

FOOD EQUIVALENT CHART 1

Developed by the Montreal Diet Dispensary*

<u>Food Values</u>	<u>Protein</u> (Grams)	<u>KCalories</u>	<u>Equivalents</u>
<u>Milk Products</u>			
1 oz. milk whole (4% fat)	<u>1</u>	<u>19</u>	<u>1 oz. unit =</u>
1 oz. milk 2%	<u>1</u>	<u>15</u>	1/4 oz. condensed milk
1 oz. milk skim (1%)	<u>1</u>	<u>10</u>	1 oz. plain yogurt
1 qt. milk whole (32 oz.)	<u>32</u>	<u>608</u>	<u>1 oz. unit + 1/2 tsp. sugar =</u>
1 qt. milk 2%	<u>32</u>	<u>480</u>	1 oz. flavored yogurt
1 qt. milk skim (1%)	<u>32</u>	<u>320</u>	1 oz. chocolate milk
1 cup dry powdered skim milk	<u>24</u>	<u>240</u>	*1 oz. hot cocoa mix (+1 1/2 tsp. sugar)
			dry milk powder: 23 cups = 14 - 40 qts. 11.5 cups = 7 - 40 oz. qts. (or see package)
1 oz. Half & Half	<u>1</u>	<u>40</u>	1 oz. = 2 T
1 oz. light table cream	<u>1</u>	<u>64</u>	.6 oz. = restaurant cream cup
1 oz. whipping cream	<u>1</u>	<u>90</u>	
<u>Citrus</u>			
1 serving (4 oz.)	<u>1</u>	<u>45</u>	<u>1 serving =</u> 1 medium orange 1/2 grapefruit 4 oz. (1/2 cup) fresh, frozen or canned juice (6 oz. frozen orange juice concentrate = 24 oz. fluid)
<u>Fruits</u>			
1 serving	<u>1</u>	<u>75</u>	<u>1 serving =</u> 1 fresh fruit (size doesn't matter) 1/2 cup fresh or canned fruits/juice 4 oz. juice (prune, pineapple, etc.) 1 oz. dry fruit - 3 prunes, 4 dates, 2 T raisins (2 lbs. fruit = 7 servings)
<u>potatos</u>			
6 oz. serving	<u>3</u>	<u>105</u>	<u>1 serving =</u> 1 medium potato (2 1/2 lbs. = 7 servings) 1 serving + 1 fat (add to fats) = 1 cup french fries (40 pieces 1/4in. x 1/4in. x 2in.) 1 oz potato chips
<u>Pasta/Rice</u>			
1 oz. dry serving	<u>2</u>	<u>100</u>	<u>1 serving =</u> approx. 1/2 cup cooked rice
	<u>3</u>	<u>100</u>	approx. 3/4 cup cooked pasta 1 lb = 3 cups uncooked rice 1 cup uncooked = 2 3/4 cooked 1 cup dry = 5 oz.

<u>Vegetables</u>	<u>2</u>	<u>45</u>	<u>1 serving =</u> 1/2 cup raw or cooked, approx. 4 oz. 3/4 - 1 cup salad with dressing (1 protein if mostly lettuce) 1/4 can (10 oz.) soup (1 cup all varieties) 8 oz. vegetable juice 10 oz. frozen vegetables. = 4 1/2 cup portions		
<u>Bread</u>			<u>1 oz. slice =</u>		
1 oz. slice	<u>2.5</u>	<u>80</u>	1 slice = 3/4-1 oz. depending on thickness; usual loaf bread = 24 oz. 1 dinner roll; 1 small muffin 1 pancake; 1 tortilla 6 soda crackers; 1/2 bagel <u>1 1/2 oz. slice = 1 hamburger or hot dog bun</u>		
<u>Cereals</u>			<u>1 serving (1 oz. dry) =</u>		
whole grain 1 oz. (includes shredded wheat)	<u>4</u>	<u>115</u>	3/4 cup cooked 1/4 cup granola type		
refined 1 oz.	<u>2</u>	<u>80</u>	1 cup all varieties (sugar coated add 2 tsp. sugar)		
<u>Butter, Fats</u>			<u>1 oz. serving =</u>		
1 oz. (2 tbsp)		<u>215</u>	4 sl. bacon (22 sl. = 1 lb.)		
1 tbsp.		<u>108</u>	4 oz. cream 15% 2 tbsp. Mayonnaise 4 tbsp. salad dressing 2 oz. cream cheese		
<u>Meat/Fish/Liver</u>			<u>1 oz.=</u>	<u>Protein</u>	<u>KCalories</u>
4 oz. A.P.	<u>16</u>	<u>280</u>		4	70
					As purchased with bone and fat
4 oz. A.P. 6:1	<u>17</u>	<u>260</u>		4.3k	65
					6-meat-1 liver/fish/week
4 oz. A.P. 5:1:1	<u>18</u>	<u>240</u>		4.5	605
					meat-1 liver/fish/week
4 oz. A.P. lean	<u>20</u>	<u>200</u>		5	50
					Only chicken without skin, liver, fish and meat without fat
<u>Protein Sandwich Filling</u>			<u>1 1/2 oz. =</u>		
1 1/2 oz.	<u>6</u>	<u>115</u>	average for a variety of filling - egg salad, tuna salad, wiener, cold cuts and cheese		
<u>Egg</u>			<u>1 unit =</u>		
1 unit	<u>6</u>	<u>70</u>			
<u>Cheese</u>			<u>all varieties 1 oz. =</u>		
all varieties 1 oz.	<u>8</u>	<u>115</u>			
creamed cottage 1/2 cup	<u>16</u>	<u>120</u>			
<u>Peanut Butter/Nuts</u>			<u>1 oz. = 2 tbsp. or 1 oz. nuts</u>		
1 oz. (2 tbsp.) serving	<u>8</u>	<u>160</u>			
<u>Other Protein Foods</u>			<u>legumes =</u>		
canned baked beans 5 fld. oz.	<u>9</u>	<u>180</u>	1/2 cup cooked		
dry legumes 1 1/2 oz.	<u>11</u>	<u>155</u>	1 lb. bag beans = 2 1/2 cups uncooked 8 oz. Pea soup		
pizza 1/8 of 14 in.	<u>10</u>	<u>250</u>			

Sugar

1 oz. (2 tbsp.) - 110 1 oz. = 6 hard candies

Other Sweets

- 80 1 oz. =
1/2 cup jello
2 tbs. jam, marmalade, honey, molasses, etc.

Pastry/Cake/Cookies

1 oz. 1 105 cake, plain or iced; 1 piece = 3 1/2 oz. = 16 oz.
cake mix (2 env.) = 32 oz.
icing - 2 tsp. sugar/1 oz. Cake
sweet roll, 1/2 pck. Vachon cake = 1 oz.
pie; 6 pieces, 1 piece = 3.3 oz. = 20 oz.
donut, tart, poptart = 1 1/2 oz.
6 social tea = 1 oz.
2 all other cookies = 1 oz.
*nutbreads, 1/2 in. slice = 1 1/2 oz.

Milk Dessert

1 serving 4 150 1 serving =
1/2 cup pudding
1/2 cup ice cream

Chocolate Bars

*chocolate milk type 41 gms. 4 230 i.e., Hershey's Milk Chocolate With Almonds
*caramel type with nuts 53 gms. 5 260 i.e., Mars
*caramel type with nuts 57 gms. 6 270 i.e., Snickers
*caramel type 60 gms. 3 260 i.e., Milky Way
*whipped center 64 gms. 2 280 i.e., 3 Musketeers

Beverages

soft drink/Koolaid/Tang - 14
liquid/beer 1 oz.
wine - 20
alcohol 1 oz. - 70

*Popcorn

plain, popped 1 cup 1 23
sugar coated (caramel corn) 1 cup 2 134

*Gravy 1/2 cup - 15 Homestyle

* Slightly Modified