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Score Your Diet

prepared by

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HOW TO SCORE YOUR DIET

This score sheet is a device by which you can score your diet quickly. Its system has been simplified to avoid awkward decimals, as explained on the inside back cover. Suggestion for using it is to place a check (✓) beside each food you have eaten during one day. After you have done this, add the values of these foods on each double page. When all of the pages are in place you may then add up the figures for meat, vegetables, cereals, and so forth, to obtain your total score. Finally, compare these with the recommended daily allowances on the last page. You may then discover what foods you need to add to improve your diet.

The blank pages in the back may be used in planning the pattern of meals in the total day's diet.

The number of foods which could be included in this booklet is necessarily limited. With some foods you will need to figure what is in the food. For example, vegetable stew:

Beef 1 portion

Carrots 1 portion

Gravy 1 portion

Potatoes 1 portion

Tomatoes ½ portion

UNITS (For conversion to grams or milligrams, see inside back cover.)

Food	Size of Serving	Calories	Protein	Calcium	Iron	Vitamin A	Vitamin C	Thia- mine	Ribo- flavin	Niacin	
PROTEINS											
Milk											
Whole	1 cup (8 oz.)	1	165	85	28	2	390	3	10	40	3
		2	330	170	56	4	789	6	20	80	6
		3	495	255	84	6	1,170	9	30	120	9
		4	660	340	112	8	1,560	12	40	160	12
Evap., vitamin D enriched	½ cup + ½ cup water	175	88	30	2	500	2	6	45	3	
Skim, and nonfat buttermilk	1 cup (8 oz.)	85	85	30	2	10	3	9	45	3	
Vitamin D enriched	1 cup (8 oz.)	165	85	23	2	385	2	10	40	2	
Meats and Fowl (For all fried meats and fowl, add 100 calories per serving.)											
Bacon, crisp	(See Fats)										
Beef, lamb, mutton, veal (roasted or broiled)	1 serving (¼ lb.)	240	190	1	25	6	15	40	
Frankfurter, cooked	1 average	125	70	..	6	8	9	12	
Hamburger, lean, cooked	1 large patty (¼ lb.)	300	182	1	27	6	14	37	
Liver, cooked	1 serving (¼ lb.)	140	200	6	70	44,000	30	26	330	140	
Liverwurst, braunschweiger	1 slice (15 per lb.)	80	50	..	16	1,730	..	5	34	14	
Other luncheon meats	2 slices	85	60	1	10	5	5	5	
Pork or ham (roasted)	1 serving (¼ lb.)	300	165	1	25	80	19	43	
Pork chops, cooked	1 loin chop	300	135	1	25	80	19	43	
Pork sausage, cooked	2-in. patty	185	65	..	10	20	10	13	
Broiler	½ medium (½ lb. meat, no bone)	334	440	3	30	17	35	220	
Fowl, roasted or stewed	1 serving (¼ lb.)	200	200	2	20	8	15	100	
Fish and Shellfish (For all fried fish, add 100 calories per serving.)											
Cod, haddock (cooked)	1 serving (¼ lb.)	170	180	1	5	5	9	20	
Halibut (cooked)	1 serving (¼ lb.)	200	210	2	8	500	..	6	6	90	
Lobster meat, cooked	⅔ cup	90	185	7	8	3	7	20	
Oysters, raw stew	5-8 medium 4 oysters + 1 cup milk	85	100	9	56	320	..	15	20	12	
		320	150	35	38	1,060	3	19	55	11	

Salmon, canned with bones fresh, boneless	1 serving ($\frac{2}{3}$ cup)	140	205	19	8	70	..	3	18	80
	1 serving ($\frac{1}{4}$ lb.)	290	210	2	6	460	..	12	25	80
Sardines, canned	1 sardine	100	90	19	20	15	..	5	15	37
Shrimp, canned or cooked	4 - 6 medium	65	135	6	16	30	..	1	2	10
Tuna, canned	$\frac{1}{2}$ cup	200	290	1	14	80	..	5	12	130
Eggs (For fried egg, add 100 calories.)										
boiled or poached omelet or scrambled	1 medium	80	60	3	15	550	..	5	14	..
	1 egg + 2T. milk	106	68	5	13	640	..	5	17	..
Cheese										
American cheddar	1-in. cube (1 oz.)	115	71	20	3	400	..	1	12	..
Cheese spread	1 oz.	105	60	2
Cottage cheese, dry creamed	$\frac{1}{2}$ cup	95	195	10	3	20	..	2	30	1
	$\frac{1}{2}$ cup	155	205	12	5	270	34	1
Processed cheese	1 oz.	90	50	17
Nuts										
Almonds	12 - 15	90	28	4	7	4	10	7
Peanuts	12 - 15	85	40	1	3	5	2	24
Pecan or walnut halves	12 - 15	100	20	1	4	7	..	8	2	2
Peanut Butter	1 T.	90	40	1	3	2	2	24

● **TOTAL MILK, MEAT, FISH, EGGS, CHEESE, NUTS**

FRUITS (For sweetened canned or frozen fruit, add 50 calories per serving. For sweetened fresh fruit, add 20 calories per tsp. sugar used.)

Apple, raw	1 medium	75	4	1	4	120	6	5	4	2
Applesauce, sweetened	½ cup	90	3	1	5	40	1	3	2	1
Apricots	2-3 medium	50	10	2	5	2,800	7	3	5	8
Banana	1 medium	130	18	1	9	650	15	6	8	10
Cantaloupe	½ (4½" diam.)	30	9	3	6	5,000	50	8	6	7
Cherries, sweet, raw,	15 large	60	11	2	4	620	8	5	6	4
sour, canned, unsweetened	½ cup	50	8	1	3	720	6	3	2	6
Citrus — orange, grapefruit, lemon	1 orange or lemon or ½ grapefruit or ½ cup juice	50	9	3	4	180	50	8	3	3
Cranberry sauce	2 T.	40	6	4
Dried dates, figs, raisins	¼ cup	80	5	3	9	15	..	4	3	6
Fruit cocktail, canned	½ cup	90	5	1	5	205	3	2	2	5
Grapes	1 bunch (22 to 24)	70	14	2	6	80	4	6	4	2
Peach, raw	1 medium	50	5	1	6	880	8	2	5	9
Pear, raw	1 medium	60	1	2	3	20	4	2	4	1
Pineapple, canned, sweetened	½ cup	100	5	4	8	100	12	10	2	2
fresh, unsweetened	½ cup	50	4	2	3	130	24	8	2	2
Plums, raw	2 medium	50	7	2	5	350	5	6	4	5
Prunes, cooked, unsweetened	4 medium	85	7	2	13	550	..	2	5	4
Raspberries, blackberries	¾ cup	60	10	4	9	200	25	2	7	3
Rhubarb, cooked, sweetened	½ cup	140	3	..	2	16	2
Strawberries	10 large	40	8	3	8	60	60	3	7	3
Watermelon	6" diam. × 1½"	170	3	4	12	3,540	35	30	30	12

DESSERTS

Cakes

Angel	1/10th of 10" cake	150	35	..	1	6	1
Chocolate, white icing	1/12th of 9" cake	360	30	2	5	260	..	2	7	1
Fruit	3" × 3" × 1/2"	140	20	4	10	150	..	6	6	4
Plain, white icing	3" × 2" × 1 3/4"	300	38	8	3	450	..	2	5	2
Cookies, plain, sugar	2 (3" diam.)	130	20	1	4	50	..	6	6	4
Chocolate brownie	2" × 2" × 3/4"	140	18	1	5	230	..	4	4	2
Fruit nut (rich)	2 (3" diam.)	230	15	1	5	20	5	3	3	..
Custard, baked	1/2 cup	200	90	16	10	600	..	8	30	1
Doughnuts, cake type	1 medium	140	20	1	6	40	..	7	6	5
raised	1 medium	120	20	2	4	70	..	7	5	5
Gelatin dessert, plain	1/2 cup	70	16
Ice cream, vanilla	1/2 cup (1/8 qt.)	150	28	9	1	370	1	3	13	1
Pies										
Blueberry	1/6 of 9" pie	370	40	1	7	170	5	3	3	4
Cream filling, with meringue	1/6 of 9" pie	350	75	5	8	300	..	7	24	2
Fruit (apple, peach, cherry)	1/6 of 9" pie	380	40	2	6	500	2	5	4	6
Pumpkin	1/6 of 9" pie	330	65	10	20	2,300	..	6	16	5
Pudding, cream style	1/2 cup	150	45	15	1	200	..	4	20	1

● TOTAL FRUITS and DESSERTS

VEGETABLES

Asparagus, cooked	$\frac{2}{3}$ cup	20	24	2	10	1,040	23	13	17	12
canned green	6 medium stalks	20	24	2	19	800	18	6	8	10
Beans, green, cooked	$\frac{1}{2}$ cup	15	9	3	4	315	5	4	6	3
canned	$\frac{1}{2}$ cup	20	12	4	15	500	5	4	5	4
lima, green, frozen, cooked	$\frac{1}{2}$ cup	110	65	5	19	220	20	10	7	8
Beets, cooked	$\frac{1}{2}$ cup	35	8	2	6	15	5	2	4	2
Broccoli, cooked	$\frac{2}{3}$ cup	30	33	13	13	3,500	75	7	15	8
Brussels sprouts, cooked	$\frac{1}{2}$ cup	30	30	2	9	280	33	3	8	4
Cabbage, raw	$\frac{1}{2}$ cup	15	7	2	3	50	25	3	3	2
cooked	$\frac{1}{2}$ cup	20	12	4	4	75	25	4	4	3
Sauerkraut	$\frac{2}{3}$ cup	25	14	4	5	40	15	3	6	1
Carrots, raw	1 large	40	12	2	8	12,000	3	6	6	5
cooked	$\frac{2}{3}$ cup	20	5	2	5	9,400	3	4	4	3
Cauliflower, cooked	$\frac{1}{2}$ cup	15	15	1	7	50	17	4	5	3
Corn, cooked	1 ear 5" long	85	27	1	6	400	8	11	10	14
canned	$\frac{1}{2}$ cup	90	39	3	7	260	7	4	7	12
Dried navy beans, peas, cooked	$\frac{1}{2}$ cup	115	70	5	25	6	6	10
Leafy greens										
Beet tops, spinach, cooked	$\frac{2}{3}$ cup	30	25	..	25	10,000	33	8	20	6

Lettuce	1/8 head	}	10	5	2	2	100	4	2	3	2
Celery	2 pieces										
Cucumber	8 slices										
Onions, egg plant, cooked	1/2 cup		40	10	3	6	80	8	3	4	3
Peas, green, cooked	1/2 cup		60	38	2	15	600	12	20	11	20
canned	1/2 cup		70	36	3	17	550	8	10	5	8
Potatoes											
Sweet, baked	1 medium		180	26	4	11	12,000	30	12	8	9
Sweet, canned	1/2 cup		100	20	3	8	9,000	15	5	4	5
White, boiled, peeled	1 medium		85	20	1	7	20	15	9	3	10
baked, without skin	1 medium		100	24	1	8	20	17	11	5	14
French fried, shoestring	10 pieces		200	27	2	10	25	15	9	6	17
hashed brown	1/2 cup		240	33	2	12	30	7	8	6	17
Pickles, sweet cucumber	1 medium		10	1	1	1	10
Dill	1 large		15	9	4	2	420	8	..	8	..
Rutabagas, cooked	1/2 cup		25	6	4	3	270	16	4	6	5
Squash, winter, baked	1/2 cup		50	19	2	8	6,000	7	5	15	6
Tomatoes, canned	1/2 cup		25	12	1	7	1,250	20	7	4	8
juice, canned	1/2 cup		20	10	1	4	1,050	16	5	3	8
raw	1 medium		30	15	2	9	1,650	35	9	6	8
Turnips, cooked	2/3 cup		25	8	4	5	..	18	4	6	4
For buttered vegetables, add per serving:			50	200
If fried, add 100 calories per serving.											

● **TOTAL VEGETABLES**

BREADS AND CEREAL FOODS

Enriched white or whole grain Bread	1 slice	1	65	20	2	4	6	4	5
		2	130	40	4	8	12	8	10
		3	195	60	6	12	18	12	15
Muffin, plain	1 av.		120	32	3	7	190	..	8	10	6
Roll, plain, pan	1 med.		80	21	2	5	75	..	7	6	5
Pancake	1 (4" × 4")		60	18	4	4	50	..	5	6	3
Waffle	1 (5" × 5" × 1/2")		216	70	14	14	270	..	14	20	10

Cereal, cooked

Oatmeal or rolled oats	1/2 cup		75	25	1	8	11	3	2
Wheat	1/2 cup		70	28	1	7	9	5	7
Cereal, ready-to-eat, flakes	1 cup		115	27	1	9	12	4	14
puffed	1 cup		49	12	..	4	7	2	11
sugar-coated	1 cup		110	12	3	5	13	2	10

Crackers, graham	1 cracker		30	5	..	1	2	1	1
soda	1 cracker		30	7	..	1	1	1	..

Egg noodles, enriched, cooked	1 cup		107	35	1	8	60	..	22	10	17
Macaroni, rice, spaghetti unenriched, cooked	1 cup		209	62	2	7	3	2	7

FATS

Bacon	1 strip, crisp		50	18	..	2	4	2	3
Butter or fortified margarine	1 teaspoon		35	165

Cream, light (coffee)	2 T. ($\frac{1}{8}$ cup)	60	8	2	..	250	2	..
heavy (whipping)	2 T. ($\frac{1}{8}$ cup)	100	6	2	..	440	4	..
Shortenings (Add these values to any fried food not given a listing as fried.)										
Beef suet, rendered	1 T.	120	2	70
Homogenized vegetable	1 T.	110
Lard	1 T.	125
Foods with high fat content										
Gravy (with milk)	$\frac{1}{4}$ cup	100	25	7	2	225	..	4	11	2
Mayonnaise	1 T.	90	2	..	1	35
Salad dressing (French)	1 T.	60	1
White sauce (medium)	2 T.	50	13	4	1	165	..	1	5	1

SWEETS

Chocolate-coated candy bar	2 oz.	270	52	5	14	3	9	3
Honey, strained	1 T.	60	1	..	2	1	..
Jam, jelly, syrup	1 T.	55
Molasses, medium dark	1 T.	45	..	6	12
Sorghum	1 T.	50	..	3	24	2	3	6
Sugar, granulated	1 T.	50
brown, dark	1 T.	50	..	1	4

BEVERAGES

Chocolate malted milk shake	1 serving (8 oz. milk)	500	130	42	13	900	4	19	65	5
Cocoa or chocolate	1 cup (6 oz. milk)	180	70	22	9	300	2	8	33	3
Grape juice, sweetened	3 oz.	70	4	1	3	4	5	2
Soft drinks	1 bottle (6 oz.)	80

● TOTAL CEREALS, FATS, SWEETS, BEVERAGES

RECOMMENDED DAILY ALLOWANCES EXPRESSED IN UNITS

**Adapted with practical modifications from the Recommended Dietary Allowances of the National Research Council, 1953.
Refer to inside back cover for explanation of units.**

	Age (years)	Weight (lbs.)	Height (in.)	Vitamin D Units	UNITS								
					Calories	Protein	Calcium	Iron	Vitamin A	Vitamin C	Thia- mine	Ribo- flavin	Niacin
CHILDREN													
	1-3	27	34	800	1,200	400	100	70	2,000	35	60	100	60
	4-6	40	43	800	1,600	500	100	80	2,500	50	80	120	80
	7-9	59	51	800	2,000	600	100	100	3,500	60	100	150	100
BOYS													
	10-12	78	57	800	2,500	700	120	120	4,500	75	130	180	130
	13-15	108	64	800	3,200	850	140	150	5,000	90	160	210	160
	16-20	139	69	800	3,800	1,000	140	150	5,000	100	190	250	190
GIRLS													
	10-12	79	57	800	2,300	700	120	120	4,500	75	120	180	120
	13-15	108	63	800	2,500	800	130	150	5,000	80	130	200	130
	16-20	120	64	800	2,400	750	130	150	5,000	80	120	190	120
MEN													
	25	143	67		3,200	650	80	120	5,000	75	160	160	160
	45	143	67		2,900	650	80	120	5,000	75	150	160	150
	65	143	67		2,600	650	80	120	5,000	75	130	160	130
WOMEN													
	25	121	62		2,300	550	80	120	5,000	70	120	140	120
	45	121	62		2,100	550	80	120	5,000	70	110	140	110
	65	121	62		1,800	550	80	120	5,000	70	100	140	100
	Pregnant (3rd trimester)			800	Add 400	800	150	150	6,000	100	150	200	150
	Lactating			800	Add 1,000	1,000	200	150	8,000	150	150	250	150

	Calories	Protein	Calcium	Iron	Vitamin A	Vitamin C	Thia- mine	Ribo- flavin	Niacin
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● **TOTAL DAY'S INTAKE**