



Green line denotes Inside Margin
Pink line denotes Outside Bleed Margin
Gray line denotes Die Cut

EAT A BALANCED DIET!					
CALORIE CHART - AVERAGE SERVINGS					
FOOD	CALS.	FOOD	CALS.	FOOD	CALS.
Apple	100	Celery	30	Onions, green	10
Apple pie	200	Cheese, Amer.	118	Orange	75
Apricots	150	Cheese, Cottage	100	Peach	50
Asparagus	25	Cherries	100	Peanut butter	200
Avocado (½)	200	Chicken (½)	125	Peas	50
Bacon	100	Choc. milk	230	Pickles	25
Banana pie	250	Choc. bar	285	Pineapple	100
Banana	100	Choc. malt	514	Popcorn	100
Beans, baked	150	Cocoa	135	Pork chop	200
Beans, green	26	Coffee, C&S	55	Potato, baked	100
Beef hash	190	Cola beverage	75	Potato, sweet	200
Beefsteak	275	Cookies, 2	100	Potato chips	100
Beef roast	100	Corn	120	Potato salad	200
Beef stew	225	Cornflakes	100	Pudding	100
Beer, can	140	Crackers	30	Pumpkin pie	150
Beets	40	Doughnut	200	Radishes	10
Berry pies	350	Egg, boiled	75	Rhubarb	100
Biscuit	50	Egg, fried	105	Rice	115
Bread, rye	70	Frankfurter	125	Salmon	200
Bread, white	75	French toast	135	Sauerkraut	27
Bread, wheat	75	Grapefruit (½)	50	Sherbet	200
Bread pudding	200	Ham, baked	400	Shrimp	50
Broccoli	50	Hamburger	100	Spare Ribs	150
Butter, square	50	Ice cream	190	Spinach	20
Buttermilk	80	Jam	60	Shortcake	300
Cabbage	25	Lamb chop	100	Sugar	50
Cake	200	Lettuce	50	Tea, lemon	15
Cake, angel	150	Macaroni	89	Tomato	25
Cake, choc.	400	Margarine	100	Turkey	100
Cantaloupe	50	Milk	160	Turnips	50
Carrots	30	Mince pie	500	Veal chop	100
Catsup	10	Oatmeal	66	Veg. juice	48
Cauliflower	30	Olives	25	Whiskey	125
CALORIE REQUIREMENT (LIGHT WORK)					
 WOMEN (Medium Weight & Height) 1800 - 2000 Calories			 MEN (Medium Weight & Height) 2200 - 2500 Calories		

