODUCTS	100-calorie portion
Butter	1 T.
Buttermilk	1 $\frac{1}{8}$ c.
Cheese: American pale	1 $\frac{1}{8}$ " cube or 3 T. grated
Cottage*	5 T.
Full cream	1 slice 2" x 1" x $\frac{3}{8}$ "
Swiss	1 slice 4 $\frac{1}{2}$ " x 3 $\frac{1}{2}$ " x $\frac{1}{8}$ "
Cream: Thin (18%)	$\frac{1}{4}$ c.
Thick (40%)	1 $\frac{2}{3}$ T.
Whipped	2 T.
Milk: Condensed, sweetened	1 $\frac{1}{2}$ T.
Condensed, unsweetened	3 $\frac{3}{4}$ T.
Skimmed	1 $\frac{1}{8}$ c.
Whole	$\frac{5}{8}$ c.
Dried whole milk	2 $\frac{3}{4}$ T.

V FATS

Bacon fat	1 T.
Beef drippings	1 T.
Butter, see dairy products	
Cod liver oil	1 T.
Cream, see dairy products	
Lard	1 T.
Oleomargarine	1 T.
Olive oil	1 T.
French salad dressing	1 $\frac{1}{2}$ T.
Mayonnaise dressing	1 $\frac{1}{3}$ T.

VI FLOUR

Buckwheat	2 $\frac{1}{2}$ T.
Rye	3 T.
White, unsifted	3 T.
White, sifted	4 T.
Whole wheat	3 T.

* Made from skimmed milk, no cream added.

VII FRUITS	100-calorie portion
Apple	1 (3 $\frac{1}{4}$ " D.)
Baked with 2 T. sugar	$\frac{1}{2}$ apple (large)
Sauce	$\frac{3}{8}$ c.
Apricots: Canned	3 large halves and 2 T. juice
Fresh	5
Dried	7-9 halves (small)
Banana	1 medium
Blackberries:	
Fresh	$\frac{1}{2}$ c.
Cooked, sweetened	$\frac{1}{4}$ c.
Cantaloupe	1 melon (4 $\frac{1}{2}$ " D.)
Cherries, sweet	20
Citron	7 T.
Cranberries:	
Fresh	2 c.
Sauce	$\frac{1}{4}$ c.
Jelly	2 T.
Currants: Fresh	1 $\frac{1}{2}$ c.
Dried	$\frac{1}{3}$ c.
Dates	3-5
Figs, dried	1 $\frac{1}{2}$ large
Grapes: Concord	1 large bunch
Malaga	20-25
Grapefruit	$\frac{1}{2}$ large
Grape juice, see beverages	
Lemons	3 large
Oranges	1 large
Olives, ripe or green	6-8
Peaches: Fresh	3 medium
Canned	2 large halves and 3 T. juice
Pears: Fresh	2 medium
Canned	3 halves and 3 T. juice
Pineapple: Fresh	2 slices 1" thick
Canned	1 slice and 3 T. juice
Shredded	$\frac{1}{4}$ c.
Plums, fresh	3-4 large
Prunes, dried	4 medium
Raisins, seedless	2 T. (raw)
Raspberries, fresh	1 $\frac{1}{8}$ c.
Rhubarb, fresh	4 c. 1-inch pieces
Strawberries, fresh	1 $\frac{1}{3}$ c. (raw)
Watermelon	$\frac{3}{4}$ slice 6" D.

VIII MEATS, FISH AND EGGS

Meats:	100-calorie portion
Bacon, raw	1½ slices 1½" x 4½" x ⅛"
Bacon, cooked crisp	5 slices 3¼" long
Beef, hamburger	cake 2½" D., ⅞" thick
Beef, lean, uncooked	slice 2¾" x 1½" x ¾"
Beef, rib, lean, roasted	slice 5½" x 2½" x ¼"
Beef, round, lean, panbroiled.....	slice 2" x 3" x ½"
Beef, sirloin, medium fat,	
broiled	slice 2" x 1½" x ¾"
Beef, round pot roasted	slice 4¾" x 3½" x ⅛"
Chicken, cooked, diced	¼ c.
Roasted	1 slice (without skin) 4" x 2½" x ¼"
Fish:	
Halibut, cooked	1 slice 3" x 1½" x 1"
Salmon, canned	⅓ c.
Sardines, canned	4 sardines 3" long
Tunny fish, canned in oil	¼ c.
White fish, fresh	2½ oz.
Frankfurters	⅘ of 1 frankfurter 5¼" long, 1" D.
Ham, lean, broiled	1 slice 4" x 4" x ⅛"
Lamb, chop, broiled—lean	
meat of one chop	2" x 1½" x ¾"
Lamb, leg, roasted	1 slice 3½" x 4½" x ⅛"
Liver, uncooked	1 slice 3½" x 2½" x ½"
Liver, panbroiled	1 slice 3½" x 3½" x ⅜"
Mutton, leg, roasted	1 slice 3½" x 4½" x ⅛"
Oysters	6-15
Pork chop:	
Medium fat, broiled*.....	⅓ chop ¼" thick
Lean only, broiled*.....	½ chop ½" thick
Pork sausage.....	1⅔ sausage 3" long, ¾ D.
Salt pork	1" cube
Eggs:	
Raw	1⅓
Whites	7
Yolks	2

* Fried pork chops would have a higher calorie value.

IX NUTS (Edible portion)	100-calorie portion
Almonds	12-15 nuts
Chopped	2½ T.
Cocoanut, prepared	3 T.
Hickory	12-15 nuts
Chopped	1¼ T.
Peanuts	20-24 single nuts
Chopped	2 T.
Peanut butter	1 T. (scant)
Pecans	12 meats
English walnuts	8-16 meats
Chopped	1¼ T.

X SWEETS

Sugar, brown	3 T.
Granulated	2 T. (scant)
Powdered	2¾ T.
Corn syrup	1¾ T.
Hard sauce	1 T.
Honey	1¾ T.
Jelly	2 T.
Marshmallows	5 (1¼" D.)
Molasses	1½ T.
Chocolate, unsweetened	¾ of 1 square
Chocolate, milk, sweet	1 piece 2¼" x 1" x ⅛"
Chocolate fudge	1 piece 1½" x ¾" x 1"
Chocolate cream	1 medium
Chocolate nut caramel	1 piece 1" x 1" x ⅝"

XI CAKES AN COOKIES	100-calorie portion
Angel cake (8 eggs)	1 piece 1¼" x 2" x 2½"
Cookies, plain	2 (2½" D.)
Cookies, oatmeal, with raisins and nuts	1 cookie 3" D.
Cookies, molasses (1 c. molasses, ½ c. fat)	3 (2" D.)
Cookies, chocolate drop	1½ (2¼" D.)
Doughnuts	½
Fruit cake	1 piece 1⅞" x 1⅞" x ⅜"
Gingerbread (1 c. molasses, 1 c. milk, ¼ c. fat)	1 piece 1" x 2⅞" x 2"
Gingersnaps	6 (1¾" D.)
One-egg cake (½ c. sugar, ¼ c. fat, ½ c. milk)	1¾" cube
Sponge cake (6 eggs, 1 c. sugar)	1 piece 1½" x 1½" x 2"
Sponge cake, hot water (2 eggs, 1 c. sugar)	1 piece 2" x 2¾" x ⅞"

**XII PASTRIES, PUDDINGS
AND ICES**

Custard	⅓ c., scant
Ice Cream	2½-4 T.
Plain pastry	one-fourth of 1 crust 9" D.
Pies:*	
Apple	piece approx. 1½" at circum.
Cream, with meringue	piece approx. 2" at circum.
Custard	piece approx. 1 9/10" at circum.
Lemon, with meringue	piece approx. 1" at circum.
Mince	piece approx. 1" at circum.
Pumpkin	piece approx. 2" at circum.
Raisin	piece approx. 1" at circum.
Rhubarb	piece approx. 1⅝" at circum.

* All pies 9 inches in diameter, with average sweetness and richness.

XIII VEGETABLES	100-calorie portion
Asparagus	20 stalks 8" long
Beans: navy	2 T. ($\frac{1}{3}$ c. canned)
Kidney	$\frac{1}{2}$ c. cooked
Lima, fresh	$\frac{1}{2}$ c. cooked
Lima, dried	$\frac{1}{6}$ c. cooked
String	$2\frac{1}{3}$ c. one-inch pieces
Beets	4 beets, 2" D., $1\frac{1}{3}$ c. diced
Broccoli	$2\frac{1}{3}$ c. steamed
Cabbage	$1\frac{1}{2}$ lbs., 4-5 c. shredded, 2 $\frac{1}{2}$ c. cooked
Carrots	4-5 young carrots 3-4" long, or $\frac{1}{3}$ c. $\frac{1}{2}$ " cubes
Carrots, grated	$1\frac{1}{4}$ c.
Cauliflower	1 small head $4\frac{1}{2}$ " D.
Celery	4 c. diced in $\frac{1}{4}$ " pieces
Corn: fresh	$\frac{1}{2}$ c. or 1 ear 6" long
Canned	$\frac{1}{3}$ c.
Cucumbers	2 cucumbers 9" long
Greens:	
Beet	$2\frac{1}{4}$ c.
Chard	$1\frac{1}{8}$ c.
Dandelion, cooked	$2\frac{1}{3}$ c.
Kale	$2\frac{1}{3}$ c.
Mustard	$2\frac{1}{2}$ c.
Spinach	$2\frac{1}{2}$ c.
Turnip	$2\frac{1}{2}$ c.
Lettuce	$1\frac{1}{2}$ lbs. or 2 large heads
Onions, raw	3-4 medium
Parsnips, cooked	7 pieces $3\frac{1}{2}$ " x $1\frac{1}{2}$ " x $\frac{1}{3}$ ", or raw 1 parsnip 7" long 2" D. at top
Peas	$\frac{3}{4}$ c. canned
Potatoes	1 medium
Mashed	$\frac{1}{2}$ c. (scant)
Creamed	$\frac{2}{5}$ c.
Scalloped	$\frac{5}{8}$ c.
Potato chips	8-10 large
Pumpkin, cooked	$1\frac{1}{3}$ c.
Radishes	3 doz. red button
Sauerkraut	$2\frac{1}{2}$ c. packed
Squash: Hubbard	1 c. cooked
Summer	$\frac{1}{2}$ squash 5" D.
Sweetpotatoes	$\frac{1}{2}$ medium
Tomatoes, canned	2 c. (scant)
Fresh	2-3 medium
Turnips, raw	2 c. of $\frac{1}{2}$ -inch cubes
White sauce, medium	3 T.